

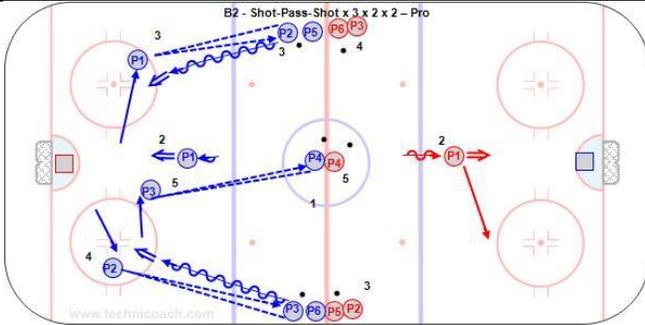


Date: 10-20-22

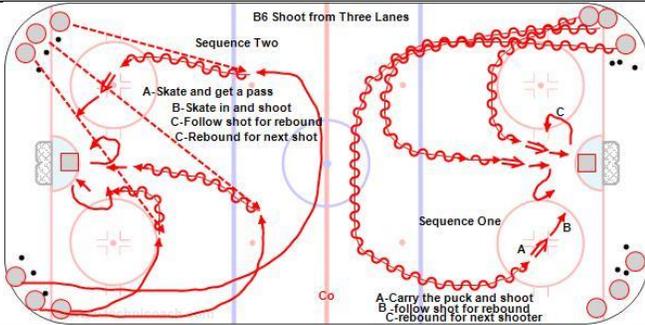
Time: 20:00-21:30

Arena: East Calgary

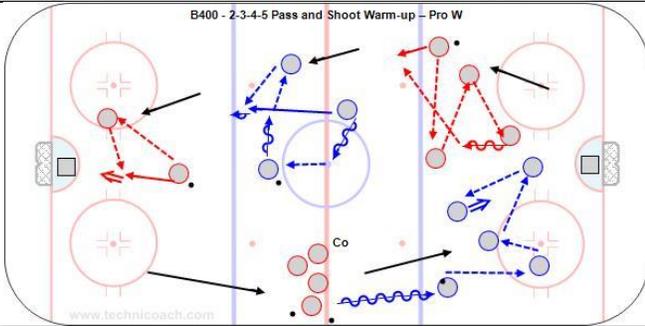
Lines:	Notes:
Passing	Specialty team scrimmage
Luhowy passing sequence cross ice	10' each PP
3 lane shots	10' 5 on 5
Tomas 5 passes in each zone then 10 passes	



5' Shots 3 lanes starting in corners.
8'
- 2 groups goal line to centre.

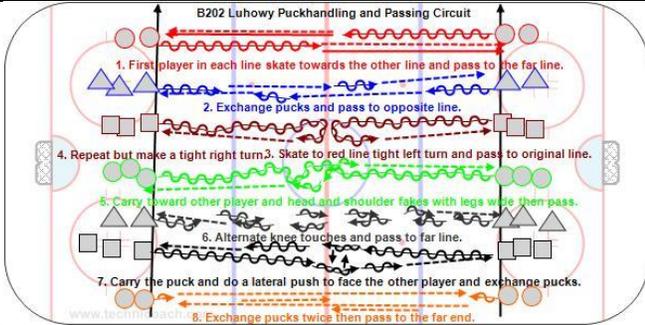


8'' Square passing – backhand and forehand
Figure 8
One touch
Tight tuens
Eye contact
Give target



9'
Tomas – Ultimate Zone Passing Game

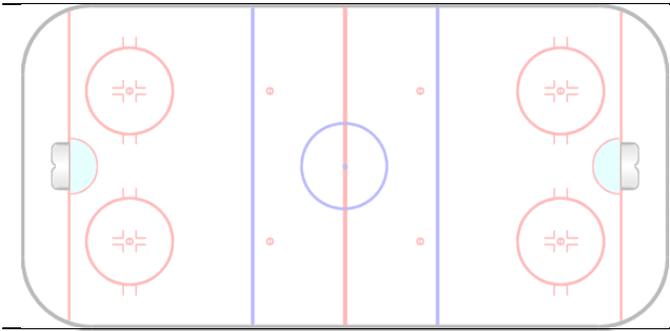
Will have to modify to do in circles and Nzone as we only have half ice.



15'

Cross ice 4 groups of 4

Partner pass – take on backhand and pass forehand then take on forehand and pass backhand.



10'

Red PP



10'

White PP

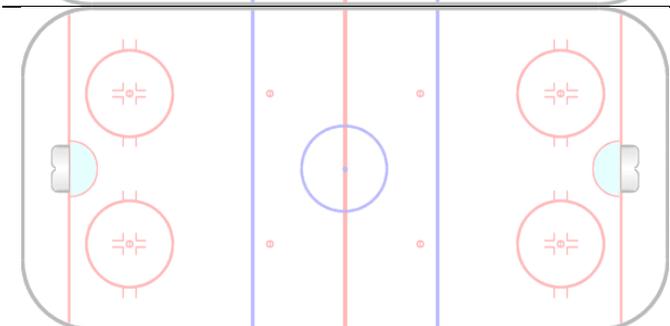


10'

5-5



Explanation/Notes:



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