



[Team Name]

Practice Plan

02 Team 2011 Practice 3

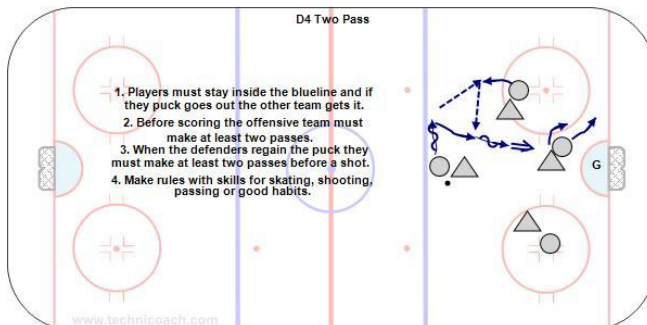
Time:9:30-10:45

Venue:Cardel

Lines:

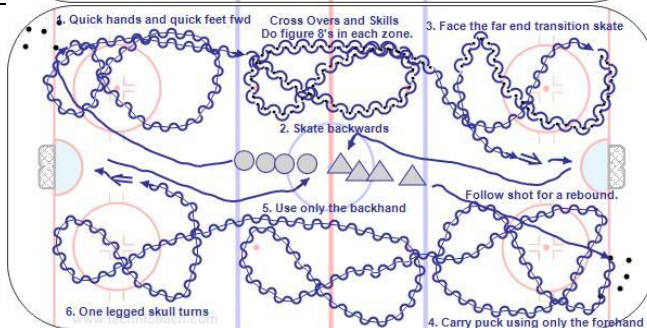
Puck handling, passing technique.

Notes:



10 min.

D4 game of 2 pass at each end.



10 min.

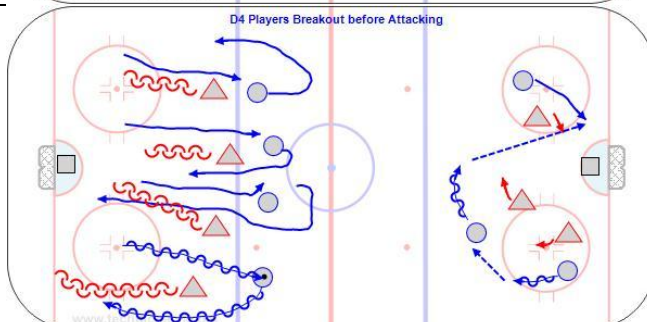
B6 Figure 8 and shoot.

1. Forward
2. Backward
3. Face the far end.



10 min.

A200 Russian big moves with shot.



20 min.

D4 Tournament;

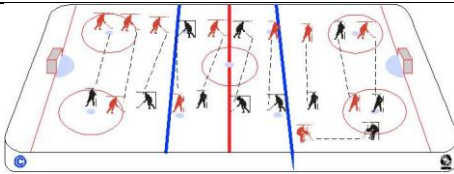
-Get outside.

Game 1- there must be at least 3 passes.

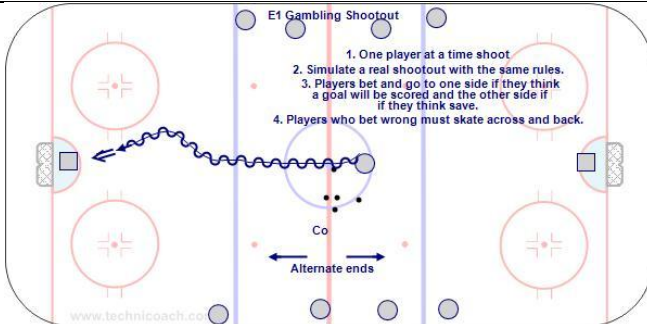
Game 2 - only skating backward.

Game 3 - escape move before passing or a shot.

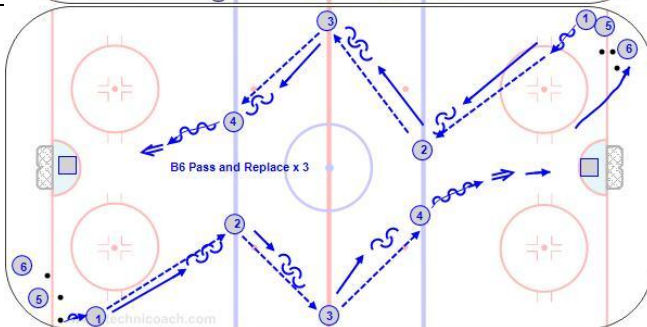
Game 4 - 2 second game



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



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: