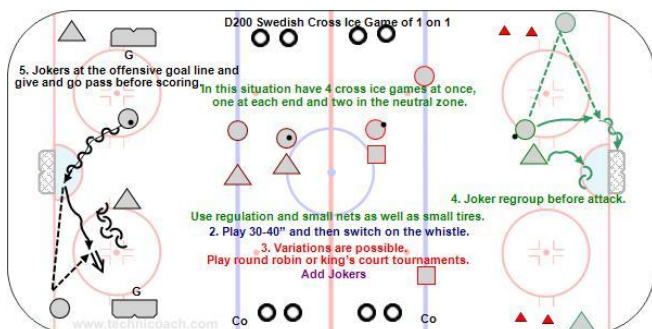


Maximum Goal Scoring Ap. 9

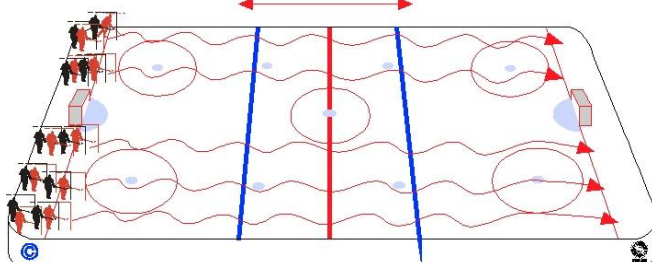
Lines:	Notes:
Tyke and Novice	Sat. 7-8 a.m.
Coach: Tom Molloy	



10 min.

D2

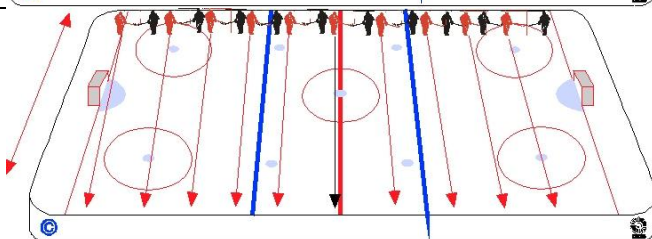
Play 2 cross ice games and use the stripe on the boards for goals.



10 min.

A200 Skating with the puck

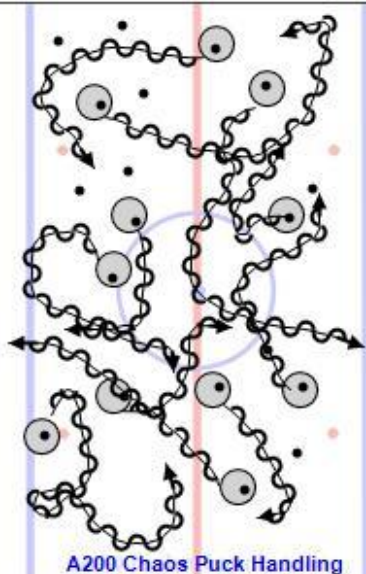
- Skate down the ice with the puck moving side to side in the skates.
- Skate around the ice handling 2 pucks.



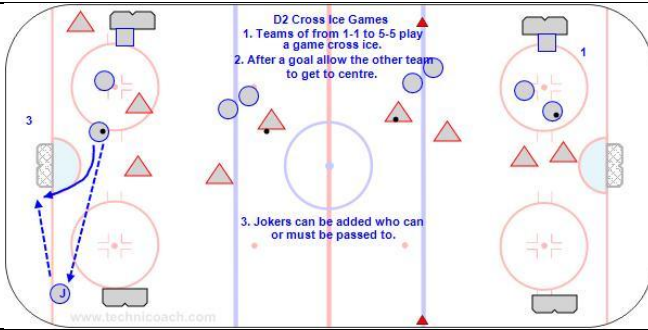
25 min.

A100 Cross Ice Formation

Russian Puck Handling Routine



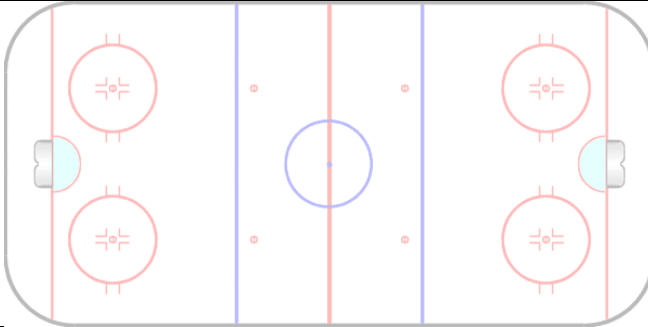
5 min.



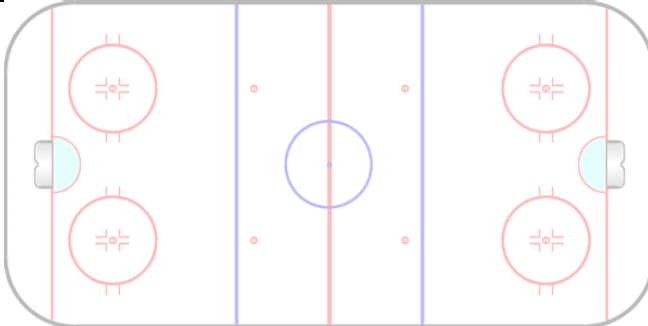
10 min.

A2 Cross Ice Game

-Play 2 games with the rule that everyone must get a pass before scoring. Hit the blue line for a goal.



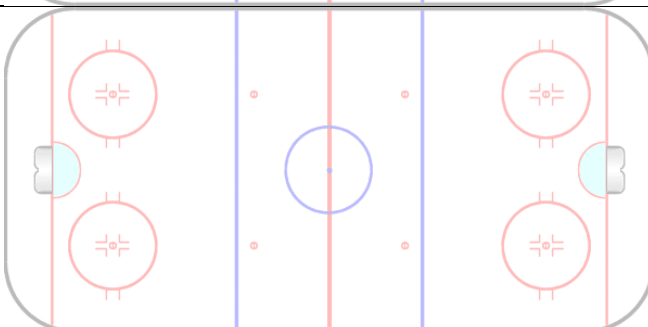
Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
