



Inferno Red

## Practice Plan

Date: 10-20-22

Time: 20:00-21:30

Arena: East Calgary

Lines:

Passing

Luhowy passing sequence cross ice

3 lane shots

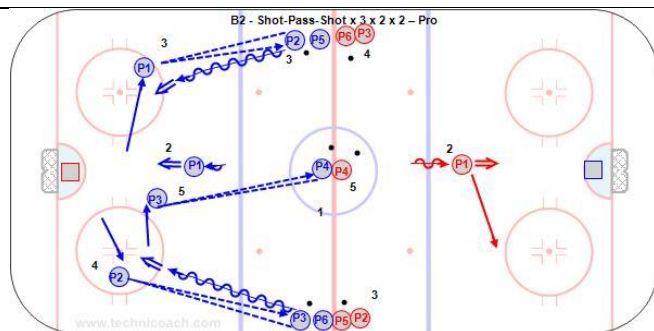
Tomas 5 passes in each zone then 10 passes

Notes:

Specialty team scrimmage

10' each PP

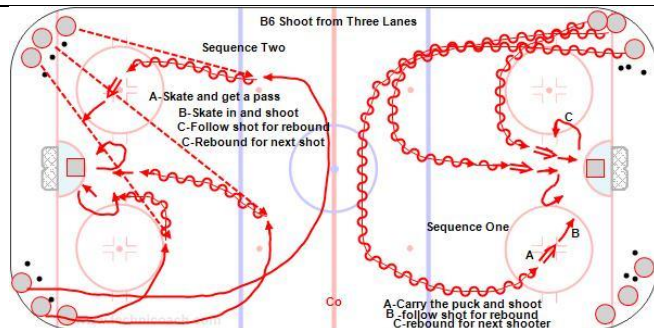
10' 5 on 5



5' Shots 3 lanes starting in corners.

8'

– 2 groups goal line to centre.



8'' Square passing – backhand and forehand

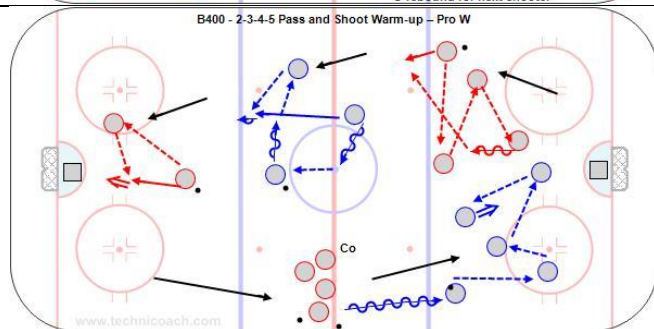
Figure 8

One touch

Tight tuens

Eye contact

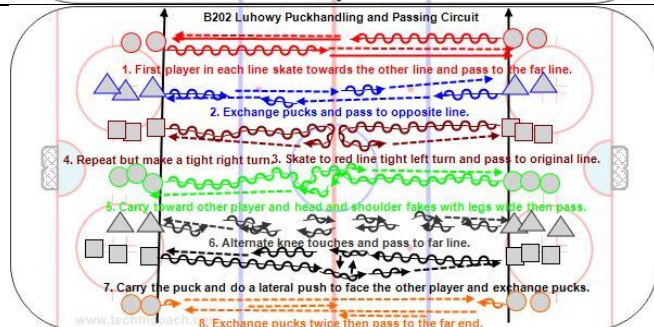
Give target



9'

Tomas – Ultimate Zone Passing Game

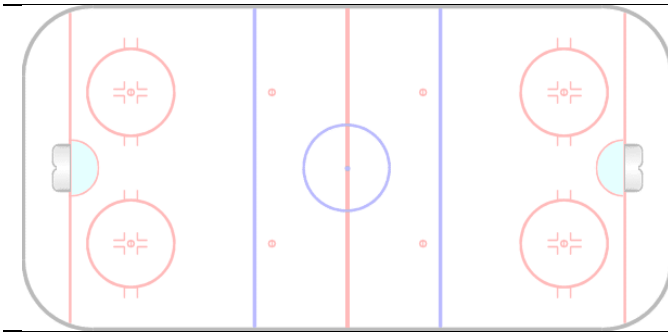
Will have to modify to do in circles and Nzone as we only have half ice.



15'

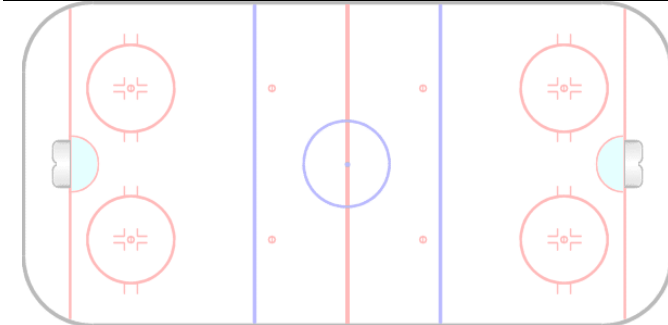
Cross ice 4 groups of 4

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



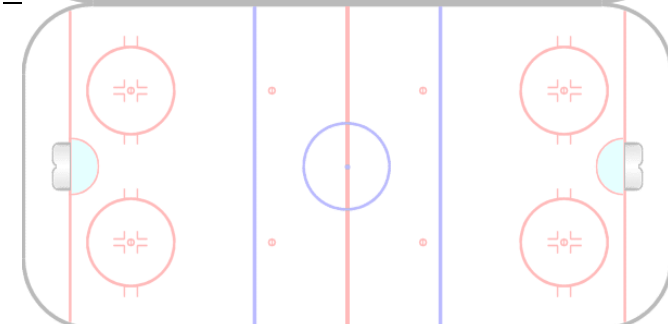
10'

Red PP



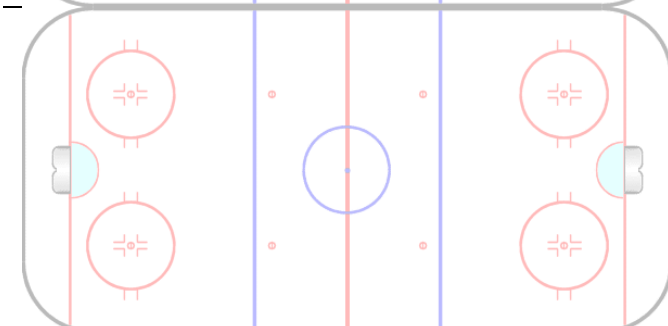
10'

White PP

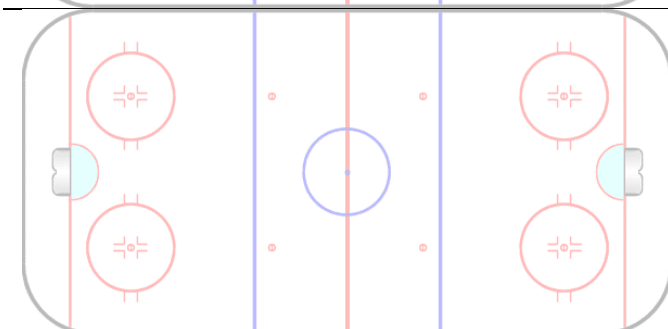


10'

5-5



Explanation/Notes:



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