



## 02 Titans

## Practice Plan

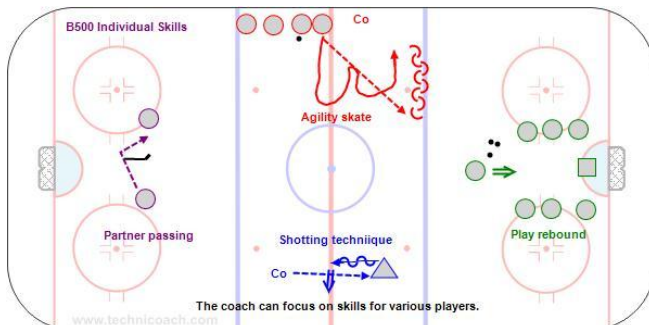
Date: June 28

Time: 90 minutes

Venue: Trico

Lines:

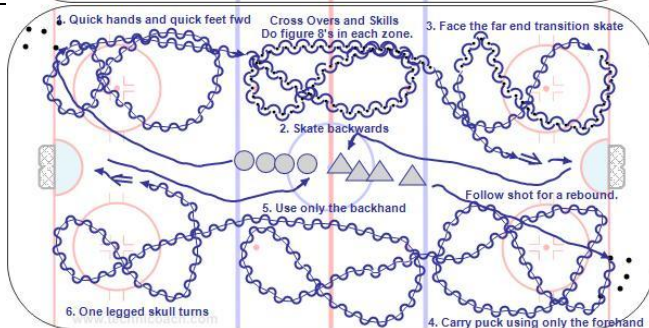
Notes:



10 min.

**B500**

Players practice their shot or moves while coaches give individual help. Players choice of activity to work on.

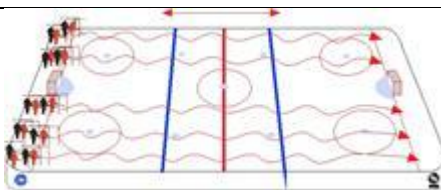


12 min.

**B6 – Crossover figure 8's.** We started from diagonal corners. Each zone a different activity. Carry a puck-finish with a shot.

- forward with fast hands and fast feet.
- Backward, two hands on the stick.
- Transition skate facing the far end forward to backward then shoot.
- Carry the puck only on the forehand side of the stick.
- Carry the puck only on the backhand side of the stick.
- Transition skate F to D and shoot.

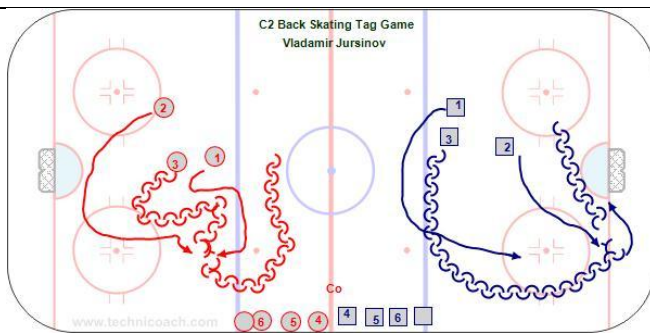
Goal of exercise - Cross over forward and backward loosen the shoulders and roll the wrists.



15 Minutes

**A2 Backward Skating Instruction.**

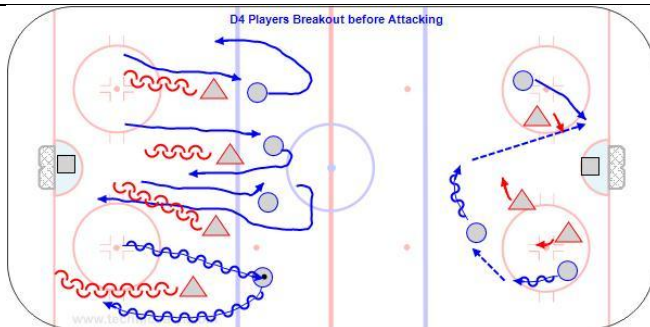
- Review backward skating technique while the goalies work at one end.



