



Date: Oct. 11

Time: 90 min.

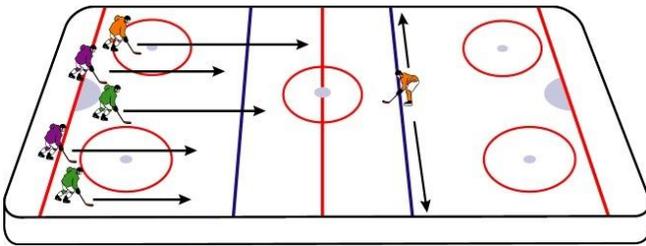
Venue: Fairview

Lines:

Quick pace;  
Individual defensive skills.

Notes:

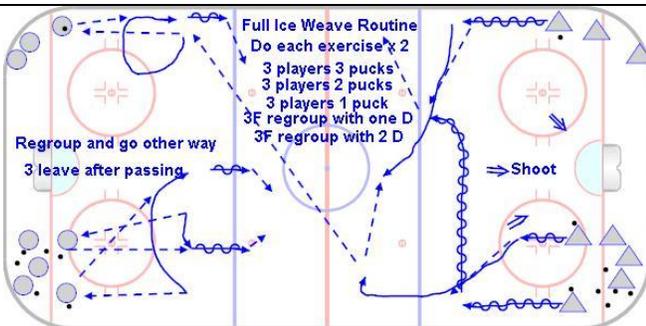
Individual offensive skills  
Competition, good habits.



A200 Edges and Balance with puck one way and without the other.

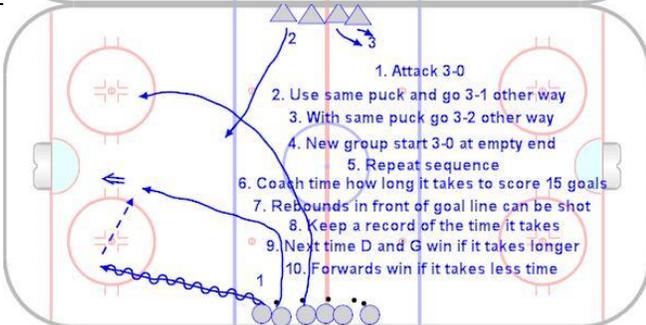
Puck Dog

Goalies work with Natalie at one end for 10x2 = 20 one at a time.



B6; 3-0 Weave – Regroup with D who hinge.- Detroit

Start with 3-0 with a regroup at the other end and then add two D who do the various hinge options.



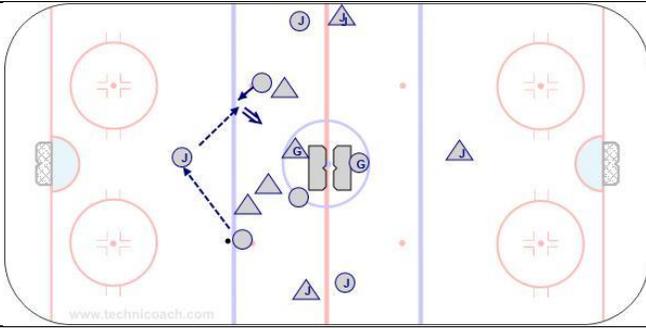
3-0, 3-1, 3-2 Time how many goals in 10'' -last time it was 7. Contest between defenders and attackers.

Keep score. Last time F's scored 7.



D100 – 2'' Game

15'  
- 3 on 3



### D2 Game Nets Back to Back with Jokers

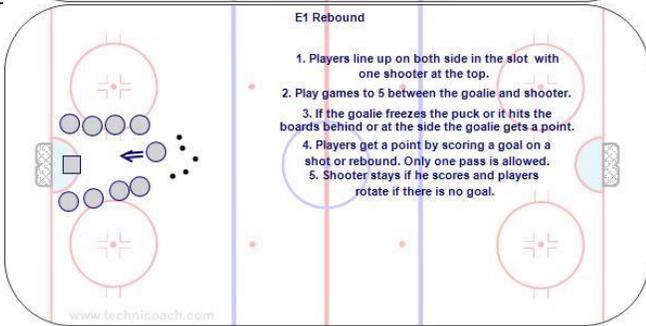
10'  
On transition you must regroup with jokers who can pass or shoot but not skate in. 30" shifts.



### D200 with Jokers on defensive goal line.

Must regroup with jokers on transition to offense.

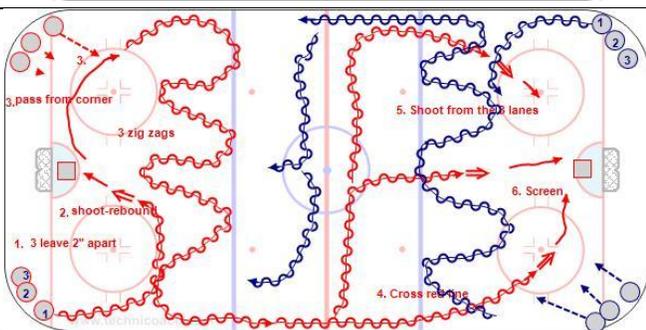
10'



### E1 Rebound

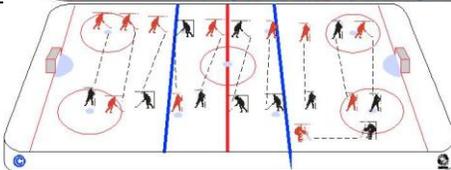
10'

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.

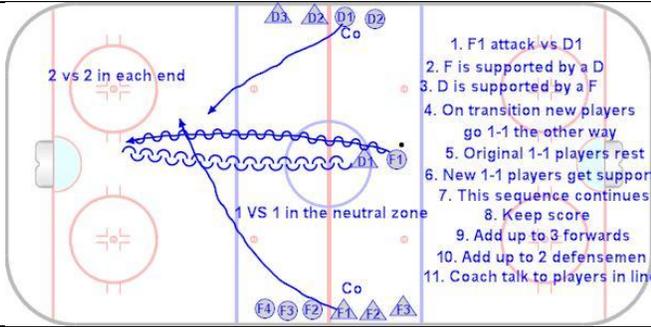


### Oct 13 practice activities

-zig zag one – forward  
-zz two – backward  
-zz three – face the far end and transition skate.

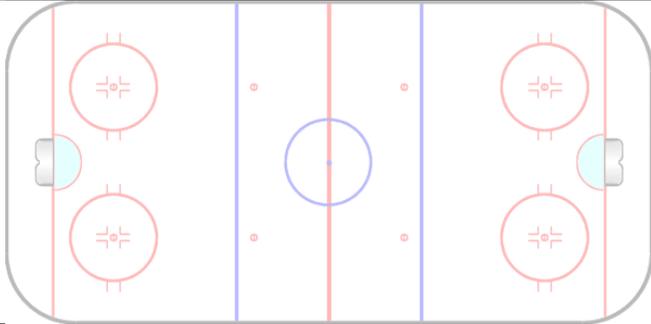


B3 Stationary and then moving saucer pass practice. Get rid of the wobble.

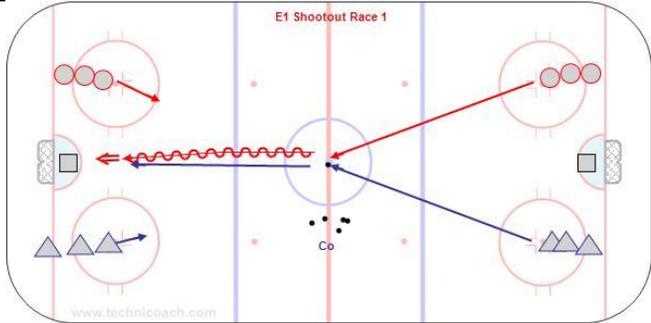


### DT100 Continuous 1-1, 2-1, 2-1

We had 16 skaters so were able to put 8 on F and 8 on D and progress to a continuous 2-2 with a 4-4 at each end.



We did some drills that my asst. ran and I need to get the diagrams. One backchecking and breakout and one passing shooting.



### E1 Shootout Race.