

### **Wednesday October 5 U13 AA Practice**

1/ 10 minutes of warm up – skills/skating - Edges and balance skating without then with a puck - Jim

2/ 10 minutes - 5 groups of 3 partner pass across ice moving in figure 8's.

3/ 10 minutes x 2 - Cassie Teach Stick check – in pairs and stationary rotation of stick check – hips to hands/lift stick

– Jim Passing game - one net. 4-4 all players must get a pass before scoring.

4/ 15 minutes – DZ work – coach points to corner and hash mark – 3 x once each line of 5.

5/ 10 minutes - 5-0 breakout x 2 from each corner.

6/ 15 minutes - 5-5 quick transition game with 3 lines of 5.

- Get pucks, Meet in middle for a cheer.

- Team meet with coaches and introduce themselves to Jim and assign players to prepare a pre-game warm up and dance.

### **MRC Pre Game Dance Warm up**

<https://youtu.be/0lpe9YKneYc>