



Date: 7-9 year olds

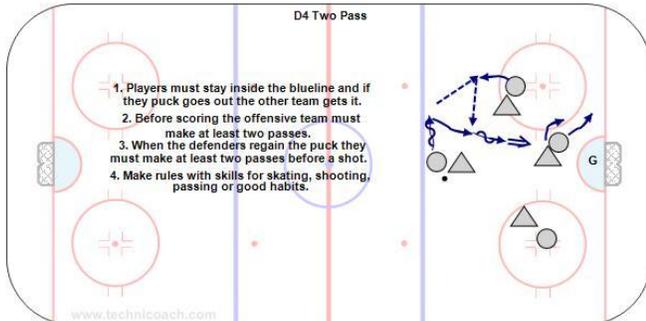
Time:

Venue:

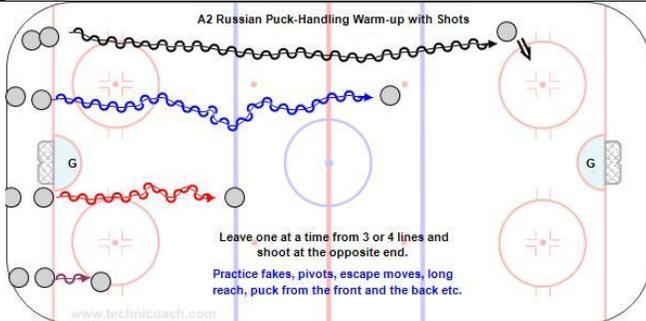
Lines:

Notes:

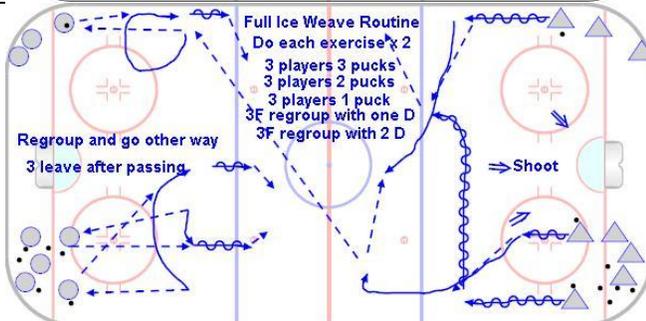
Puck Handling theme



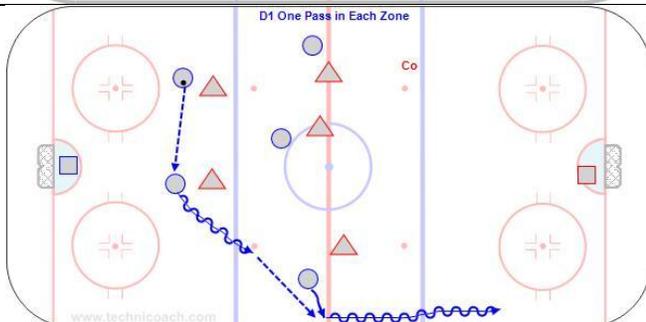
10 min at each end.



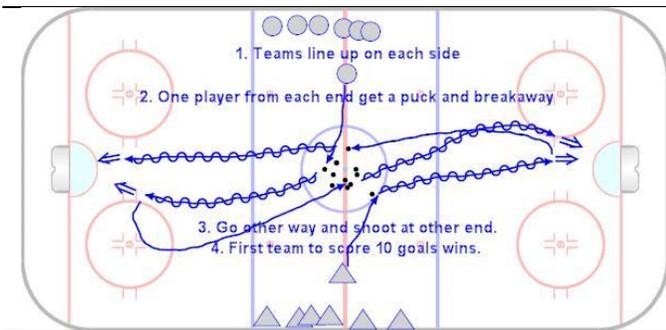
10 min. no shots, 5 min. with shots.
- Big moves Russian warm up sequence.



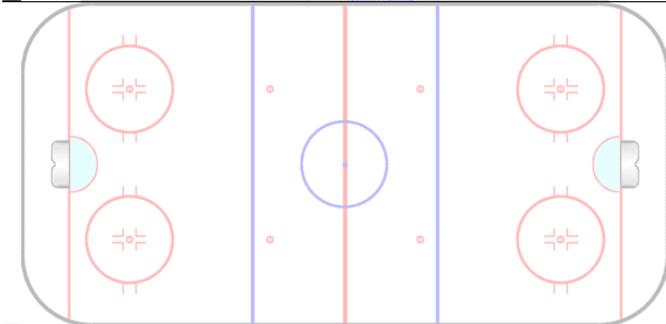
3-0 Weave – Regroup at far end



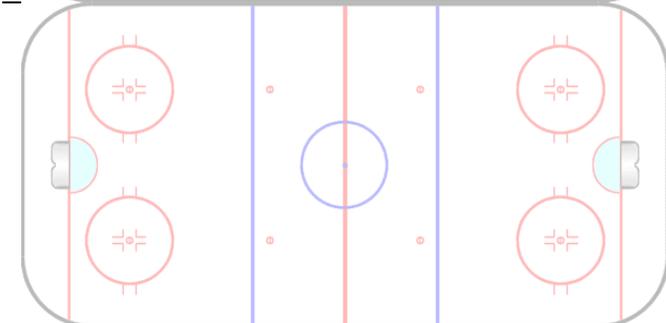
D100 game with one minute shifts and one pass in each zone required.



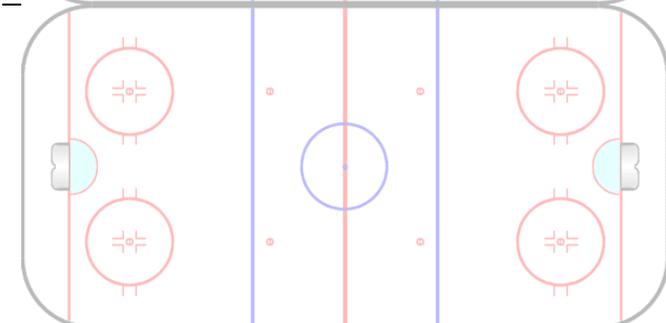
2 shot shootout.
-0 goals skate 2 laps
-1 goal 1 lap
-2 goals 0 laps



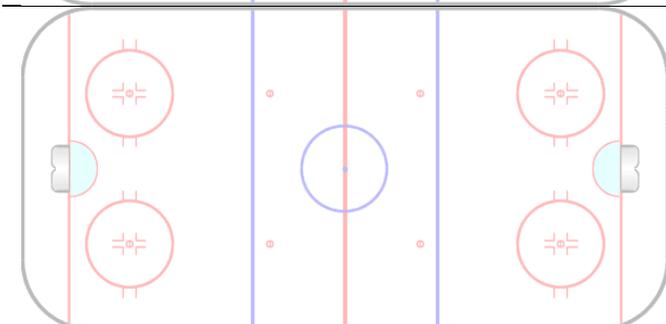
Post practice notes.
-practice went well. A little trouble with the 3-0 weave with the younger players.



Explanation/Notes:



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