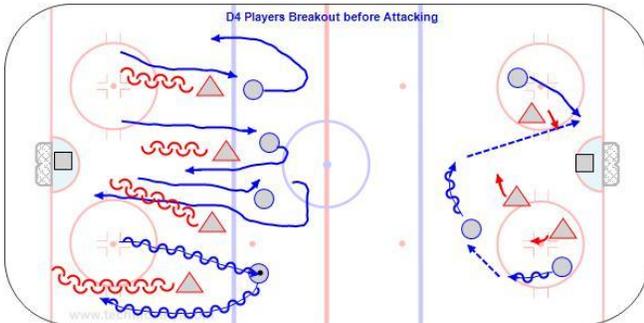




## 02 Group Practice 2

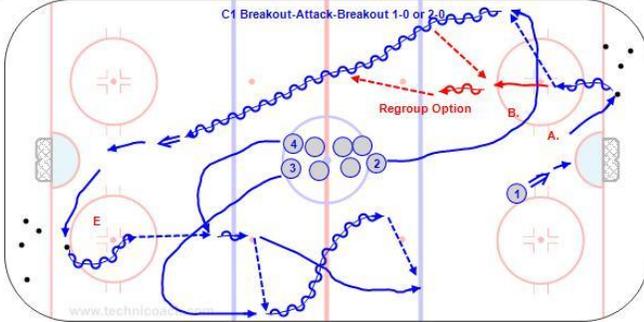
## Practice Plan

<b>Date:</b>	<b>Time:</b>	<b>Venue:</b>
<b>Lines: Age 7-9 Group</b>		<b>Notes:</b>
Theme of practice is stick on stick and		defensive side positioning.
Also use the moves we worked on in the first		Practice.
- Give half the players pinnies before		Practice starts.



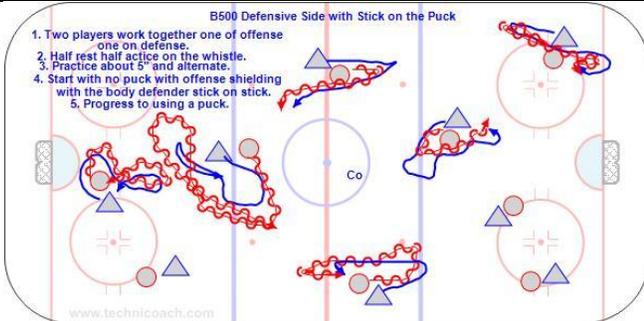
**D4 Game at each end.**

**Rules:** you must get the puck into the nzone to go on offense, offside rule in effect and you need at least 3 passes before scoring.



**C1 – Shoot-rebound-make a breakout pass to the next player. Do a figure 8 in the nzone.**

**\*After practice comment. The young kids had trouble with this idea and I should have started with simply taking a shot. Parent coaches really had trouble demonstrating and confused kid's.**



**B500 Stick on Stick and D side explanation.**

**-Partner work doing stick on stick.**

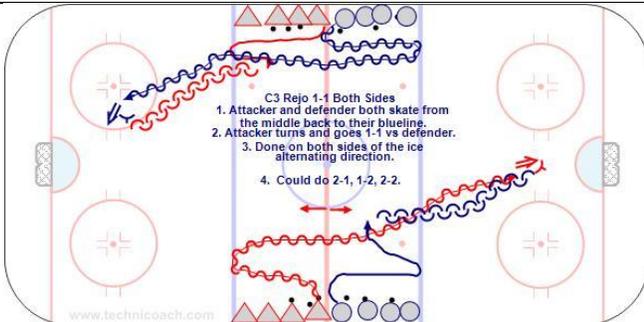
**1-no puck.**

**2-with a puck.**

**3-keepaway**

**4-race to the puck and keepaway. A best of 3 to see who has the puck after 10"**

**\*Note: this went very well. Coach took shots with goalie during instruction.**

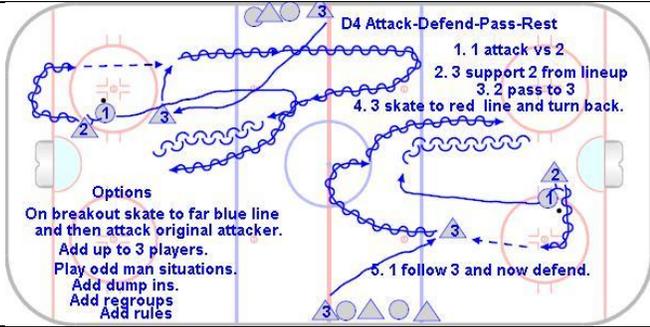


**C3 Rejo 1-1 at each side.**

**-offense take puck back to blue line turn and attack defender who has skated back to the other blue line then up to close the gap.**

**-defender stick upside down to stress staying on the Dside.**

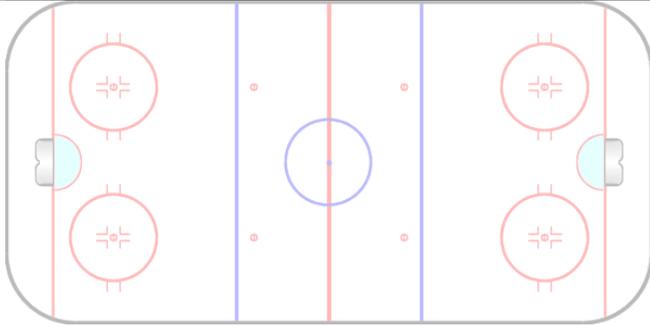
**\* parent coaches confused. Just have kid's do it and just go one way each side.**



**DT4 Attack-Defend-Pass-Rest x 2**

- 1 on 1 and the defender passes to a player giving passive support.

**\*Again have kid's do the demo if there was no meeting with the parent helpers. Most have never played a transition game.**

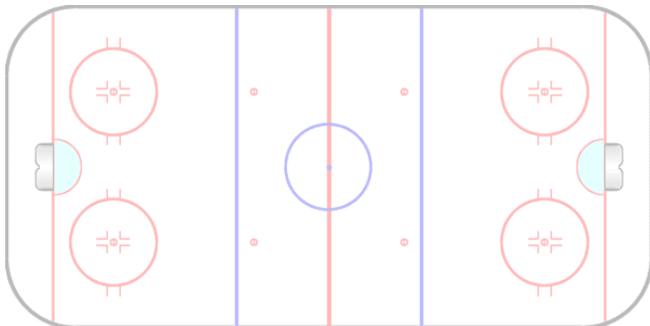


**E1 Shootout Race**

- Alternate ends and players must have the skate on the faceoff dot. Coach must put the puck on top of middle dot for it to be fair.
- keep score which team got the most goals.

**\*this activity went very well.**

**P**



**Post practice comment.**

- With kid's as young as 7 introduce them to the formation by using one task drills, then add variations.
- Walk everyone through the games and then break into groups. Most players and coaches haven't used games in practice.



**Explanation/Notes:**



**Explanation/Notes:**

