



02 Raiders

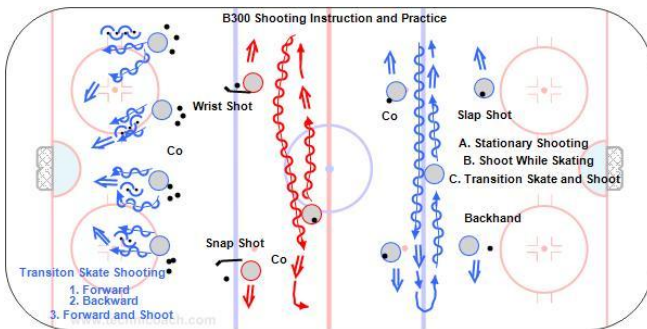
Practice Plan

Date: May 20

Time: 19:00-20:00

Venue: Fairview

Lines:	Notes:
Goalies worked at one end while the skaters Worked on shooting skills.	



30 Minutes

B300 Shooting Instruction and Practice

Key Points:

Stress shooting out of the stick handling motion while skating. Start stationary and then skate back and forth across the ice. Shoot the wrist and snap shot off the inside foot and the slap shot off the outside foot.

Four Phases of Shooting:

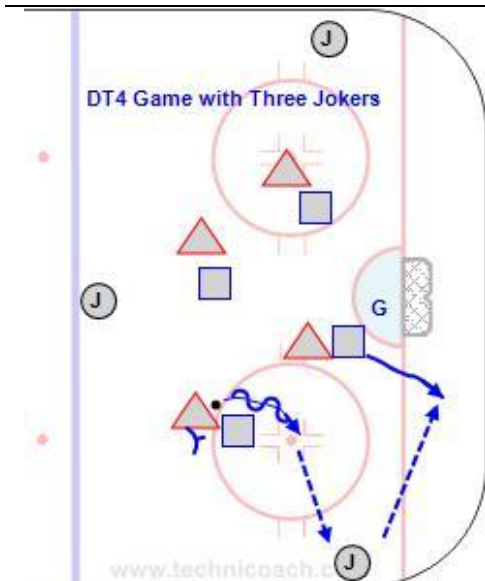
- Wind-up
- Force Production
- Release
- Follow Through

Description:

- Demonstration with the players watching while standing on the blue line.
- Players spread around the rink and shoot at the boards.
- Players skate across the ice and back and take a shot on each side and follow the shot for a rebound.
- Progress through the shots in this order. 1. wrist shot. 2. snap shot 3. slap shot 4. Backhand.

5. Coaches give individual help and the players gather to watch a demo as each shot is introduced.

Goalie Instruction at one end.

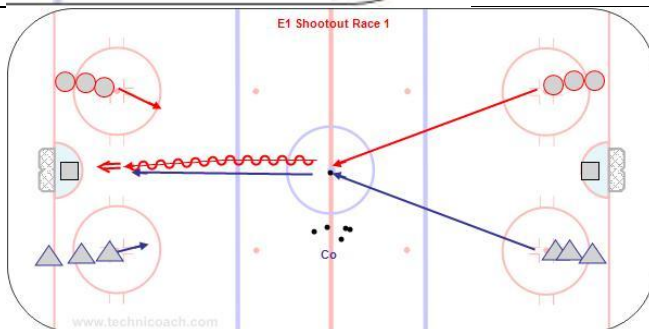


23 Minutes

D4 Game with Jokers

Play a game with the rule that a joker must be passed too when the defense gains the puck.

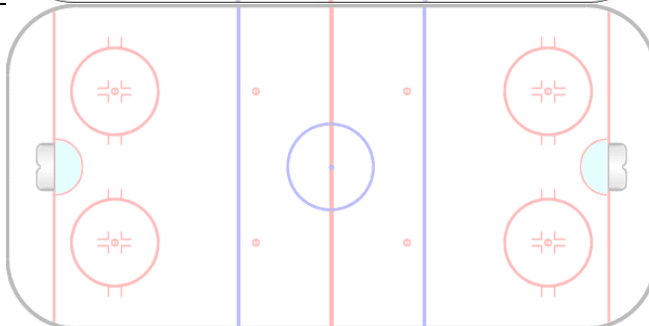
3 coaches are the jokers and pass to the team that passes to them



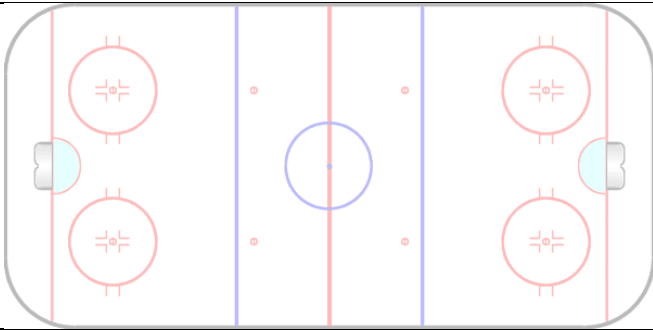
7 Minutes

E1 Shootout Race 1 on 1

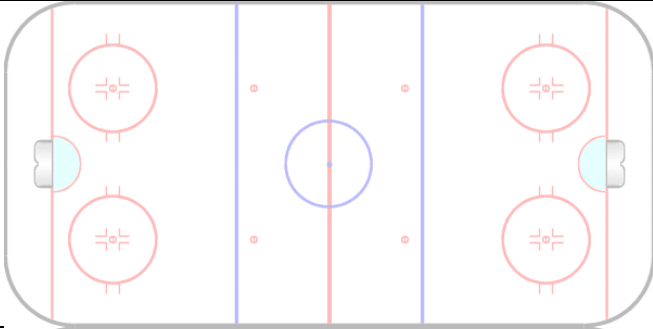
Start with one skate over a face-off dot and race for a puck in the middle.



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
