



02 Practice One April 10

Practice Plan

Date: 7-9 year olds

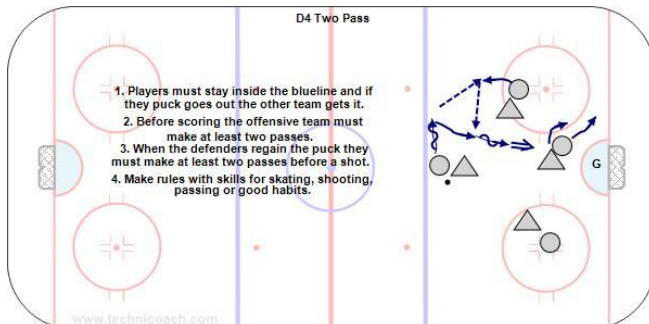
Time:

Venue:

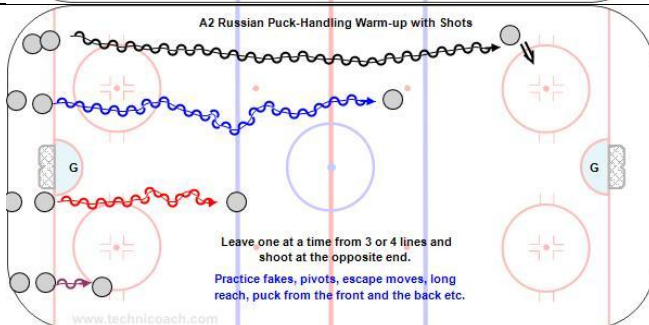
Lines:

Notes:

Puck Handling theme

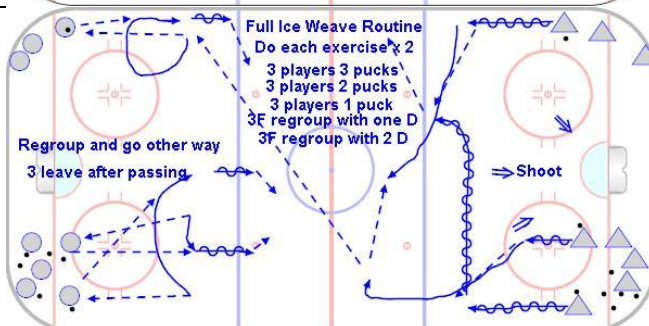


10 min at each end.

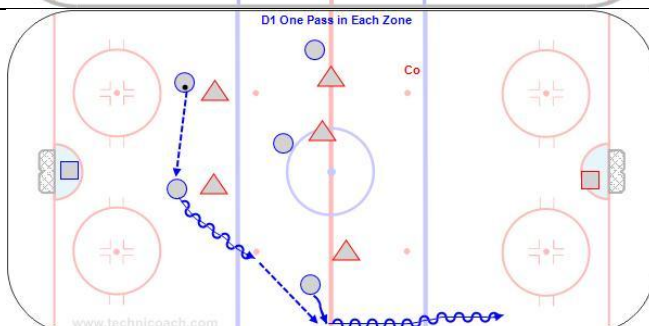


10 min. no shots, 5 min. with shots.

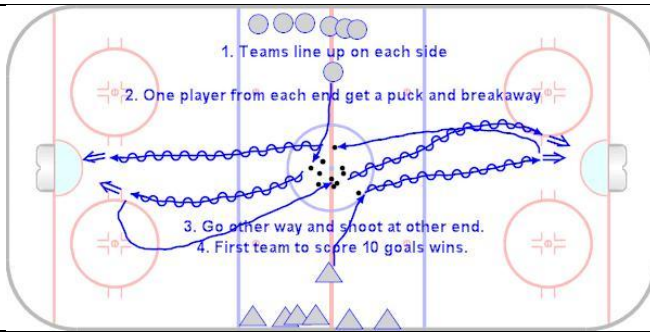
- Big moves Russian warm up sequence.



3-0 Weave – Regroup at far end



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

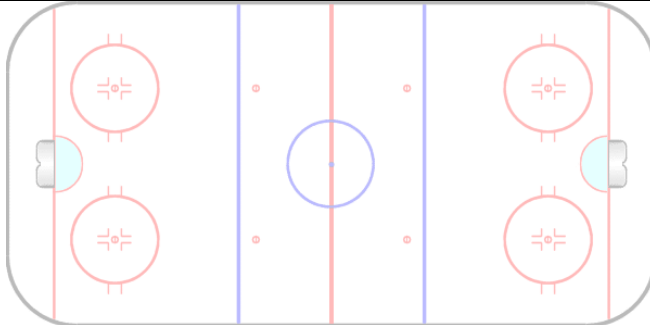


2 shot shootout.

-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:



Explanation/Notes:



Explanation/Notes: