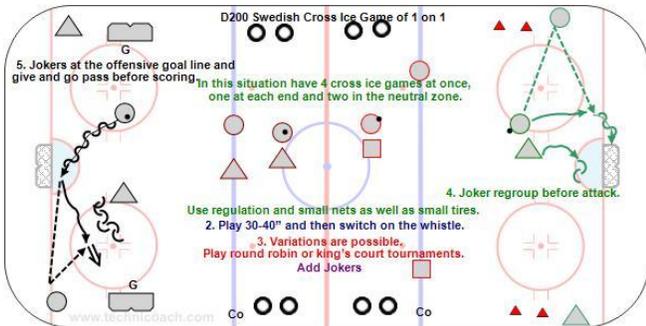


## Maximum Goal Scoring Ap. 9

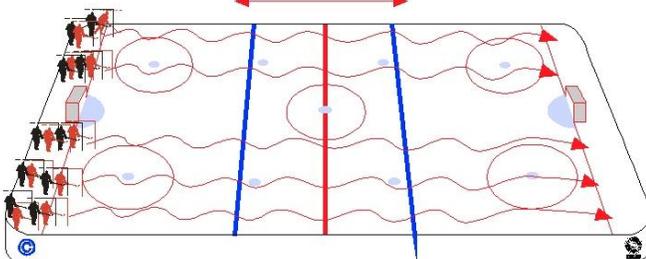
<b>Lines:</b>	<b>Notes:</b>
Tyke and Novice	Sat. 7-8 a.m.
Coach: Tom Molloy	



**10 min.**

**D2**

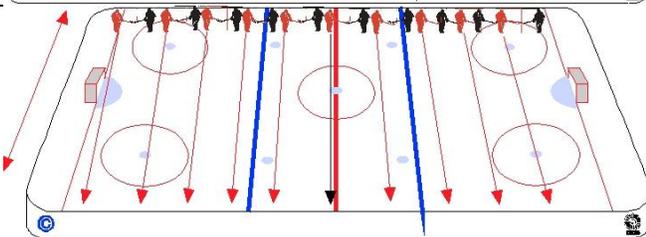
**Play 2 cross ice games and use the stripe on the boards for goals.**



**10 min.**

**A200 Skating with the puck**

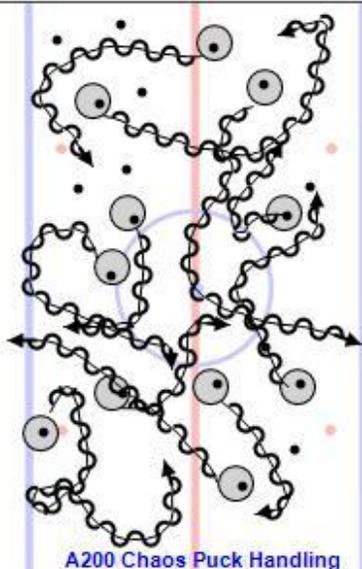
- Skate down the ice with the puck moving side to side in the skates.
- Skate around the ice handling 2 pucks.



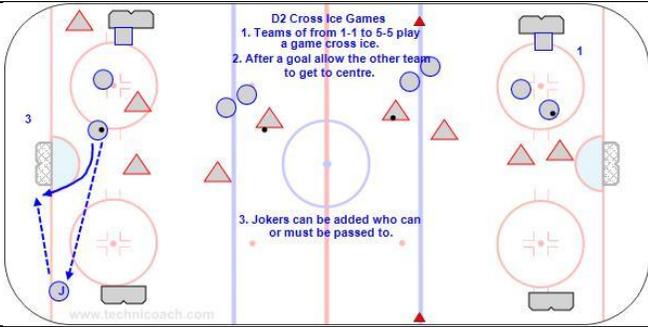
**25 min.**

**A100 Cross Ice Formation**

**Russian Puck Handling Routine**



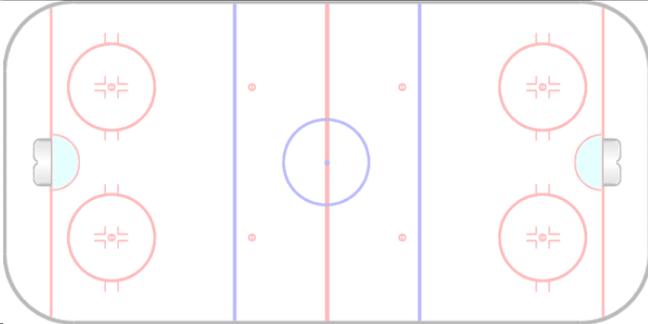
**5 min.**



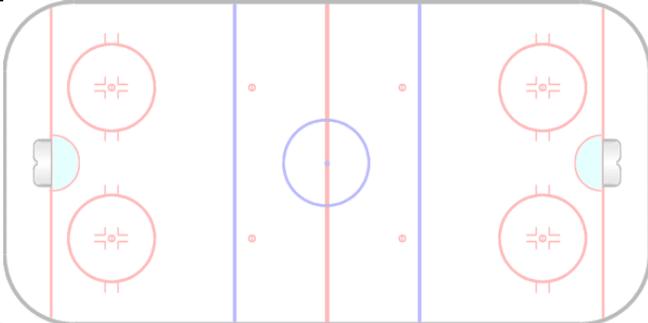
**D2 Cross Ice Games**  
 1. Teams of from 1-1 to 5-5 play a game cross ice.  
 2. After a goal allow the other team to get to centre.  
 3. Jokers can be added who can or must be passed to.

**10 min.**

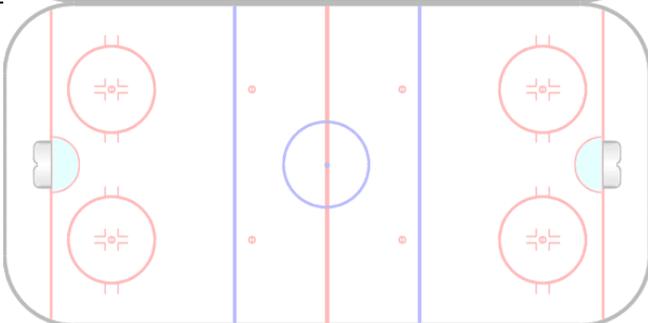
**A2 Cross Ice Game**  
 -Play 2 games with the rule that everyone must get a pass before scoring. Hit the blue line for a goal.



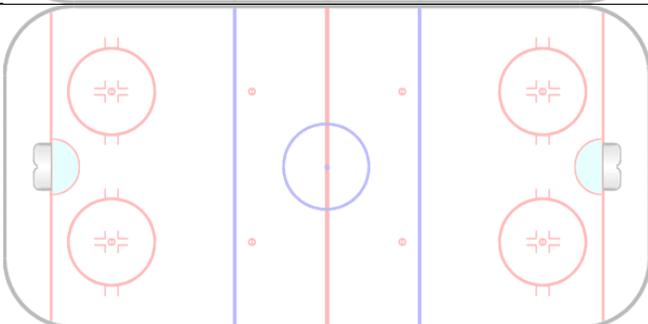
**Explanation/Notes:**



**Explanation/Notes:**



**Explanation/Notes:**



**Explanation/Notes:**

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