



# 00 Raiders Practice 4

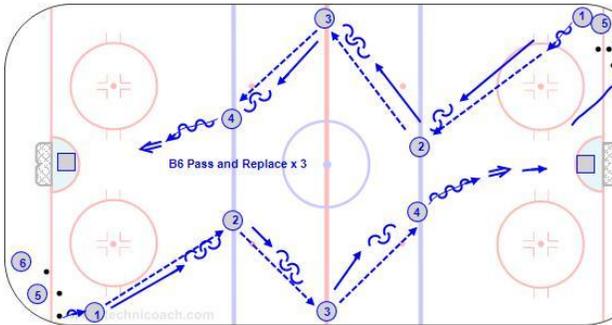
# Practice Plan

Date: Ap. 21

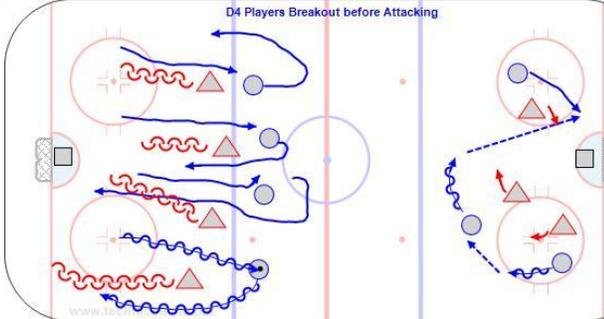
Time: 20.15-21:30

Venue: Trico

<b>Lines:</b>	<b>Notes:</b>
	11 skaters and 1 goalie
Goal: play the game while skating.	
Battle	
Angle, take and give a check.	



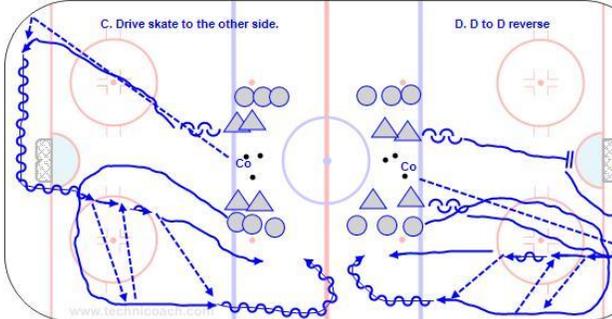
**Pass and Replace x3 each side.-10**



**Half Ice Game at each end. -10**

**Rule: players must take at least 3 hard strides to open ice before a pass or shot. At least 3 passes before scoring.**

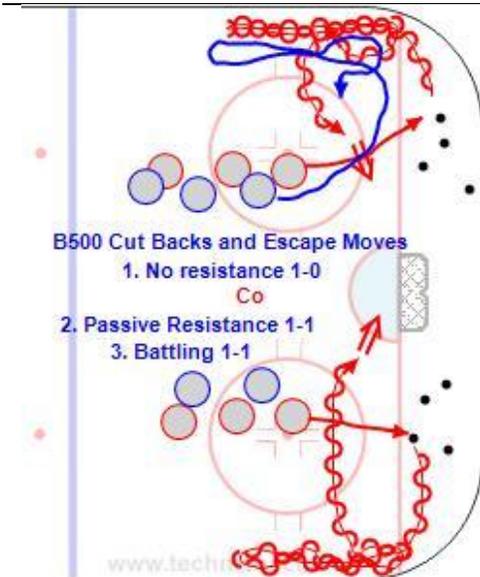
**Goal-play the game while skating and support the puck.**



**Murdoch Breakouts B and C -15**

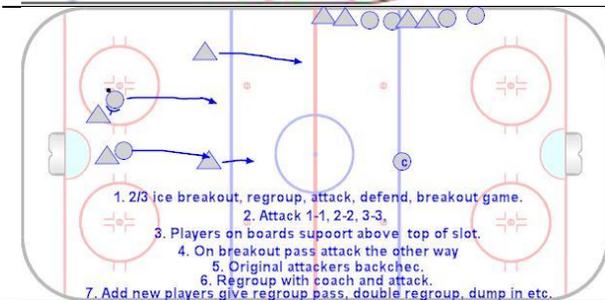
**Review A and B plus reverse to F. Add a forward and pass to the middle-back-wing.**

10 min. drill where 2 players regroup with 2 coaches and give board and middle support.



**B500 cutbacks and escape moves.**  
**With a goalie. Rotate sides and go to the net on the whistle.**

1. No resistance-do cut backs.
2. Passive resistance 1-1.
3. Compete when the whistle goes.

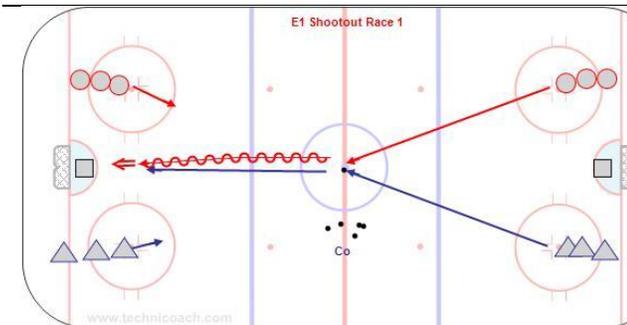


**DT400**

**2 on 2 with passive support in a Breakout-Regroup-Attack-Defend rotation**

1. 2/3 ice breakout, regroup, attack, defend, breakout game.
2. Attack 1-1, 2-2, 3-3.
3. Players on boards support above top of slot.
4. On breakout pass attack the other way
5. Original attackers backcheck.
6. Regroup with coach and attack.
7. Add new players give regroup pass, double regroup, dump in etc.

**Explanation/Notes:**



**Shootout Race from the dots -10**

**Goal-competes and score.**  
**Keep score.**