



Team

Practice Plan

Date: Aug 15

Time: 6 and 7:30 pm

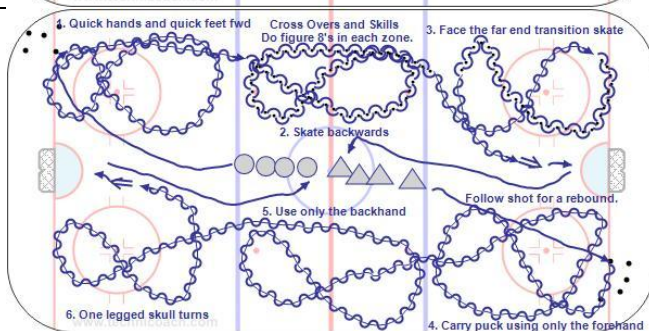
Venue: Fr. Bauer

	Notes:
Purpose: get the feel of the puck. -skate using all edges.	-Rebound for goalie specific focus. -shootout for anaerobic fitness and battling skills
-cross overs	
-shots for the goalie.	
-game situations for both F and D's.	
-game for fitness and skill.	



10'- A2 Skating warm up for balance and edges.

-Jim will lead this routine where they use all of the edges forward and repeat the sequence backward.



10'- C1 Figure 8's and a Shot
Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

Description:

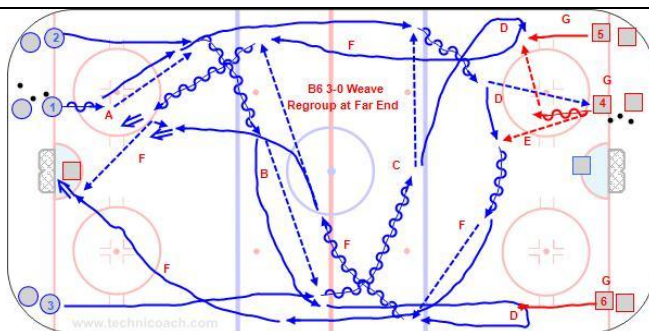
Cross Overs and Skills

Do figure 8's in each zone.

1. Quick hands and quick feet fwd

2. Skate backwards

3. Face the far end transition skate



10' B6 3-0 Weave-Regroup at Far End

A. 1 pass to 2 and follow the pass.

B. 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.

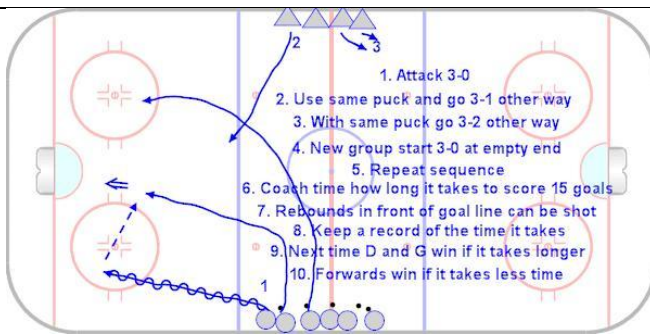
C. 3 pass back to one, follow the pass.

D. 1 regroup with 4 and 1-2-3 fill each lane.

E. 4 pass to 1 or 3 on the strong side.

F. 1-2-3 weave the same way and attack with a triangle and shoot at the original end.

G. 4-5-6 follow and repeat the other way.

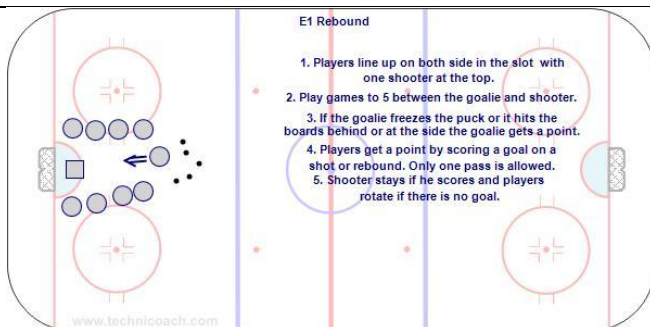


12' - C3 Scoring Contest 3-0, 3-1. 3-2
-yellows F's play vs the colour D's and visa versa.

-Keep track of the goals to see who scores the most in 8 minutes.

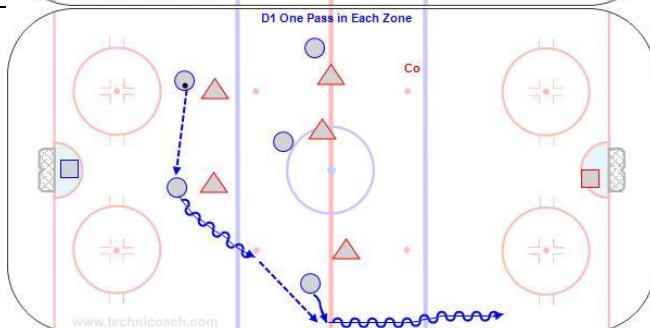
-attack 3-0 get the loose puck or if a goal one from the coach and 3-1 the other way then repeat 3-2 the original way.

-3 forwards from the other team attack vacant end when the puck crosses the red line.



8' - G – Rebound

- One team at each end.



15' - D100 – Full Ice 3-3

-Whistle every 60" and change on the go with whoever has the puck on the whistle passing to the goalie.

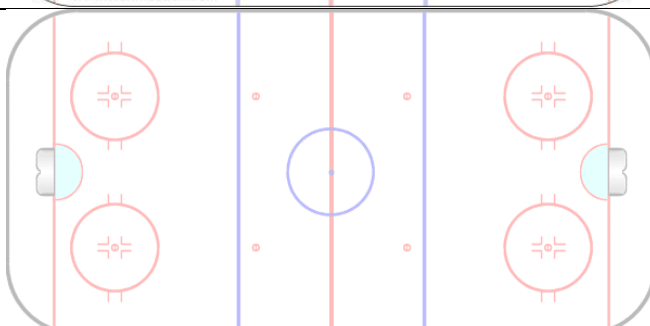


8' E1 Shootout Race

Leave from the dot at each end with yellows vs colours.

-keep score.

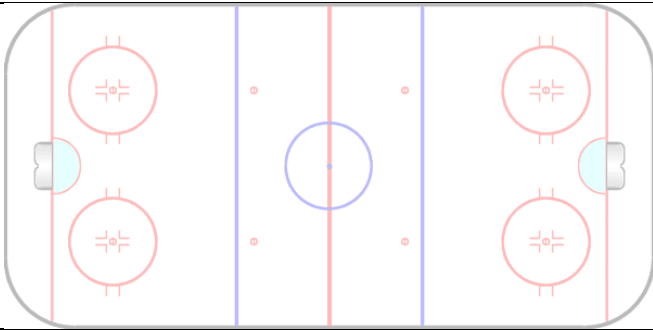
-no penalties and to prevent injuries let them shoot after they get to the hash.



2'

Players all pick up 2 pucks and put them in the bag.

Quick meeting at mid ice to summarize.



Explanation/Notes:

