



[Team Name]

Practice Plan

Date: April 26

Time: 20:00-21:30

Venue: SFCA

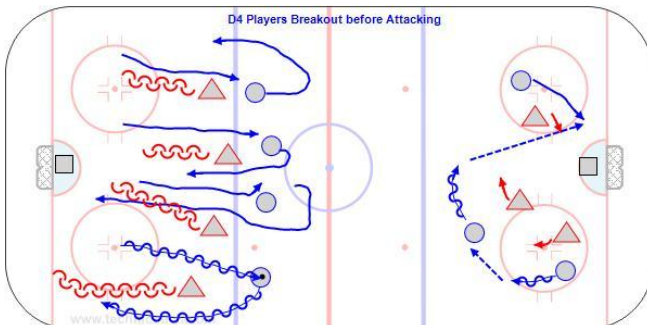
Lines:

Themes: Habit of playing with the feet moving.

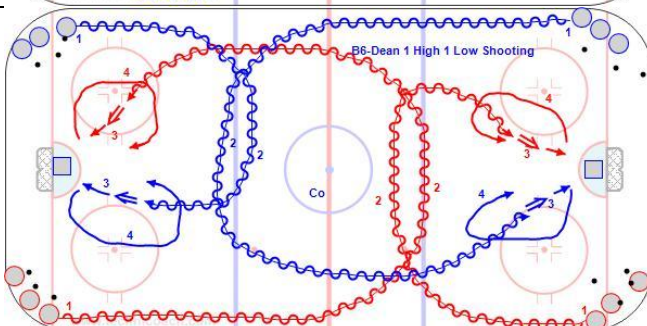
Notes:

Breakout and regroup with 2 D or the last 2 players.

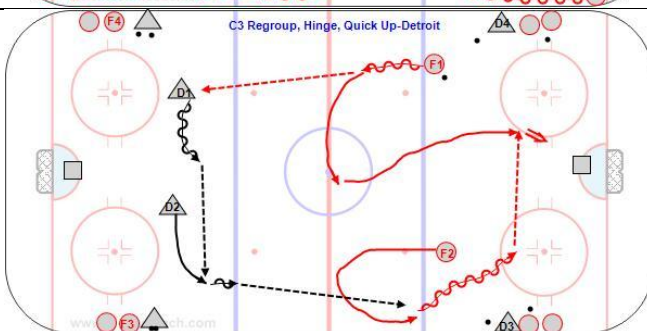
Puck support.



10' – at least 3 strides before passing and 3 passes min.



10 min. -B6 high low shooting this time with 2 goalies..

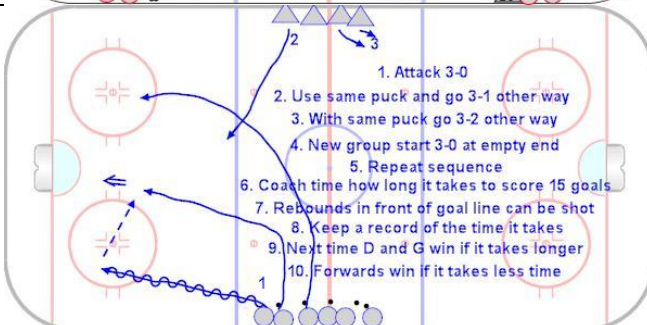


15 minutes

D to D with bank, reverse, hinge.

Pass or dump in then get a breakout pass and shoot.

Passers do same thing at the other end.



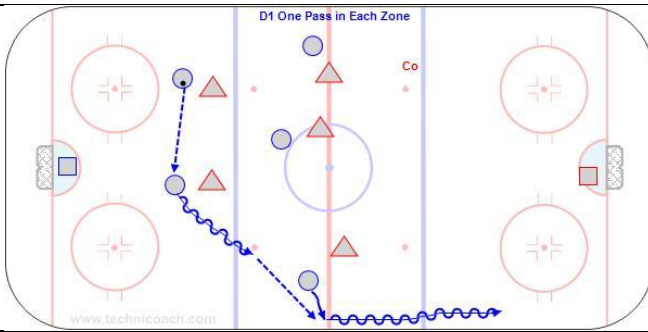
15 min.

C3 3-0, 3-1, 3-2 flow.

The last 5 minutes after they have learned the flow have a contest.

Forwards vs D and G's.

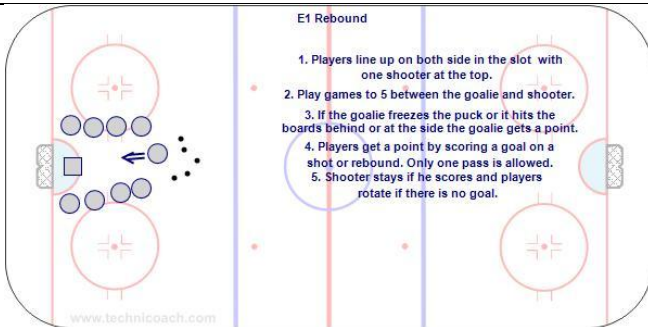
Count goals scored and next time see who does better.



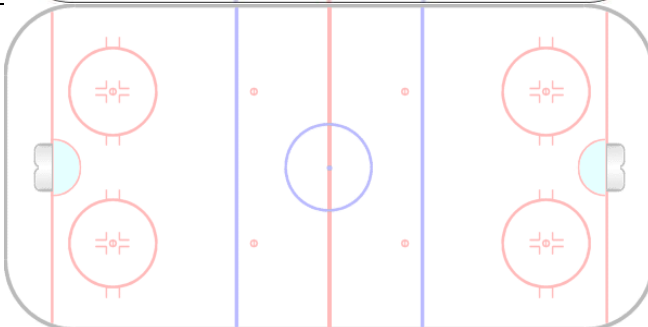
**15 min.**

**D100**

**3-3 with at least one pass in each zone**



**E1 Rebound**



**Explanation/Notes:**