



[Team Name]

Practice Plan

Date: Nov. 23

Time: one hour

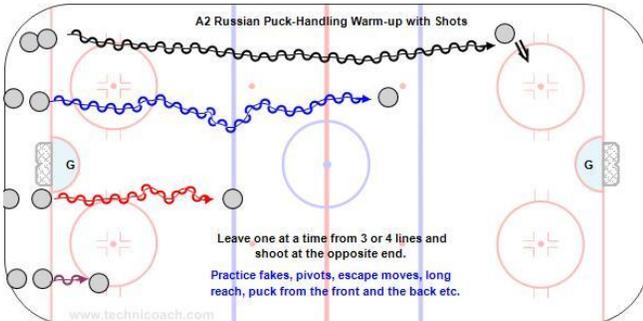
Venue:

Lines:

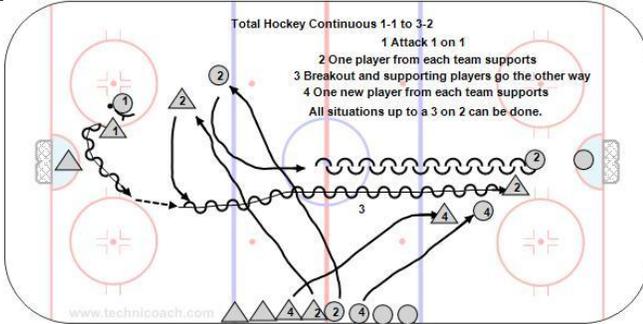
Notes:

Skating, shooting, puck handling,
Backchecking

Quick pace, 1-1, 2-1, 2-2, 3-3

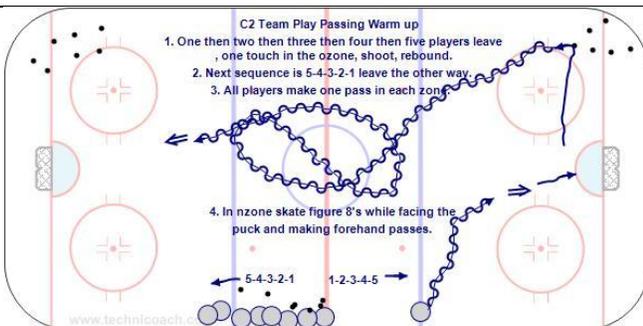


A200 Balance and edges finishing with a shot.



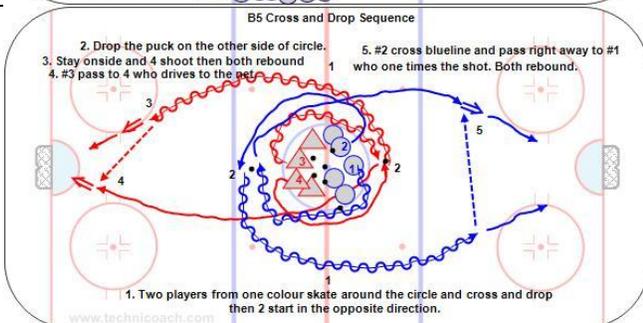
Explanation/Notes:

Type your explanation and key points here.

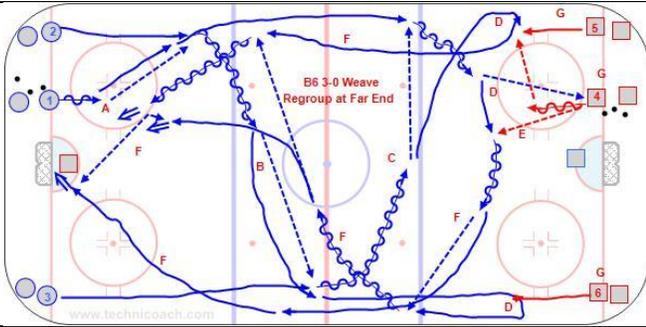


C2 Passing in each zone 1-2-3-4-5- change directions 5-4-3-2-1

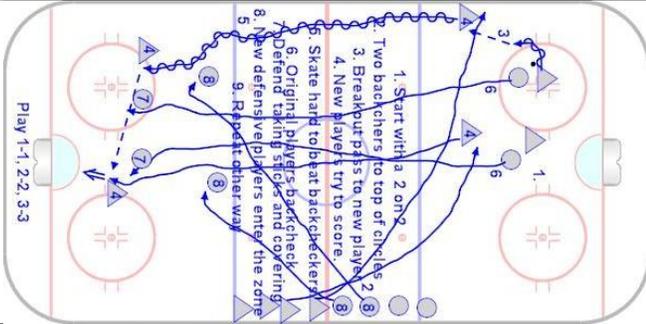
Everyone gets a pass in each zone. One time passes and shots.



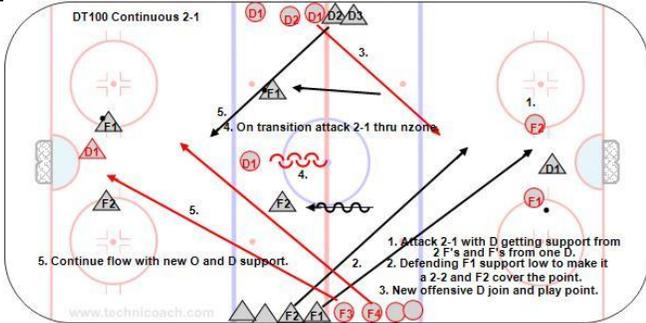
B5 Cross and drop and then add another cross and drop after you gain the blue line. Add pass to players who remain on the goal line after second cross and drop and the non passer gets the return pass.



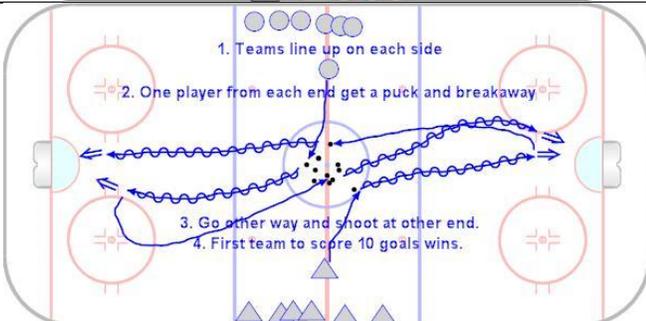
B6 Weave 3-0 skate inside and pass outside.



D100 backchecking game of 2-2 up to 3 goals



DT 100 Continuous Flow game of 1on 1 and then 2=1



E1 2 shot shootout.



Explanation/Notes:
