



[Team Name]

Practice Plan

Date: Sept. 8/11

Time: 16:30-18:45

Venue: Fairview

Lines:

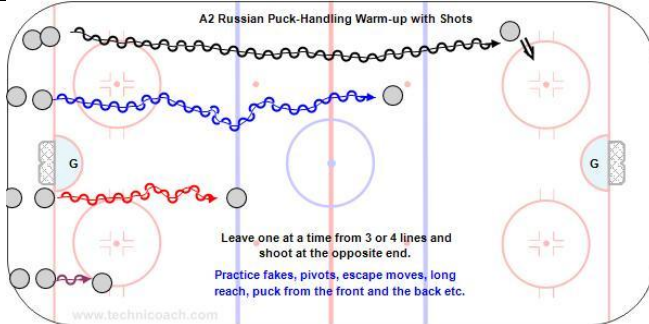
Notes:

Specialty Teams



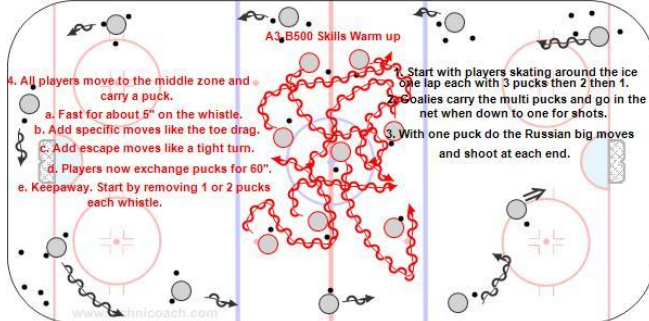
4:30

Balance and edges warm up
Molly Lead



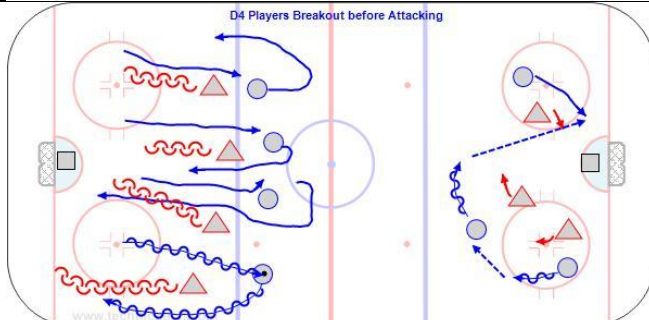
4:38

A200 big moves with a shot



4:46

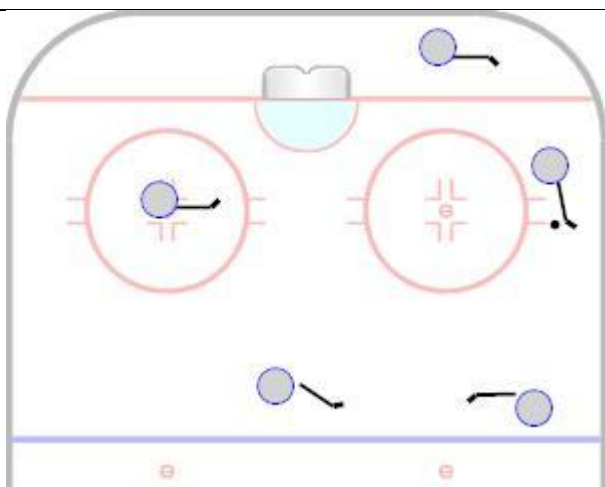
A300 Chaos puck handling



4:56

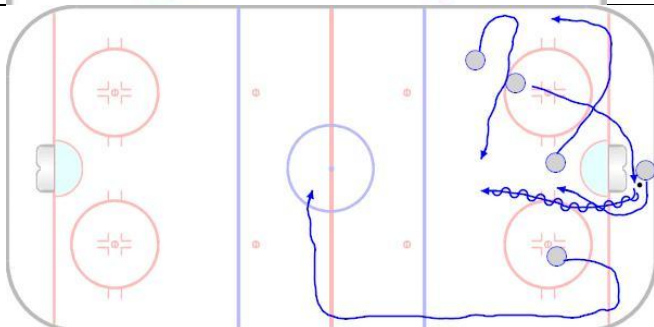
2 games 5' each.
D4 – Skill game – rule change every 3 minutes. Start with white and green.

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



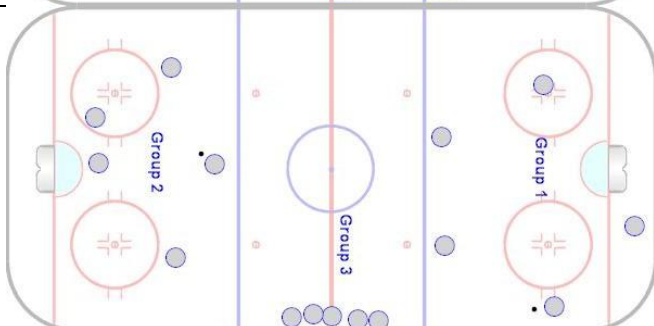
5:10

Overload power play instruction and walk thru.



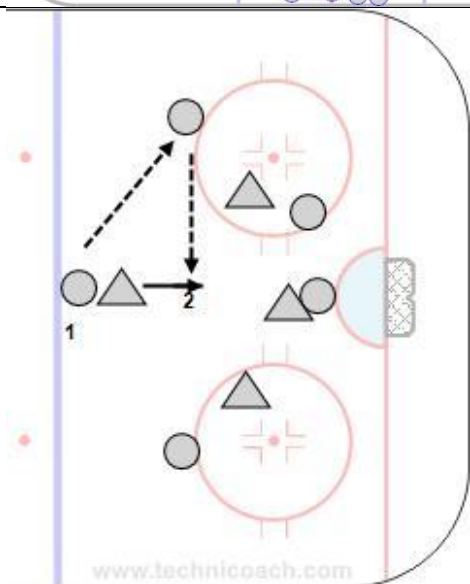
5:25

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



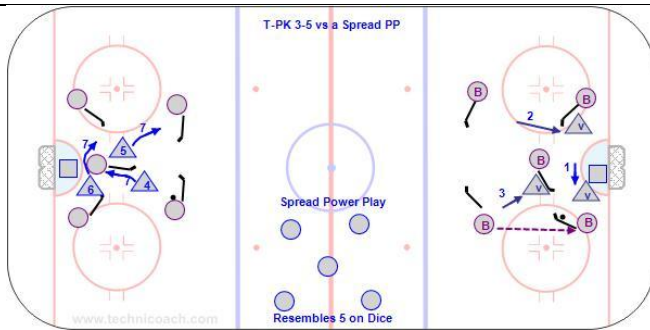
5:35

Kingston 5-0 pp rotation.
Coach at each end



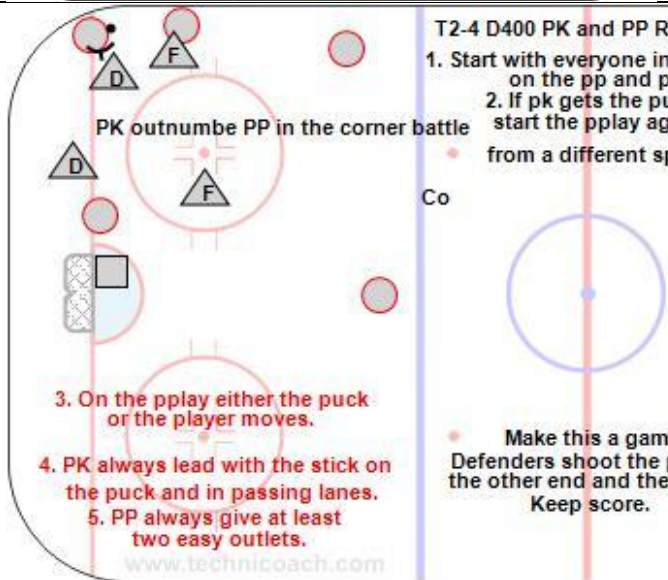
5:50

One shot Penalty Kill Walk thru and then wave skate.



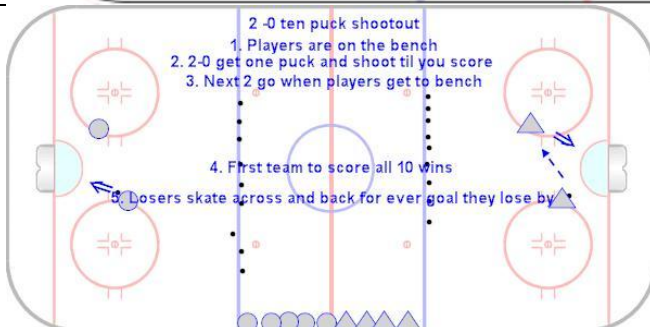
6:05

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.



6:35 – 6:45

2-0 race change on the go