



SAIT W

Practice Plan

Date: 09-20-21

Time: 4:30

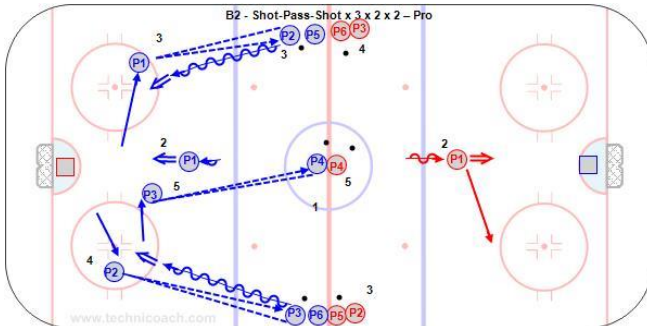
Venue: SAIT

Lines:

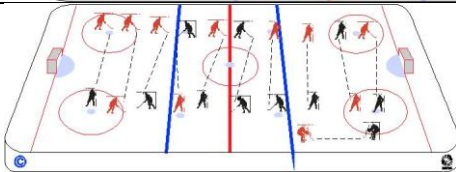
1 G – 6 D – 7 F

Notes:

I stressed the players handle the puck before
Passing with rotation heel to toe and hands
Away from body.

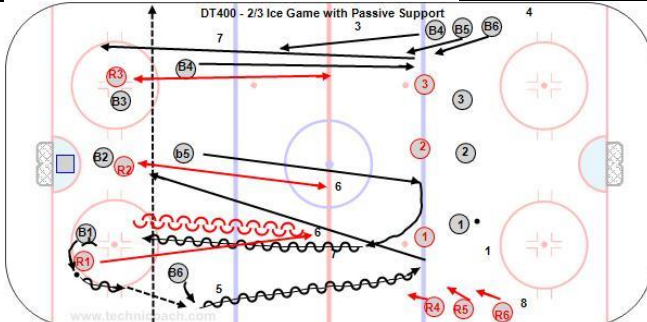


B2 – Give and Go – Shot x 3

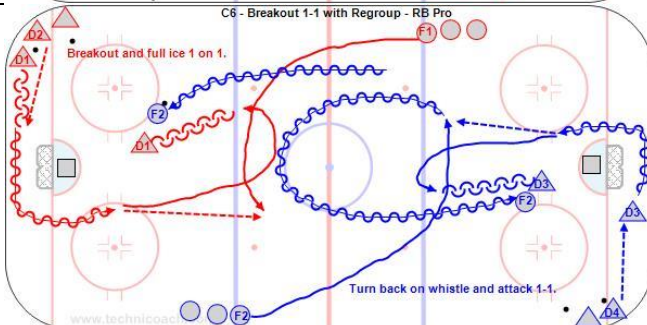


B3 – Pass – follow pass – skate behind.

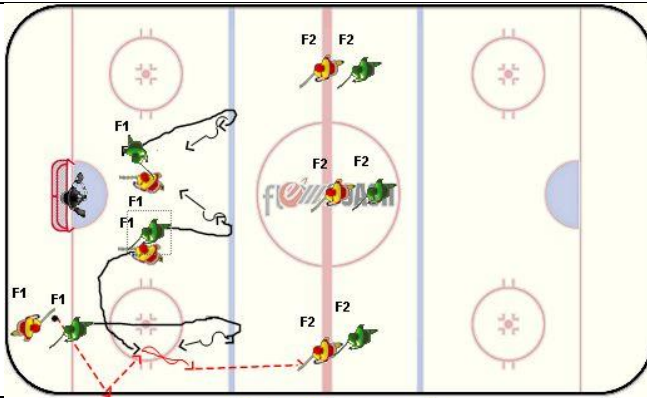
Mike



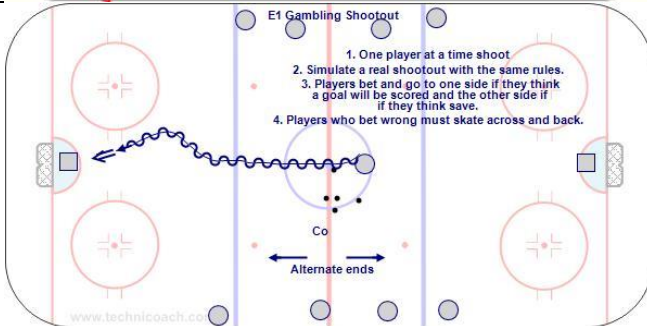
DT400 – 2-2 then 3-3



C6 – 1-1 Mike



DT400 Perry Pearn 3-3



E1 – Gambling shootout

Explanation/Notes:



Explanation/Notes:



Explanation/Notes:

