



U18 Girls

Practice Plan

Date: Aug. 18, 2011

Time: 517:30

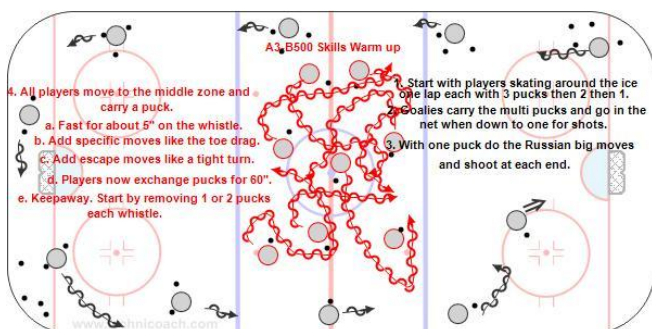
Venue: Max Bell

Lines:

Notes:

Skills for 30 min

Competition for 45 min.

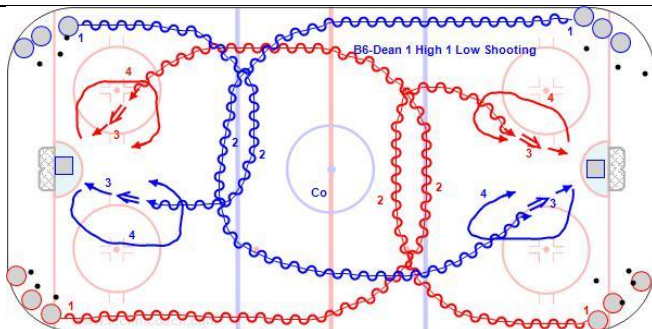


7'

A3 Puck handling overload

Skate around with a puck and a ball at the same time. Keep them within a stick length.

Move into Nzone handling a ball and puck. Carry the puck only doing tasks. Escape moves, fakes, full speed.



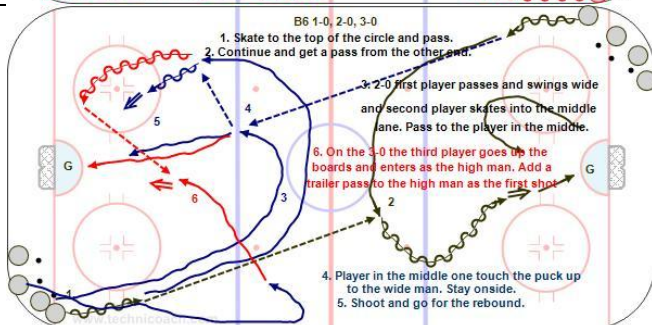
7'

B6 High Low Shooting.

-4 leave at once.

-on each side one skates to the close and one to the far blue line.

- skate across the ice and back and shot at the original end.



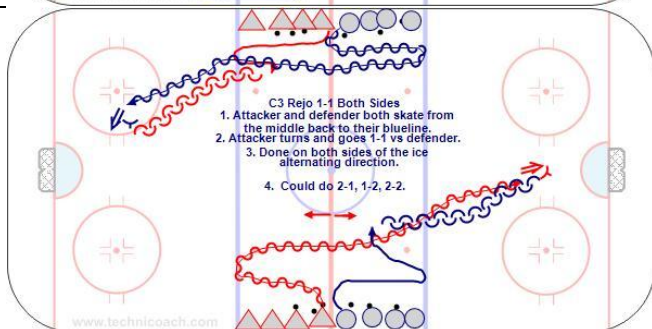
8'

B6 Small Horseshoe

1-0

2-0 -pass to middle player

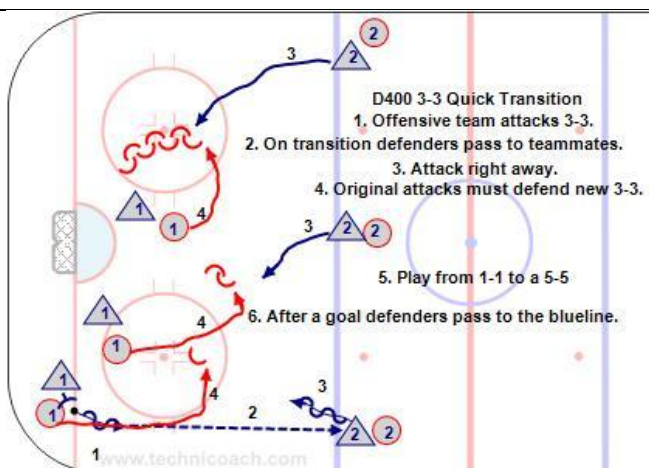
3-0 pass to middle player and all touch the puck.



8'

C3 Rejo 1-1, 2-1

Both offensive player and defensive player skate back to their blue line then the offensive player attacks vs the defender who must transition skate, close the gap and stay D side. Start 1-1 and then 2-1. Both sides at once and attack opposite ends.



15'

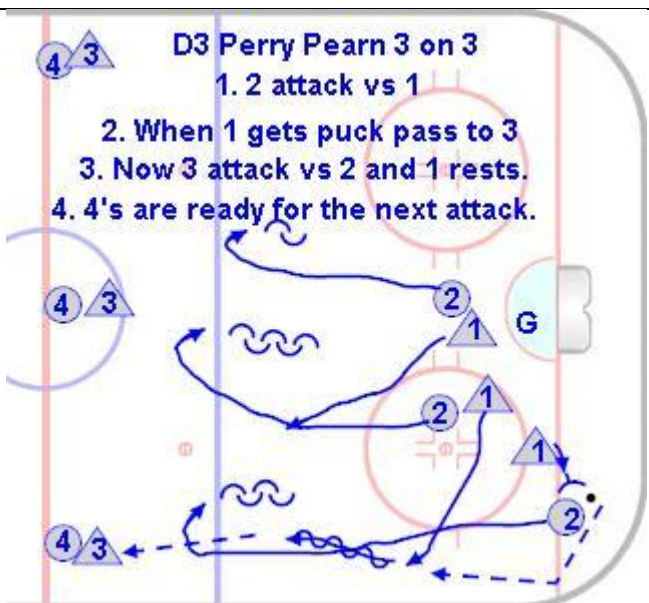
2 x 6' Games at each end.

D400 3-3 Quick Transition game.

- Play 3-3 (2-2 at one end if not enough skaters)
- Extra players wait outside of blue line.
- When defender gets the puck goalie freezes the puck or on a goal pass to the waiting players who attack vs the original attackers.

-Rotation is attack-defend-pass-rest.

Keep Score

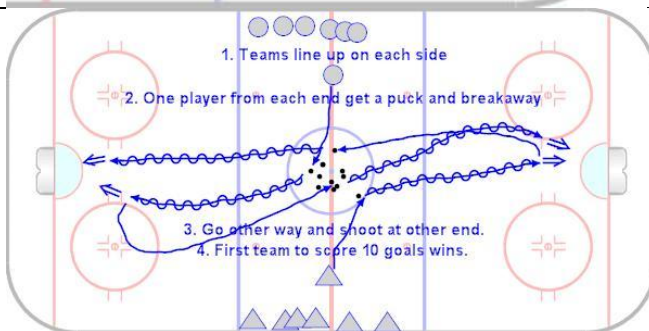


20'

3 x 6' Games at each end.

D400 Perry Pearn 3-3 Tournament.

- Same organization as last game but the players move back to within a stick length of the red line.
- Before passing the defenders must carry the puck Over the blue line.
- Call offsides and the other team gets the puck.
- Allow the new attackers to get to the blue line unopposed.
- Keep score.

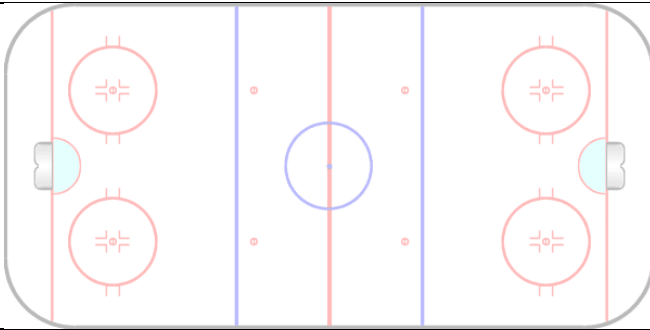


10'

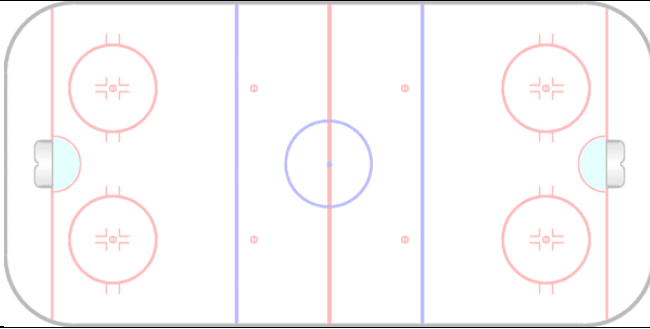
E1 Two Shot Shootout

- shoot at one end then turn and get a new puck in the middle and shoot other way.
- score 2 zero laps.
- score 1 one lap
- score zero 2 laps

Keep Score



Explanation/Notes:



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