



00 Raiders Practice 4

Practice Plan

Date: Ap. 21

Time: 20.15-21:30

Venue: Trico

Lines:

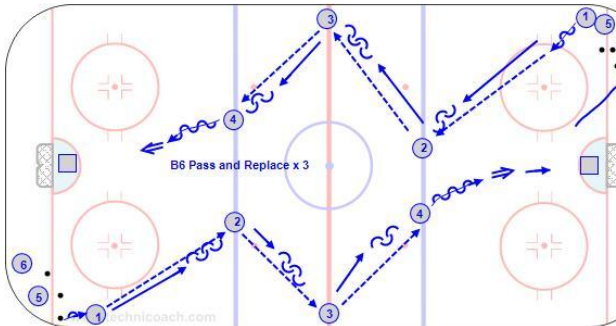
Notes:

11 skaters and 1 goalie

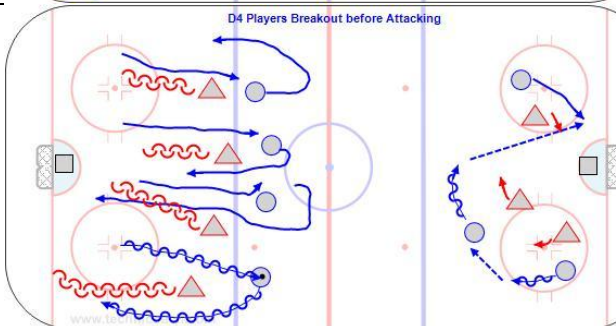
Goal: play the game while skating.

Battle

Angle, take and give a check.



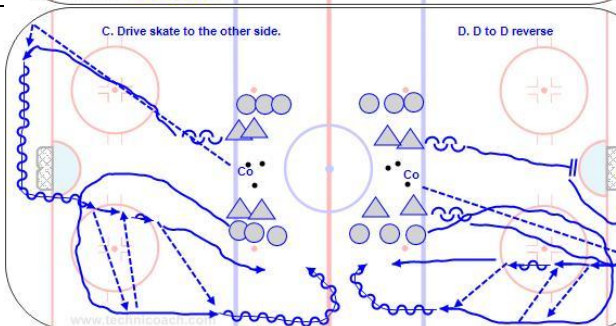
Pass and Replace x3 each side.-10



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.

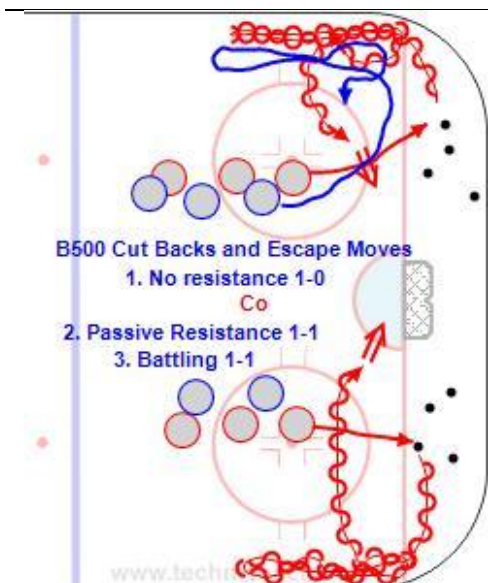
Goal-play the game while skating and support the puck.



Murdoch Breakouts B and C -15

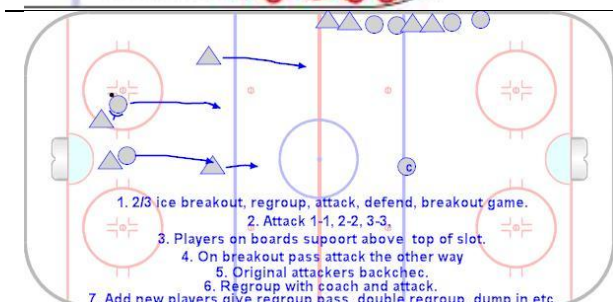
Review A and B plus reverse to F.
Add a forward and pass to the middle-back-wing.

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.

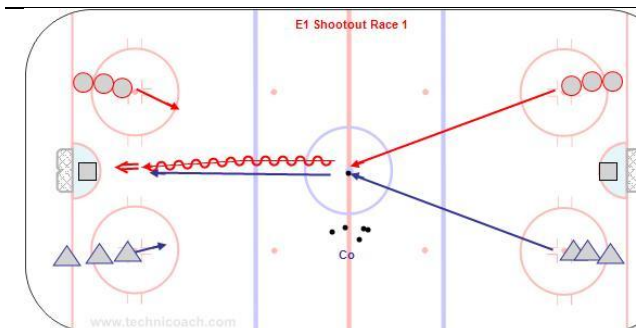
- 1. No resistance-do cut backs.**
- 2. Passive resistance 1-1.**
- 3. Compete when the whistle goes.**



DT400

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

Explanation/Notes:



Shootout Race from the dots -10

Goal-compete and score.
Keep score.