



Flyers

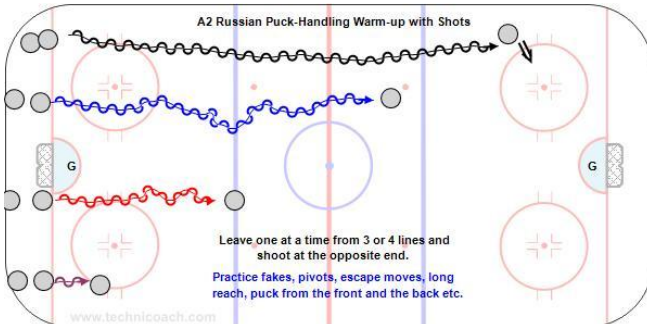
Practice Plan

Date: Oct. 27

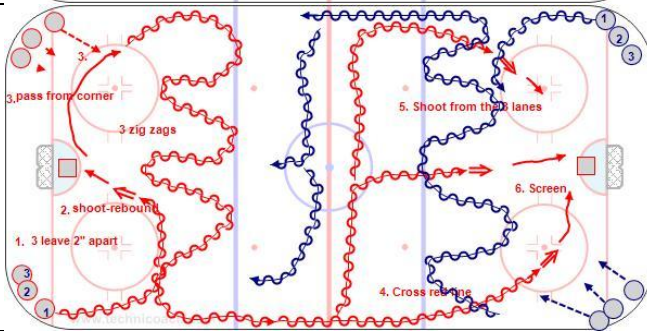
Time: 16:00

Venue: Max Bell

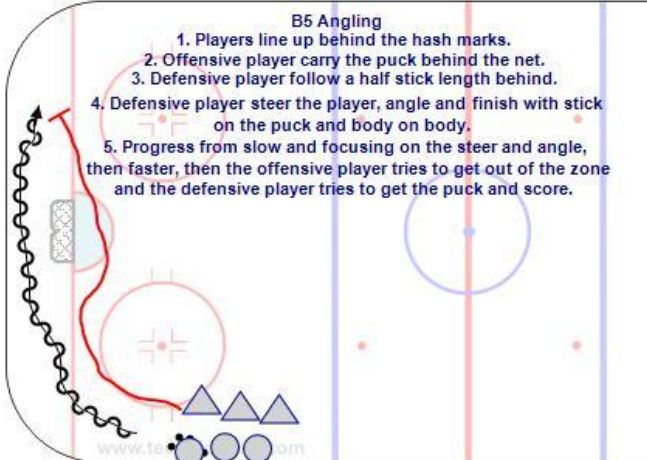
Lines:	Notes:
Angling, defense passing and shooting.	1-1, 2-2, Back pressure
Defense, offense	Shoot, pass, puck handle, skate



10'
Agility and Balance finishing with a shot.

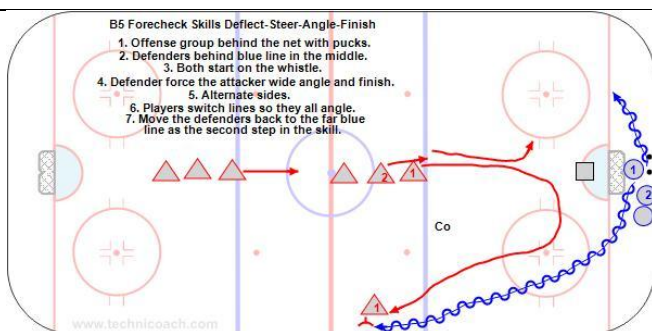


10'
B6 3 shots-3 passes-3 zig zags 3 lanes and a shot.



10'
D and one goalie with Sean F and one goalie with Tom

F-s B6 angling behind the net come back 1-1 and shoot.

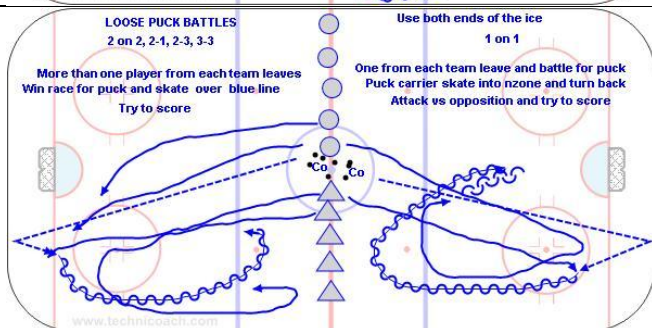


10'

D and one goalie with Sean and F with Tom.

Forwards

B5 Forecheck and angle

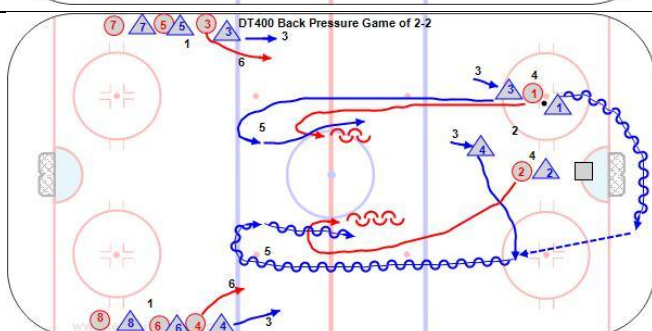


10' Nat with one goalie at one end.

B5 Loose Puck Battles-only one way.

All players green vs white.
Keep track of goals.

Battle for the puck take it over the blueline
then attack 1-1 and 2-2



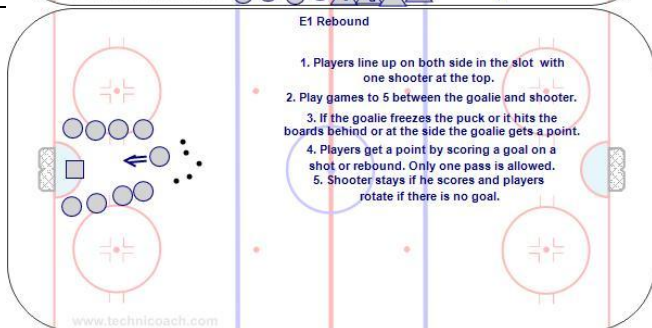
10' One goalie with Nat at one end.

DT400 – 2-2 with Back Pressure.



DT100 Support from Point-Defend-Attack

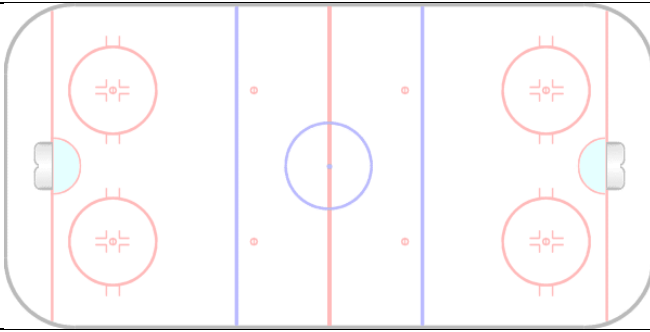
5' passive support and 7' active support.



E1 Rebound

7' Rebound at each end.

Finish with 1' team gather around the middle circle.



Explanation/Notes:
