



# Flyers

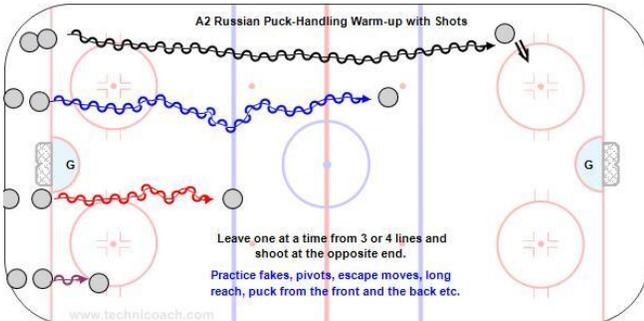
# Practice Plan

Date: Oct. 27

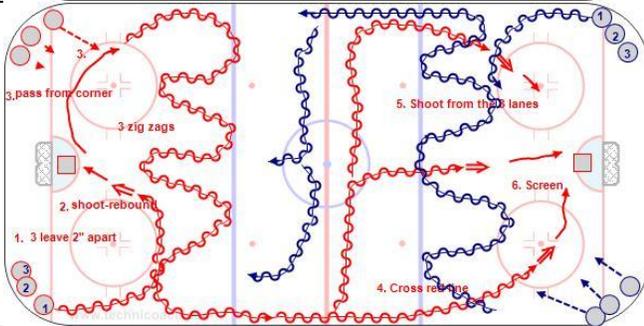
Time: 16:00

Venue: Max Bell

<b>Lines:</b>	<b>Notes:</b>
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.**

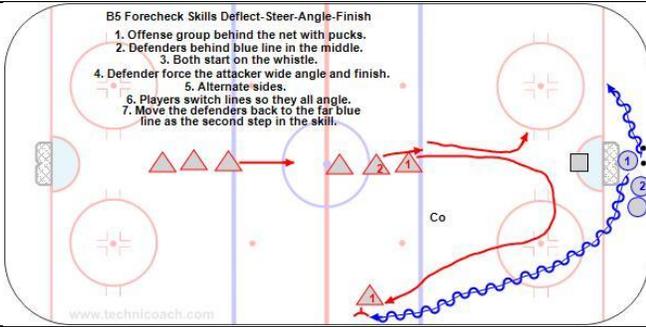


**10'**  
**B6 3 shots-3 passes-3 zig zags 3lanes and a shot.**



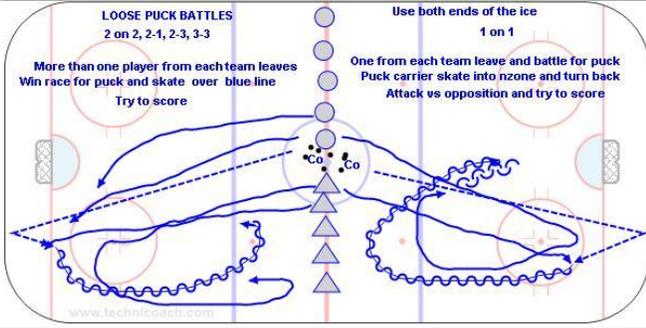
**10'**  
**D and one goalie with Sean F and one goalie with Tom**

**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**

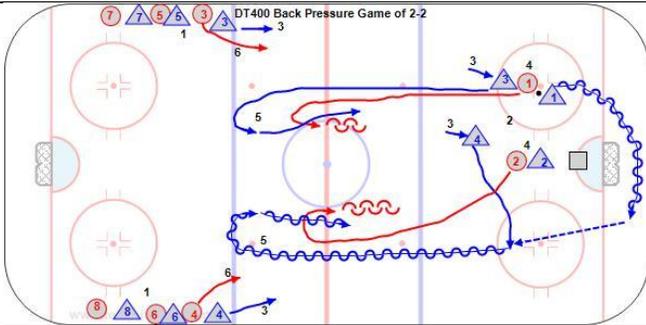


**10'** Nat with one goalie at one end.

**B5 Loose Puck Battles-only one way.**

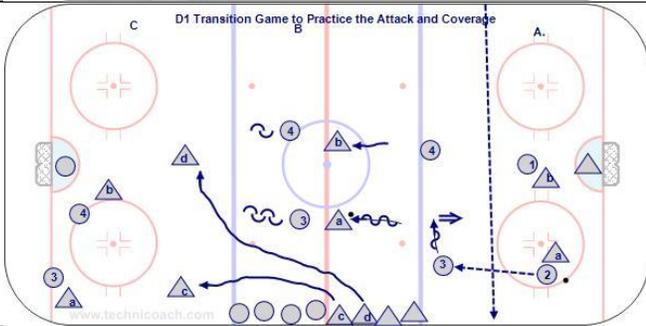
**All players green vs white.**  
**Keep track of goals.**

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



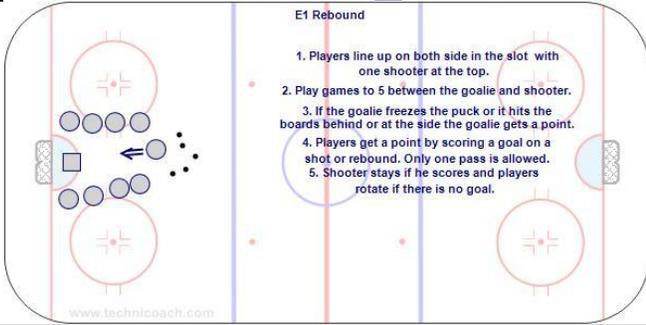
**10'** One goalie with Nat at one end.

**DT400 – 2-2 with Back Pressure.**



**DT100 Support from Point-Defend-Attack**

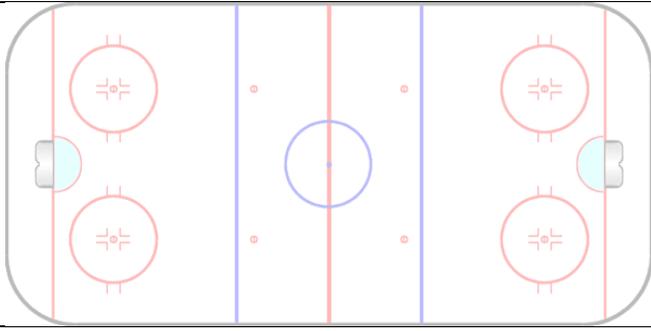
**5' passive support and 7' active support.**



**E1 Rebound**

**7' Rebound at each end.**

**Finish with 1' team gather around the middle circle.**



**Explanation/Notes:**

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