



Flyers

Practice Plan

Date: Oct. 18

Time: 17:15

Venue: Fairview

Lines:

Train new D on breakouts and D to D and Shooting.

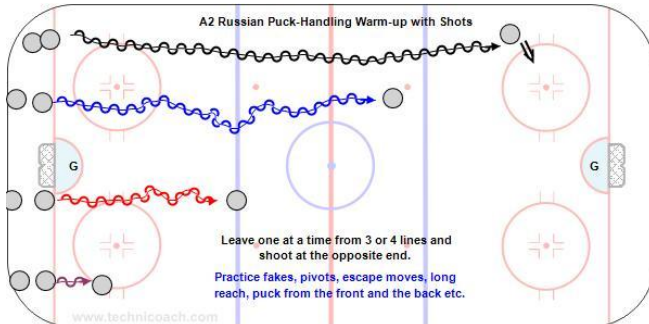
-cut backs and drive the net.

Stick on stick body on body.

Notes:

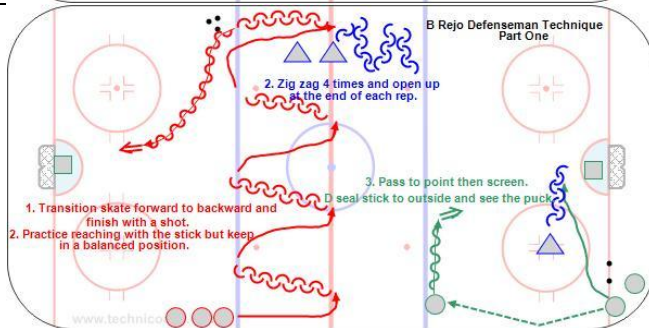
Low 2 on 2 battles one team vs the other

- Quick thinking and close support



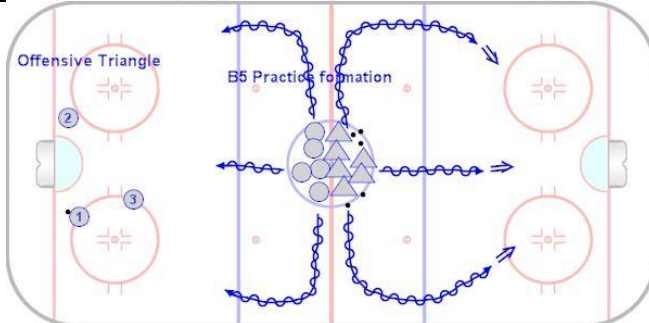
15'

A200 Edges and Balance and Big Moves finishing with a shot.

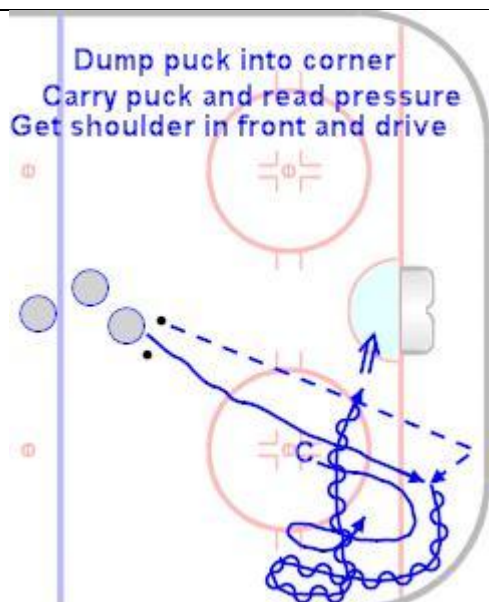


20'

B500 – D shots from the point and D to D and breakout options at one end with Sean.

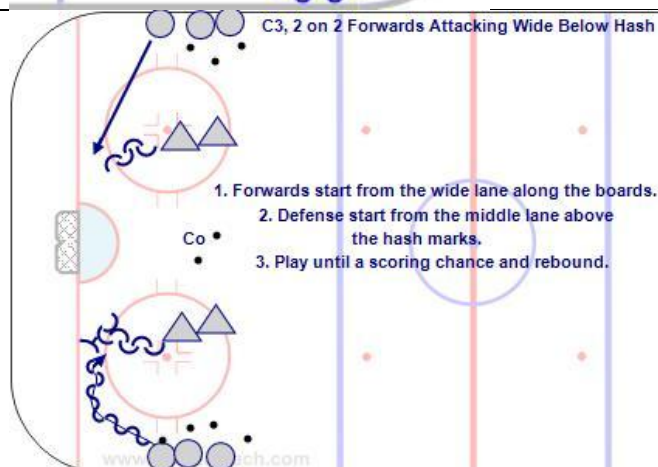


Forwards working on cutbacks and offensive triangle with Tom.



10'

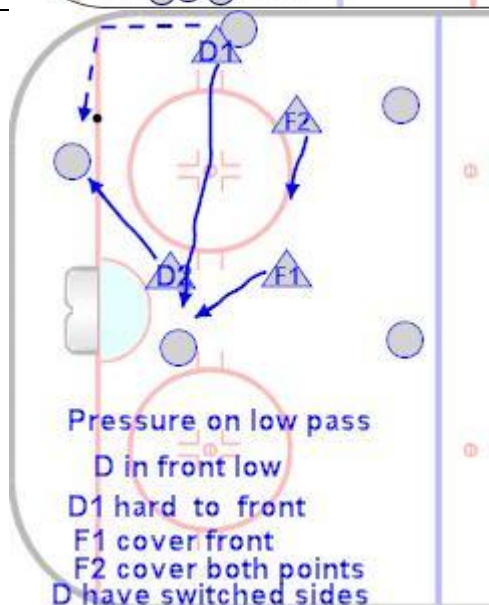
B5 – Stick battles out of the corner.



10'

C2 – 2 on 2 attack below the goal line.

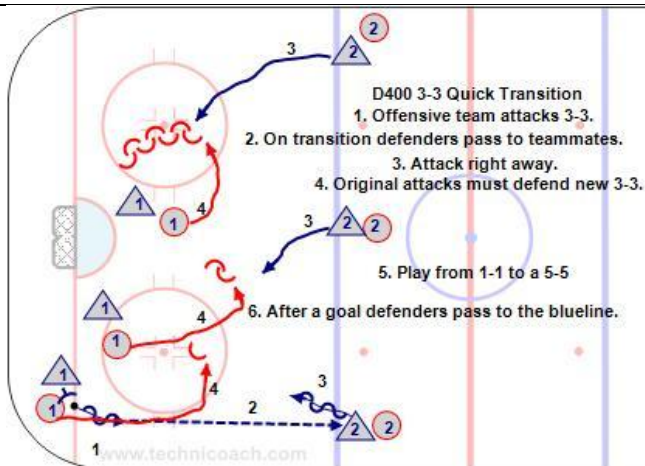
Green vs colours; keep score



10'

High Press Rotation

Review the high press pk rotation.



D400 3 on 3 Quick transition

I moved the players up and we started from the top of the slot to decrease time and space.



D100 2" Game o 3 on 3

