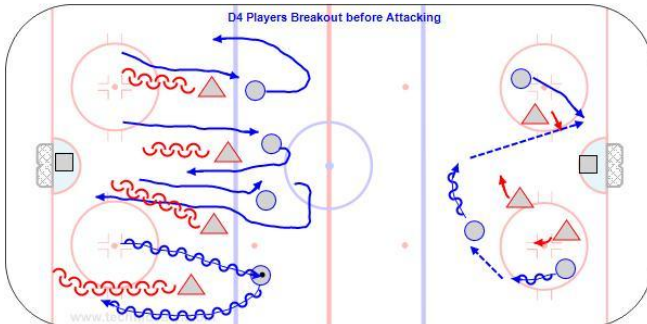




02 Group Practice 2

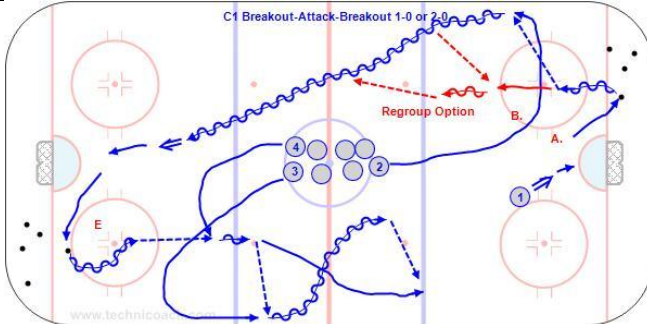
Practice Plan

Date:	Time:	Venue:
Lines: Age 7-9 Group		Notes:
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.

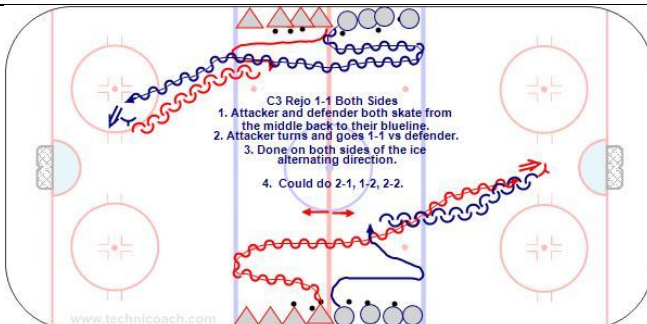
1-no puck.

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.**

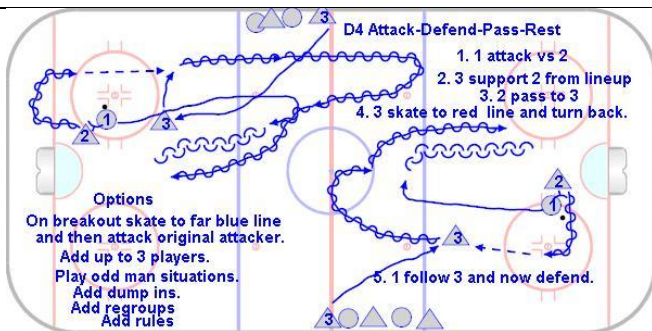


C3 Rejo 1-1 at each side.

-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.

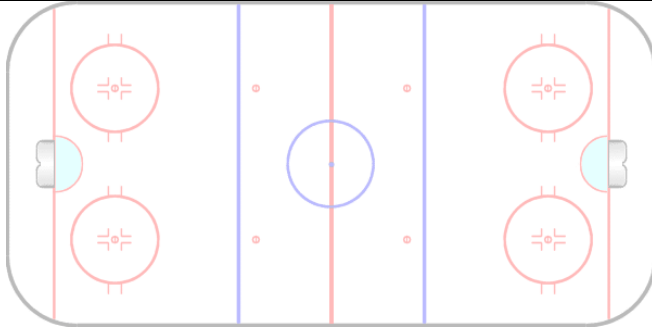
*** parent coaches confused. Just have kid's do it and just go one way each side.**



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:

