



## 02 Born Players

## Practice Plan

Date: May 15

Time: 17:00-18:00

Venue:

Lines:

Notes:

Goal of the practice is to work on skating  
To open ice when they get the puck and  
After they have passed.

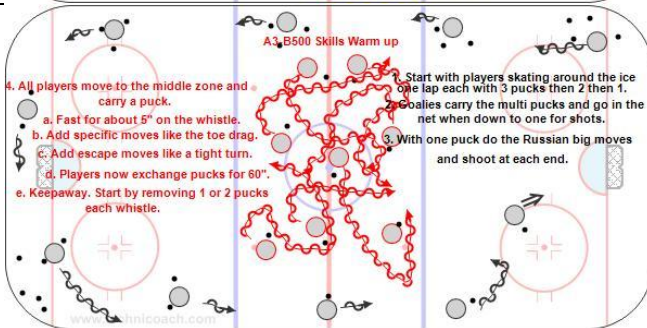
Players turn 9 this year.



10 min.

**D1 Game with at least one pass in each zone.**

Half the players wear pinnies and everyone plays including the coaches who model the rule.



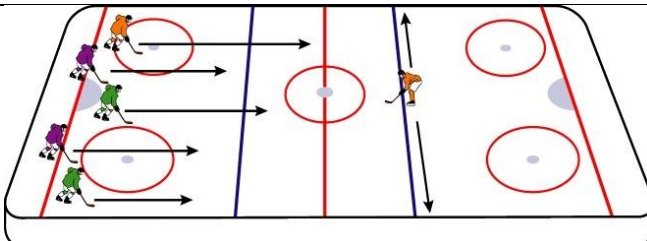
10 min.

**-Goalies at one end with goalie coach.**

**A3 – B500**

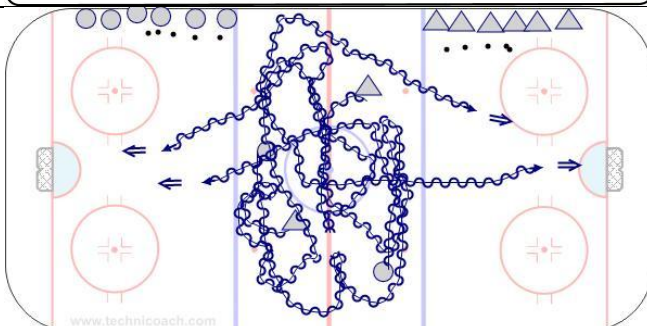
**-Handle 2 pucks at once keeping them under control and progress to one on the stick on one in the skates.**

**-Puck protection in nzone. Chaos shield the puck, use escape moves, head and shoulder fakes. Fast on whistle.**



**A2 Puck Dog**

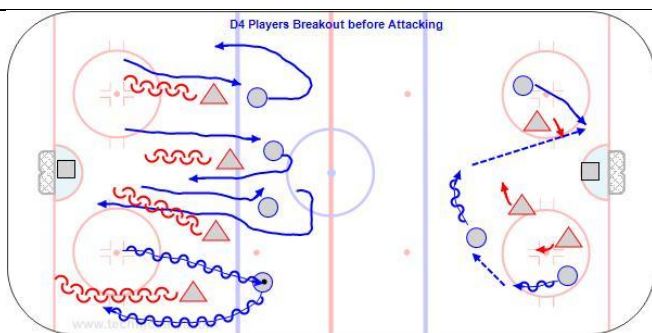
One game of puck dog. One player is the puck dog and the goal is to be the last player to lose the puck before getting to the end of the rink.



5 min.

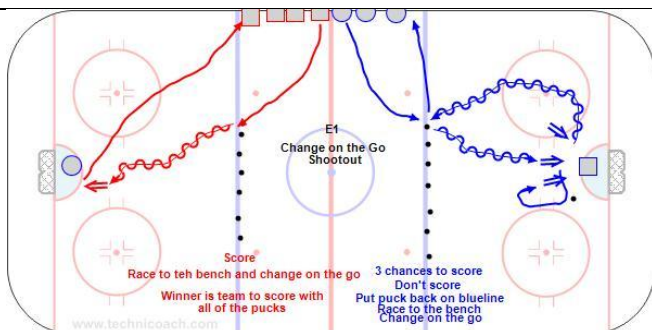
**B5 overspeed.**

- 3 leave at once and full speed making moves for 7" then go in and shoot.
- 2-0 passing for 7" then attack – shoot.
- 3-0 passing and a shot.



**20 min. Two ten minute games with a break between. Switch teams after 10”.**

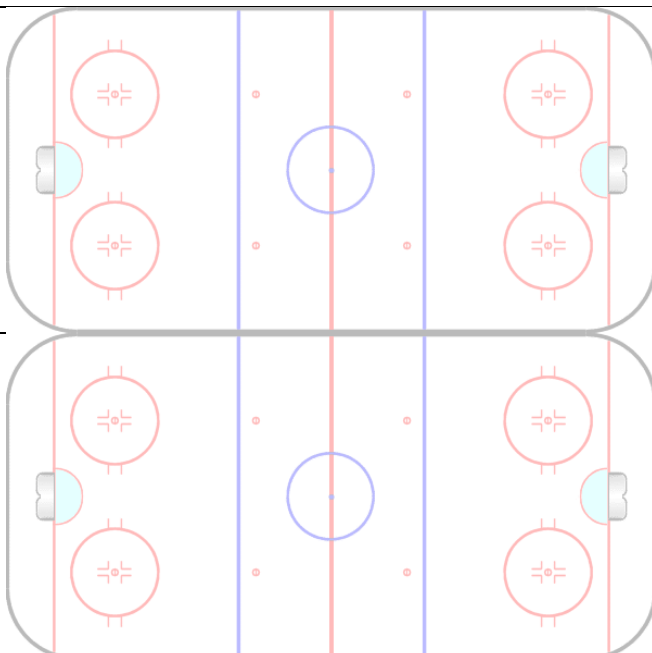
**D4-A game at each end where you must get onside. Rule “the player must take at least 3 hard strides to open ice before making a pass or taking a shot.” The other team gets the puck if you don’t.**  
**-You must take the puck over the blue line to go on offense and all get onside.**



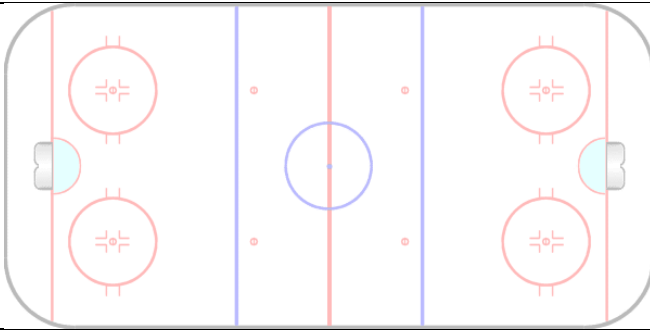
**10 min.**

**E1 Shootout – change on the go. Players are in the box and one puck on each blue line for every player. Player from each team leaves the box and tries to score. If they score they race to the box and touch the boards and then the next player can leave.**  
**Max 3 shots and then they must change of the go with another player.**  
**First team to score with all the pucks wins. It works better to put the pucks on the blue line than in the middle as in the diagram.**

**Explanation/Notes:**



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