



02 Titans Practice 4

Practice Plan

Date: April 21

Time: 17:30-18:45

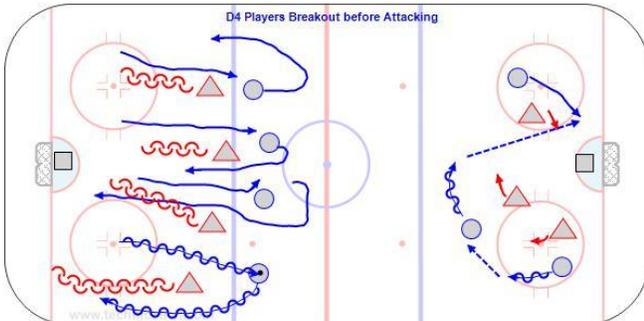
Venue: Bowness

Lines:

Notes:

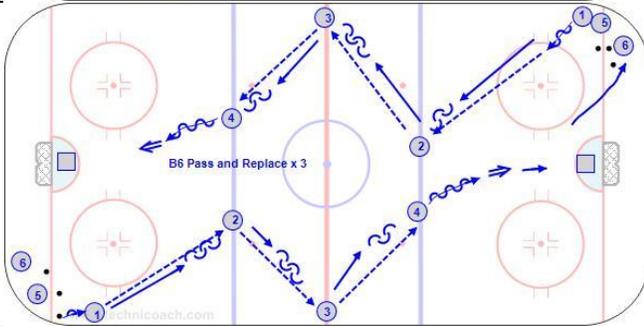
14 skaters and 2 goalies

Goal-to; play the game while skating.



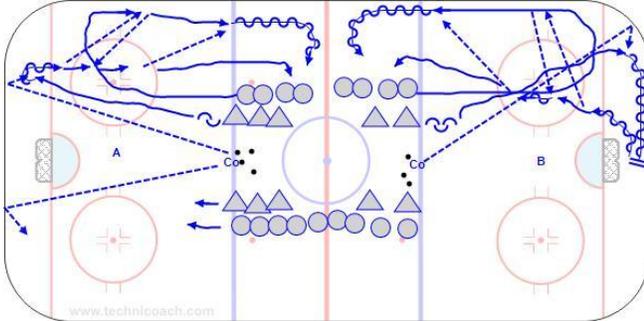
Game at each end.-10

At least 3 passes and 3 strides before a pass or a shot.

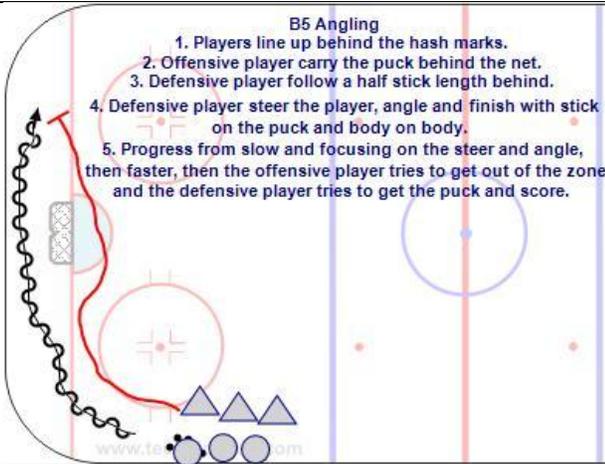


Pass and Replace x 3 - 10

Pass, follow your pass, rebound, pass while skating.

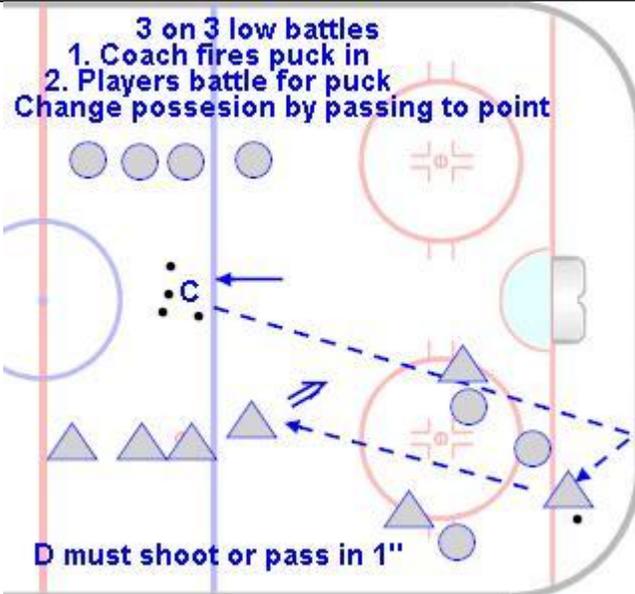


D and F breakout sequence at each end. - 15



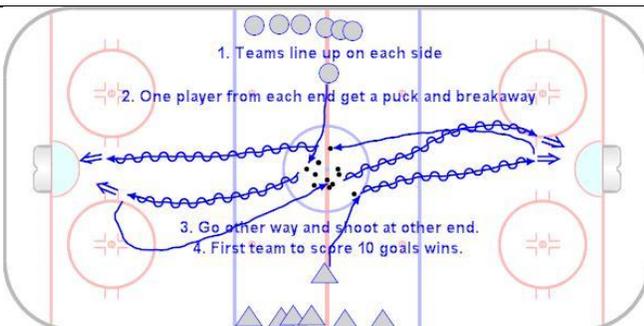
Angling at each end. 15
First passive and then a competition to score.

Explanation/Notes:



Low Battles with a pass to the point -15

Full ice 3 on 3 with at least one pass in each zone. 10



2 shot shootout with a lap for every miss.

Explanation/Notes:

