



[Team Name]

Practice Plan

Date: Sept. 8/11

Time: 16:30-18:45

Venue: Fairview

Lines:

Notes:

Specialty Teams



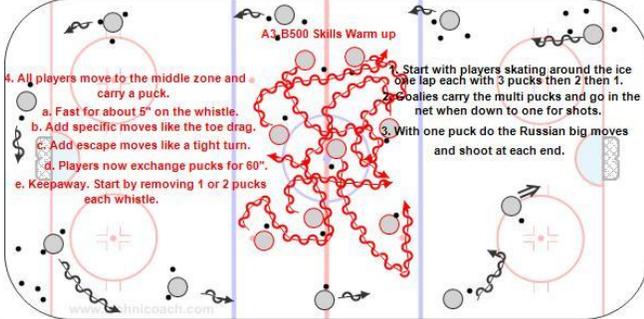
4:30

Balance and edges warm up
Molly Lead



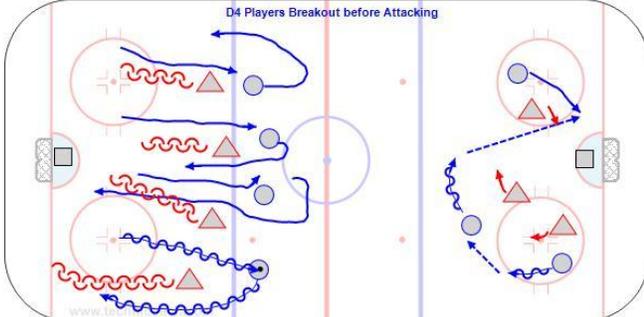
4:38

A200 big moves with a shot



4:46

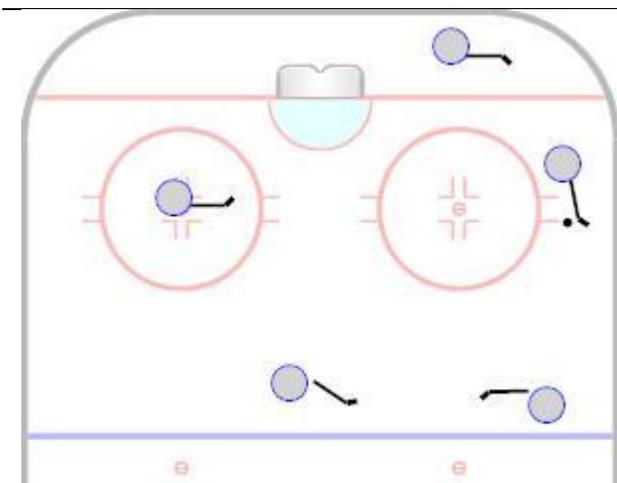
A300 Chaos puck handling



4:56

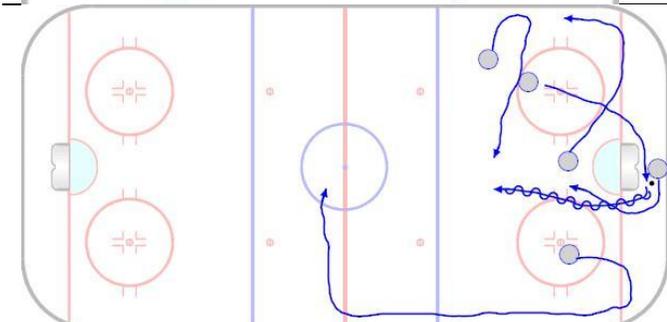
2 games 5' each.
D4 – Skill game – rule change every 3 minutes. Start with white and green.

- All touch the puck.
- Only forehand passes.
- Rotate teams.
- Escape move.
- 3 hard strides before a pass or shot.



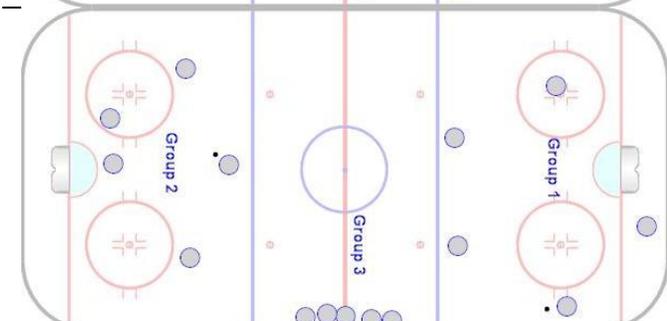
5:10

Overload power play instruction and walk thru.



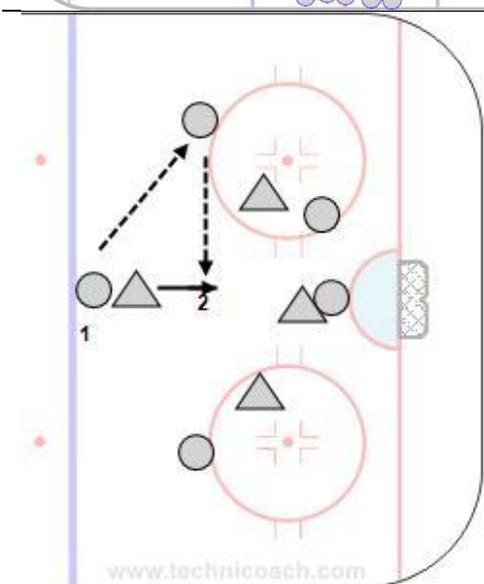
5:25

Walk through controlled breakout with C picking up the puck.
 - Do a few reps each.



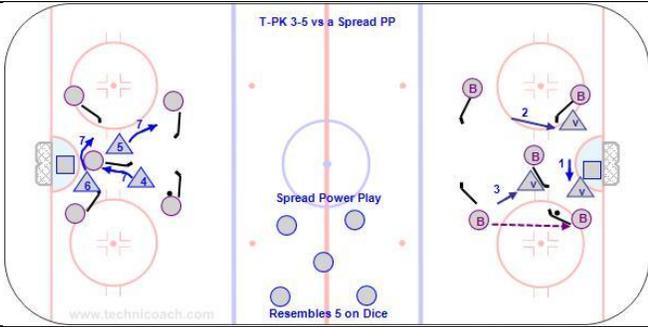
5:35

Kingston 5-0 pp rotation.
 Coach at each end



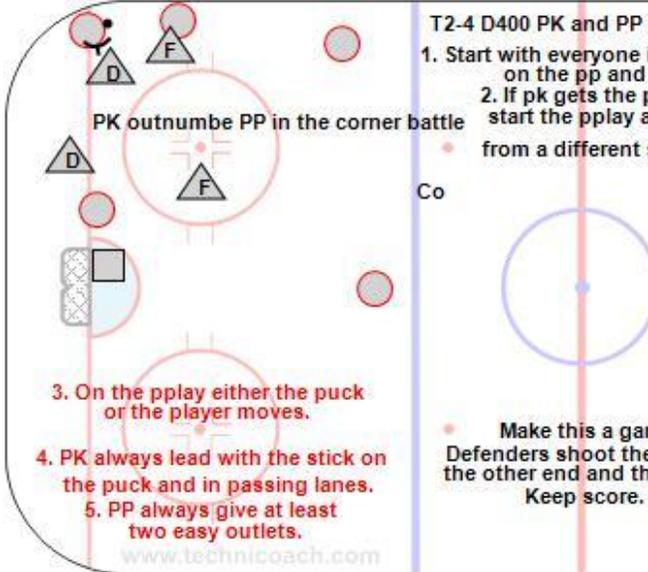
5:50

One shot Penalty Kill Walk thru and then wave skate.



6:05

Two short pk. Triangle and inverted triangle.

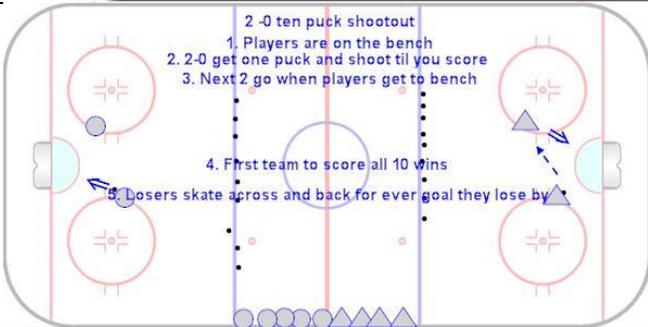


6:25

Practice pp-pk in one zone with the Perry learn rotation. Players wait at far blueline.

1. Start with everyone in j on the pp and pk
 2. If pk gets the puck start the pplay aga from a different sp
- Co
- Make this a game Defenders shoot the pi the other end and they Keep score.

3. On the pplay either the puck or the player moves.
4. PK always lead with the stick on the puck and in passing lanes.
5. PP always give at least two easy outlets.



6:35 – 6:45

2-0 race change on the go

1. Players are on the bench
2. 2-0 get one puck and shoot til you score
3. Next 2 go when players get to bench
4. First team to score all 10 wins
5. Losers skate across and back for ever goal they lose by