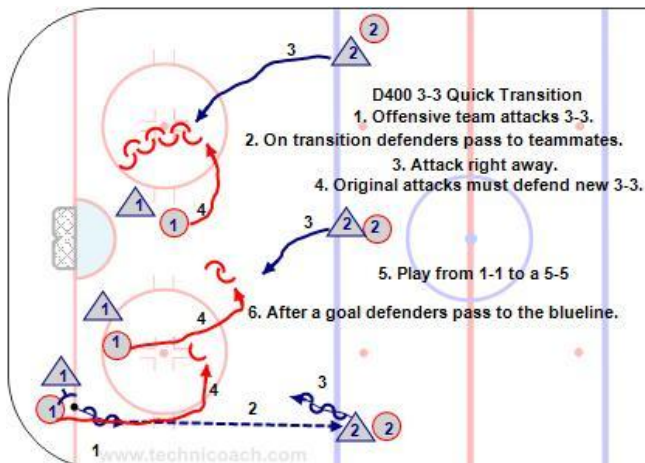


00 Team Practice One-Contact

Theme: Body Contact

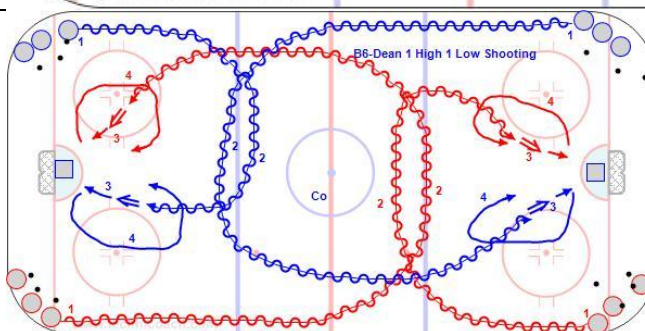
Lines:

Notes:

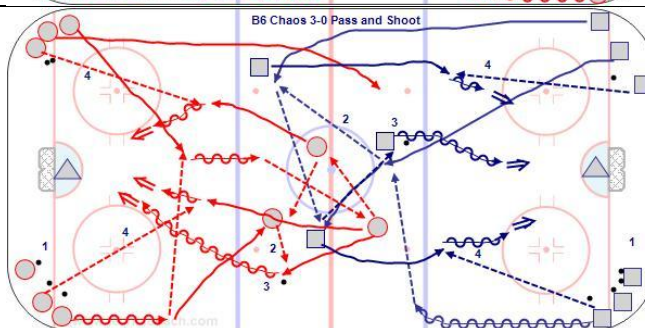


D400 – 3 on 3 game of quick transition.
 Pass to waiting players who go on offense right away vs original attackers.

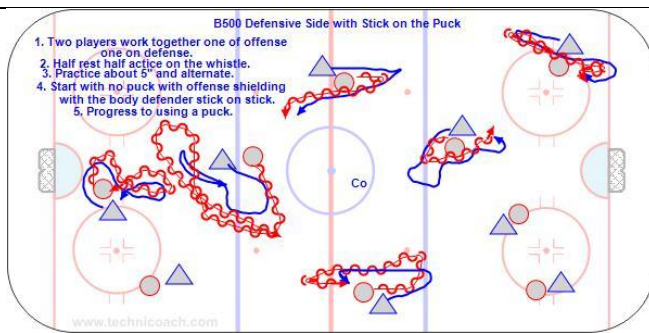
- Only one goalie showed up so we had to play at one end only.



B6 High low shooting.
 With one goalie we adapted and alternated sides, so both corners shot on the same net.

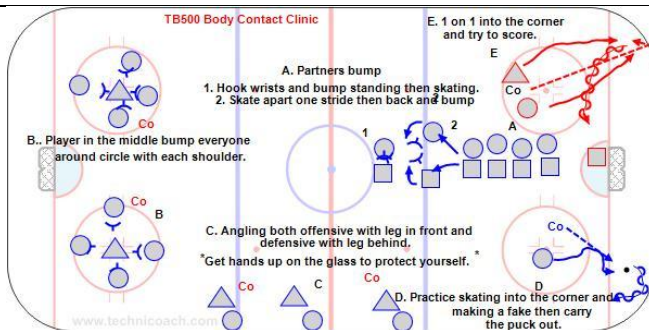


B6 Chaos shooting:
 We went 4-0 and alternated corners shooting at one goal.



