



[Team Name]

Practice Plan

02 Team 2011 Practice 3

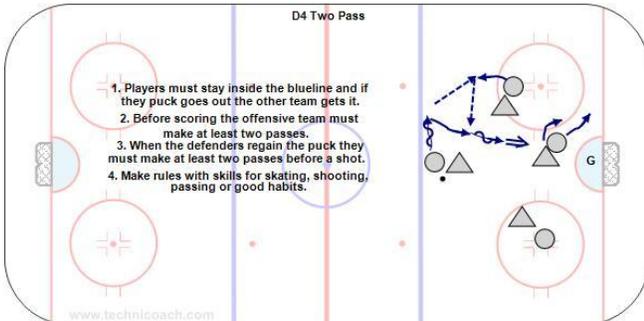
Time:9:30-10:45

Venue:Cardel

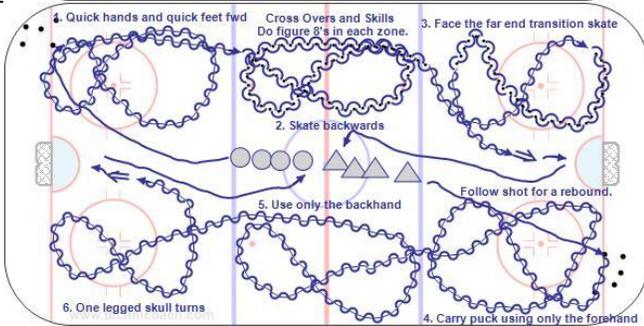
Lines:

Puck handling, passing technique.

Notes:



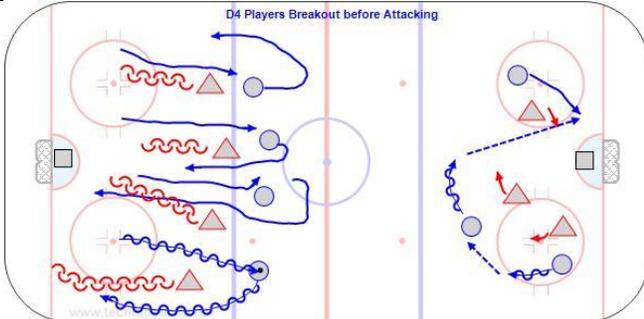
10 min.
D4 game of 2 pass at each end.



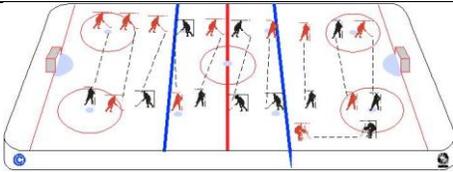
10 min.
B6 Figure 8 and shoot.
1. Forward
2. Backward
3. Face the far end.



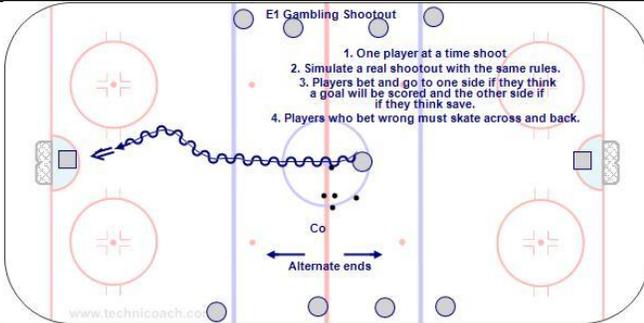
10 min.
A200 Russian big moves with shot.



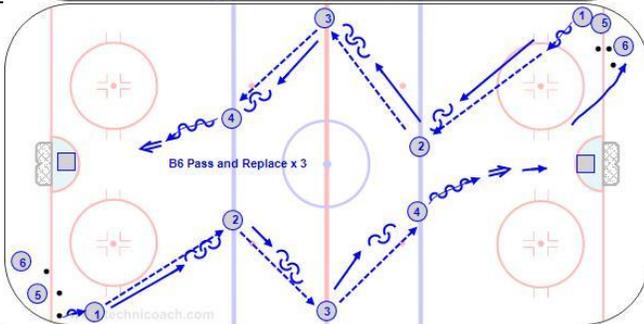
20 min.
D4 Tournament;
-Get outside.
Game 1- there must be at least 3 passes.
Game 2 – only skating backward.
Game 3 – escape move before passing or a shot.
Game 4 – 2 second game



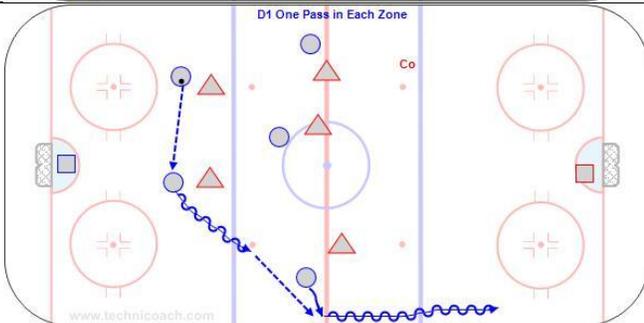
10 min.
B3 passing technique and partner pass.
 First stationary and then skating backward to forward.



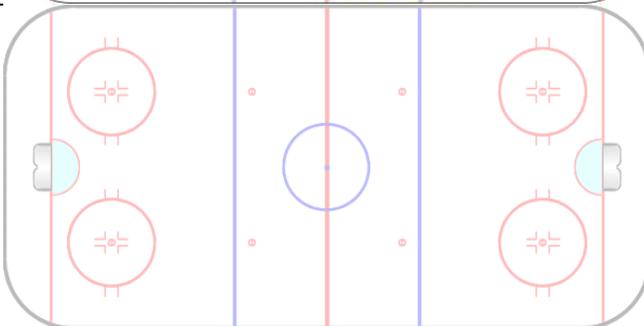
Et Gambling Shootout
 -bet score or no score. Skate across and back if wrong.



Added This pass and replace drill 10 min.



D1 there must be at least one pass in each zone. 7 on 7



Explanation/Notes:
