



Team

Practice Plan

Date: 11-04-21

Time: 6:15-7:30

Arena:

Lines:

Team play review

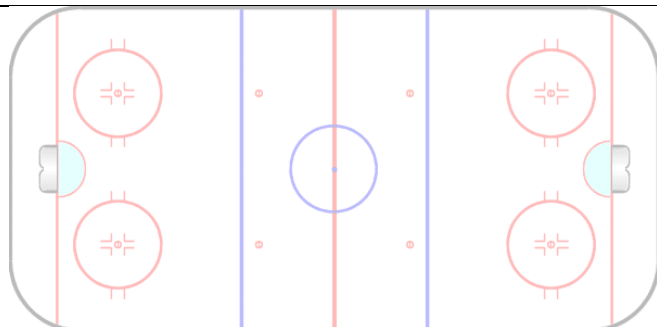
Pp, pk, dzone, forecheck review

Jim – Video 5:15

Notes:

3 sets of 5 players

Skill warm up



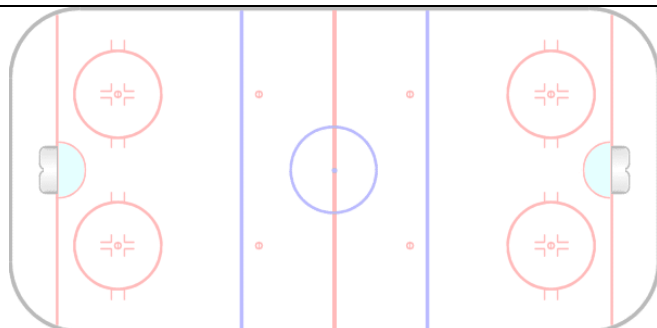
15' Mel with goalies

D zone review one end - TJ

13' B600 - Pro Warm-up Sequence - Three Drills

<https://youtu.be/ralDOOPmvUA>

Drills from the four blue lines



12'

C3-C6 1-1 to 2-2 Willy-Flames

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120718110748616>

<https://youtu.be/AE-vAfm4mxk>



15'

T2-4 - Power Play-Penalty Kill Sequence – Pro

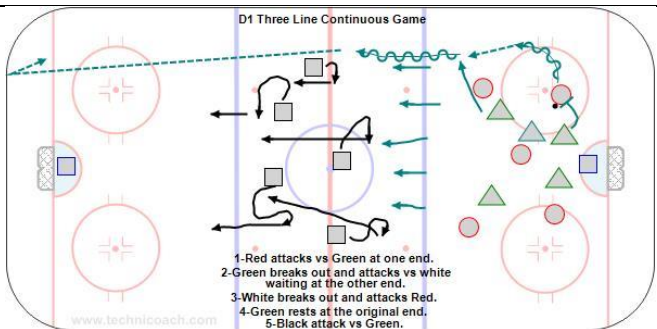
<https://youtu.be/VadXPVkB4I>

We can do a quick review of all situations stopping them at each end.

i.e. PP options 1 minute - Mike

Review forecheck 1 minute - Tom

Dzone review 1 ininute - Terry

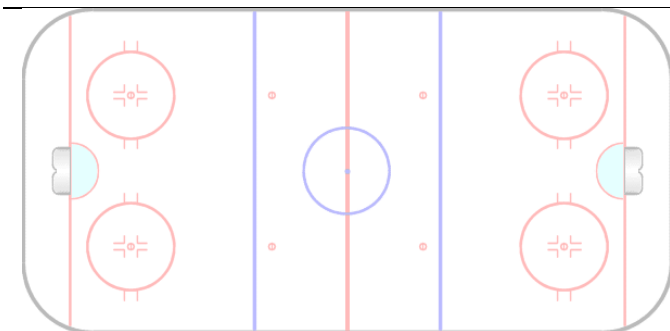


10'

Three Line Continuous Game

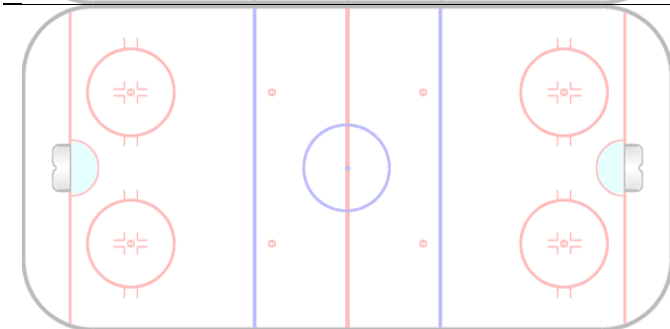
D1 Three Line Continuous Game

- 1-Red attacks vs Green at one end.
- 2-Green breaks out and attacks vs white waiting at the other end.
- 3-White breaks out and attacks Red.
- 4-Green rests at the original end.
- 5-Black attack vs Green.

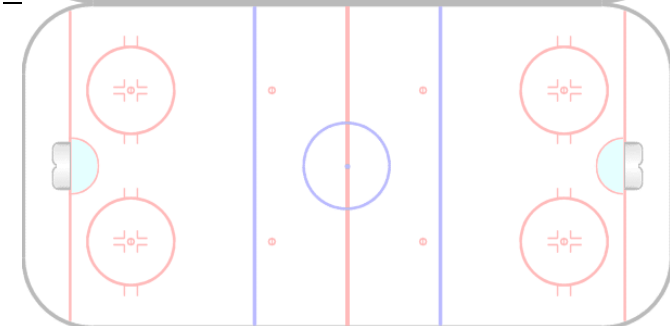
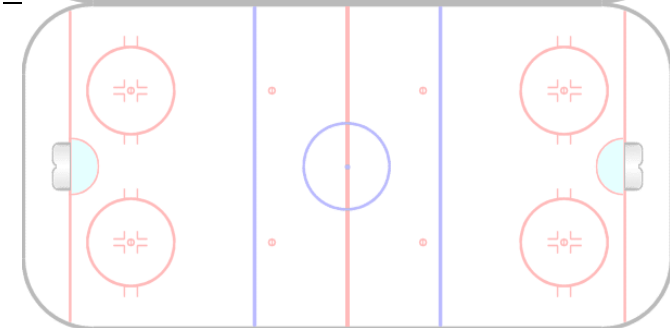


10'

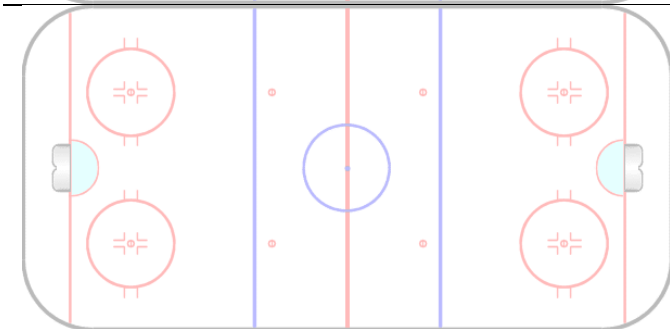
E1 – Rebound at each end.



Pucks and cheer



Explanation/Notes:



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