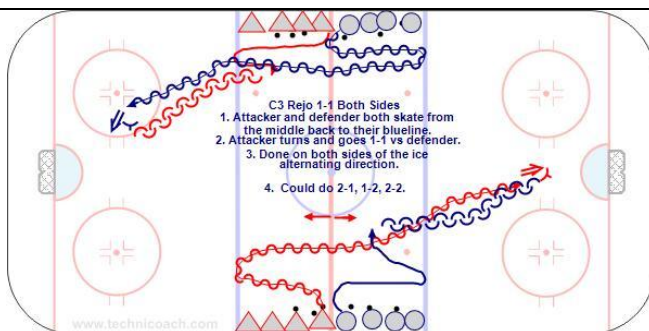
B500 Angling instruction in 2 groups the stick on the puck with partners. Begin with partner bumping. I introduced it in the hallway and talked about body position.

1. Just stick on stick-no puck.
2. Stick on the puck partner protects the puck.
3. Races for the puck and a 2 of 3 contest to see who gets the puck.

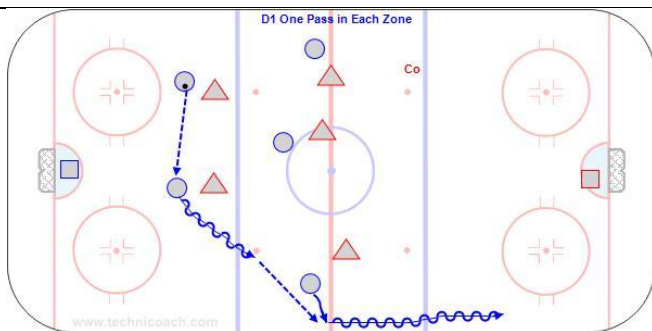


I did this first and the above second.

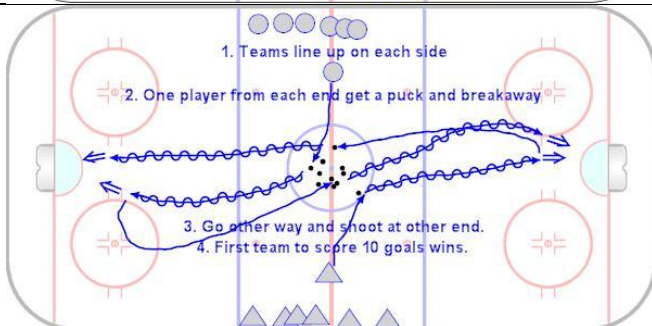
- A. Partners bump**
1. Hook wrists and bump standing then skating. Come back using other shoulder.
 2. Skate apart one stride then back and bump
- B. Player in the middle bump everyone around circle with each shoulder.**
- C. Angling both offensive with leg in front and defensive with leg behind. Get hands up on the glass to protect yourself.**
- D. Practice skating into the corner and making a fake then carry the puck out.**
- E. 1 on 1 into the corner and try to score.**



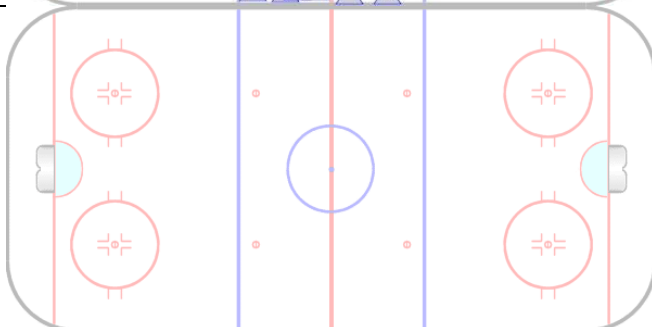
C3 1-1 from both sides. Stress dside and defenders have their sticks upside down.



D100 Game of 60'' shifts, pass back to the goalie on the whistle.
Rule: there must be at least one pass in each zone.



E1 2 shot shootout
Skate one lap for every time you don't score.



Explanation/Notes: