



Team

Practice Plan

Date: 02-27-25

Time: 16:00-17:30

Arena: Village Square

Lines:

Around the Clock Passing

Zig Zag

Defensive Zone Skating

D Point Shots – F Block Point Shots

DT100 – Continuous 2-1

Team Cheer in Middle

Notes:

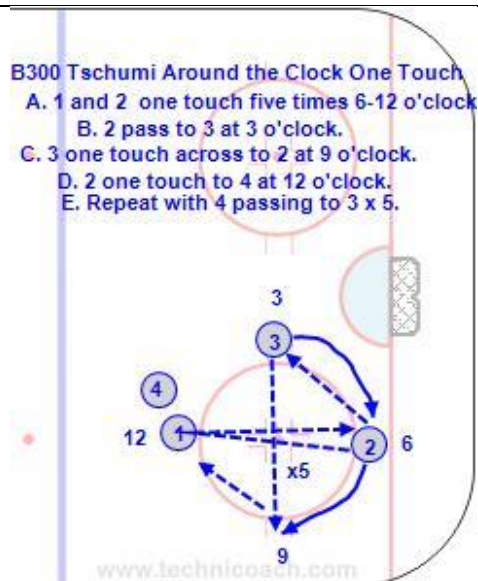
Monkey in the Middle

Multiple Passing and 1-1

Defensive zone coverage

Rexi 1-1 from both sides

10 puck shootout with a pass

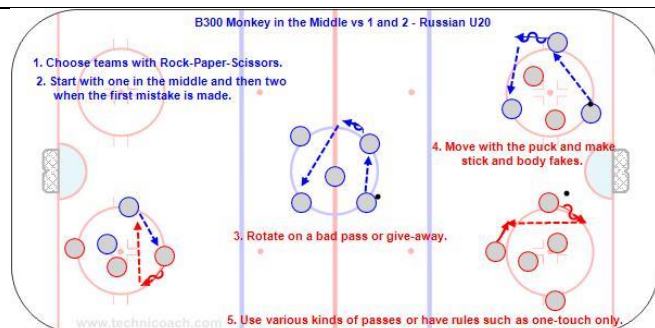


5'

B300 - Tschumi Around the Clock One Touch Passing - College W

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?s=howtopic=4071&topic=4631#4631>

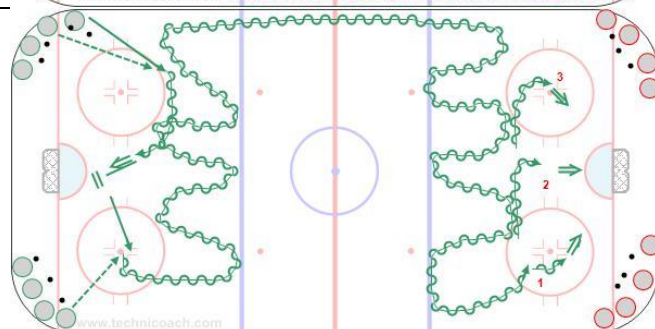
<https://youtu.be/hW741n4yGLQ>



5'

B5 - Monkey in Middle - U15 Girls

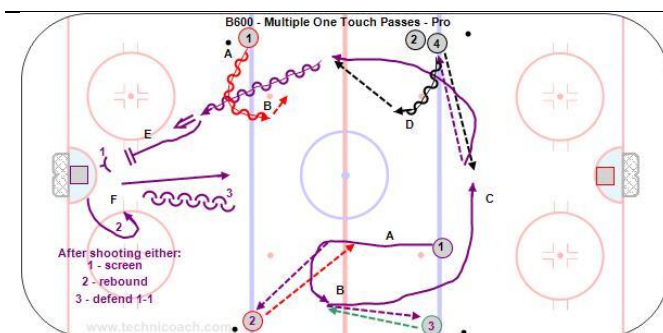
<https://youtu.be/PZCXJ2mFpws>



12'

B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

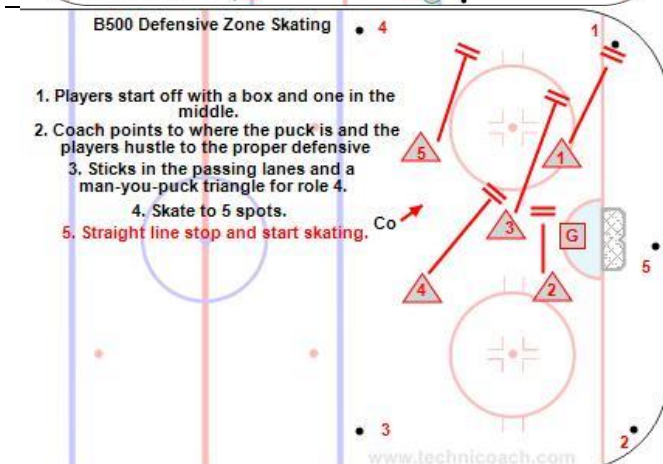
<https://youtu.be/vA4EchKwVhE>



10'

B4- Multiple One Touch Passes and Shot - U15 G

<https://youtu.be/8X76k85n3VA>



10'

T4 - B500 - Dzone Position Skating- RB Pro

<https://youtu.be/l8P7zQdKY3s>

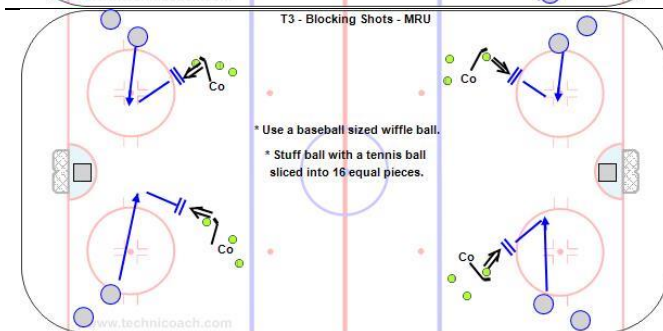


10'

T4 - 5-5 Contain-Pressure Defensive Zone Coverage – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8013#8013>

<https://youtu.be/gREv1mFhTqU>



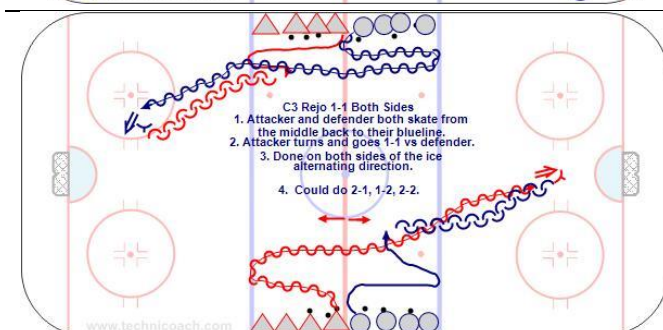
10'

T3 - Blocking Shots –University Men

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7841#7841>

MRU

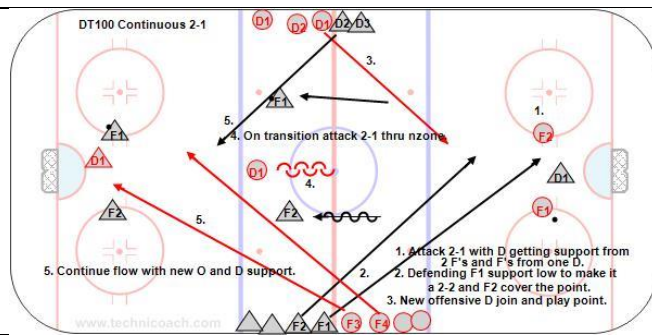
<https://youtu.be/dlaz0akcWrE>



10'

C202 - 1-1 D No Stick - U15 G

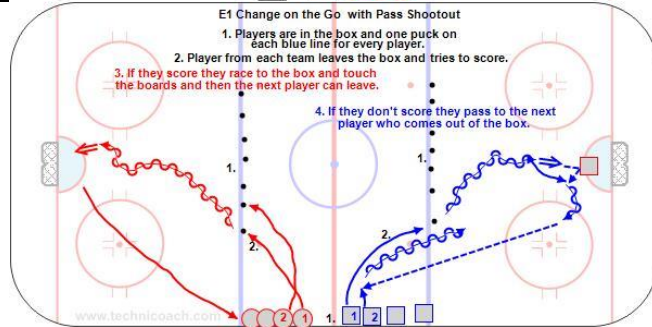
<https://youtu.be/xYbG6-vu2g8>



10'

DT100 - Continuous 2-1 - U15 G

<https://youtu.be/9M7-bjqBk>



10'

E1 - Ten Puck Shootout with a Pass - U15 G

<https://youtu.be/XLAM35UUKvI>

Team Cheer in Middle