7 min

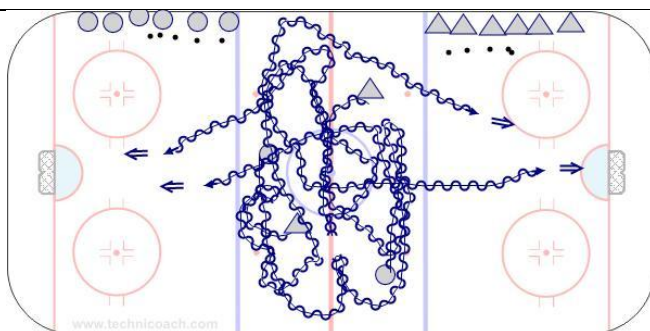
### C2-D4 Jursi Backward Skating Game of Tag

- 3 players leave in each half of the ice. One skates backward and 2 chase. Whoever tags the player is now IT and skates backward. Idea is not to get tagged.



8 min.

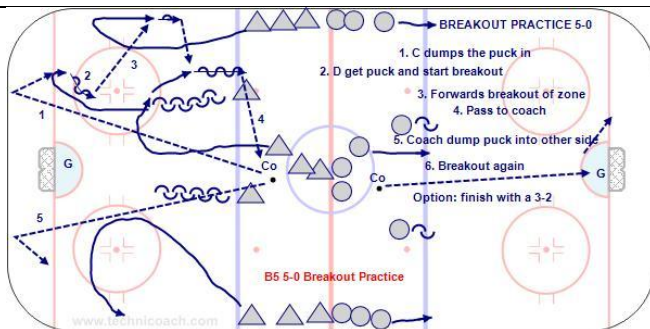
**D4 Backward Skating game at each end.**  
Players can only skate backwards and must clear the zone and get onside before attacking.



7 minutes

### A2 Nzone Overspeed with a shot.

Players make moves, dekes, fakes at top of top speed and finish with a shot. Whistle every 7" and they go in and shoot while the next players start.

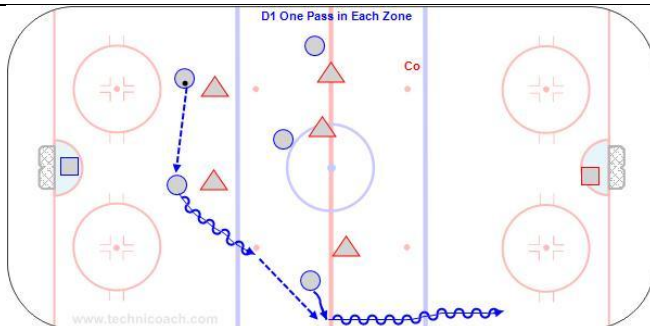


10 Minutes

### T2 B5 5-0 Breakout Practice

- 5-0 at each end with 4 reps.
- 1-D wheel behind and to wing.
  - other D wheel and to wing.
  - D to D to C
  - other D to D to C

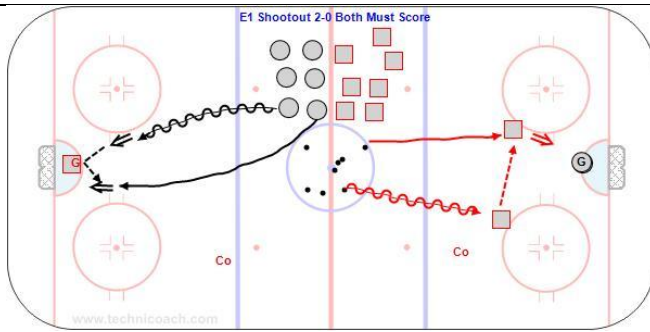
Pass to the coach in the middle before each rep.



10 min.

### D100 Game of 5-5 extra players on the bench.

Rule is there must be at least one pass in each zone and the players are to focus on being in position for breakout passes. Change on the fly.



**7 min.**

## **E1 Shootout 2-0 Both Must Score**

### ***Key Points:***

Goalie vs Goalie and Team vs Team. Attack with speed and shoot to score. Goalie focus on the shooter then play the pass or rebound. Keep the puck alive after it is frozen.

### ***Description:***

1. Two players leave from each team.
2. Only one pass is allowed in the offensive zone.
3. Both players must score.
4. After the first goal get a new puck.
5. Stay in the zone until you score. Goalie shoot frozen pucks to the side.

Rule: Score on first shot then no laps. Score on second shot one lap. If it takes three or more shots to score two laps. Losing goalie one lap.