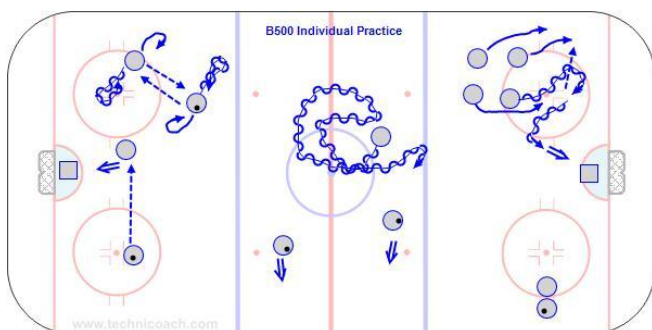




Game Sense and Puck Support Practice: Role Two

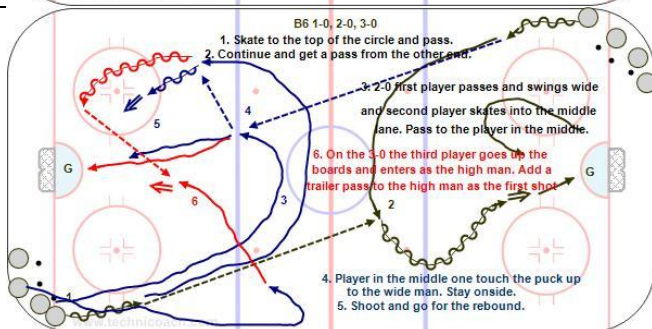
Practice Plan

Date:	Time:	Venue:
Lines:	Notes:	
Play a tournament and keep track of wins and		
Losses. Play various games that require on ice		
Awareness and close puck support. Include		
Good technique rules.		



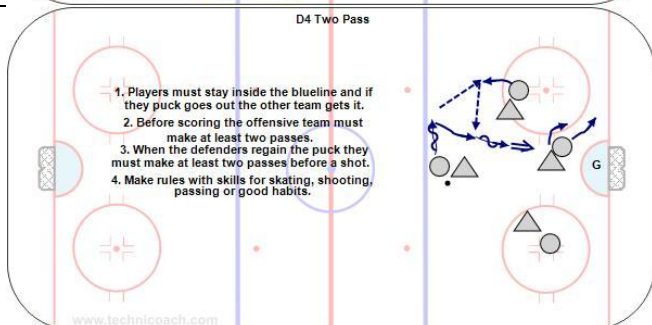
B500

10 min. Individual choice practice. Players work on the skill of their choice, such as puck handle, shoot, keepaway, small game, pass, etc. Coach skate around and give individual help and keep activities on task and safe/



B6 Small Horseshoe 1-0, 2-0

7 min. Warm up the goalies and work on timing.



Tournament of 8 minute Games – Greens vs Whites. At the end of each game give 2 points for a win and 1 for a tie.

Game 1: D4 Game of 2 pass.

Game 2: 2 pass – only forehand allowed.

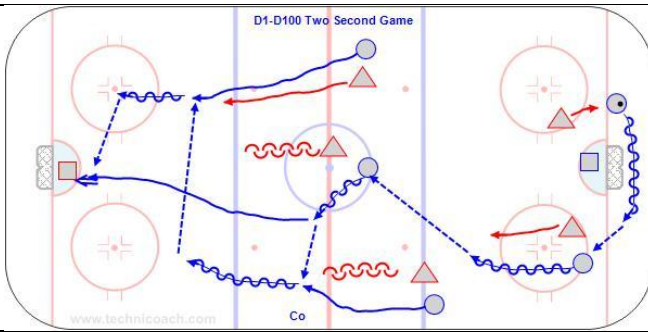
Game 3: 2 pass – must use and escape move when you get the puck.

Game 4: 2 pass and only 2" with the puck.

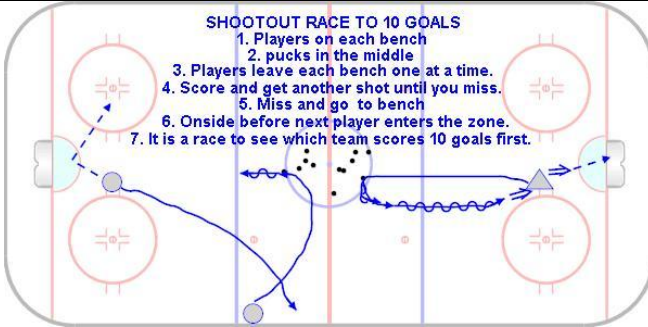


D100 – Full Ice Game of 2" Only

- One minute shifts and pass back to the goalie on the whistle.
- Beginning goalie at one end so the scoring team get the puck out of the net on a goal and attack the other way. Opponents must touch the red line before defending.



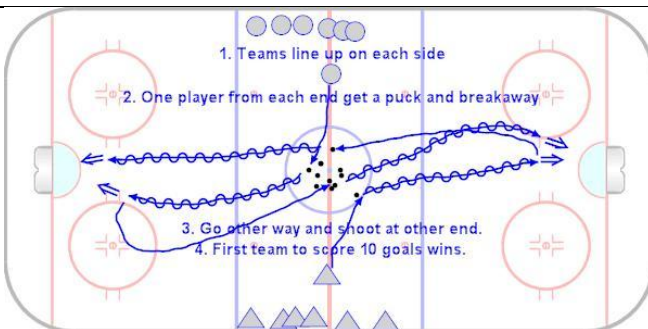
D1 Game of 6 on 6 no Whistles 2" Rule



E1 Shootout – Change on the go and 6 pucks.

Players get a maximum of 3 shots and if they don't score they put the puck back on the blue line.

After scoring they must change on the go and the new player can't leave until teammate is within a stick length of the bench.

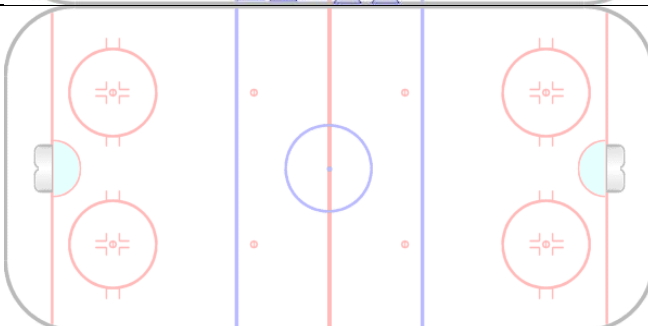


E1 Two Shot Shootout Shoot at each end.

- 2 goals 0 laps.

- 1 goal 1 lap.

- 0 goals 2 laps.



Explanation/Notes:



Explanation/Notes:

