



# Team

# Practice Plan

Date: 03-05-26

Time:

Arena:

## Lines:

A300 – Puck Handle and Tight Turns

B2 – Shoot – Give and Go - Shoot

C2 – 1-1, 2-2 Puck Battles and Attacks

C3 - Total Hockey – 3-0,3-1,3-2

T2-4 – Reilly PP Game

Team cheer

## Notes:

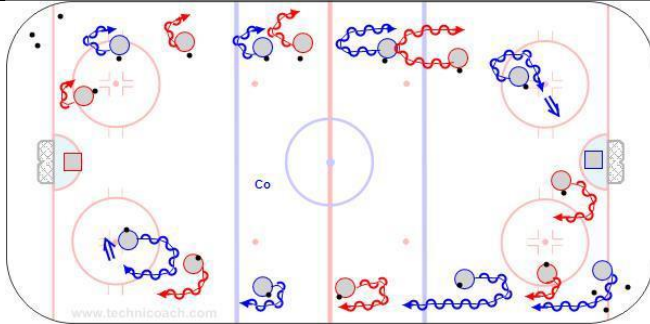
B2 – Transition Skate Shots

T2 – Tomas Regroups – Dump in Breakout

C3 – 2-1 – Double RG and Attack

T4 - High Press – Diamond Review

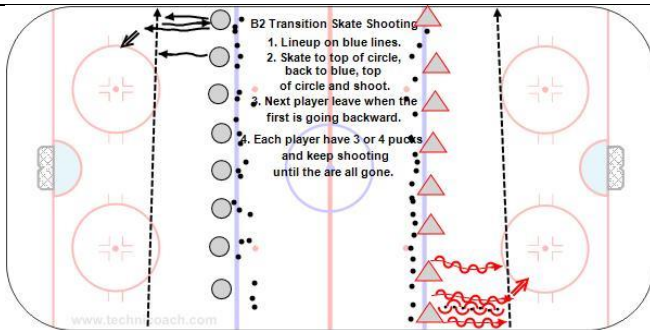
D202 – 2/3 Ice game of 4-4



5'

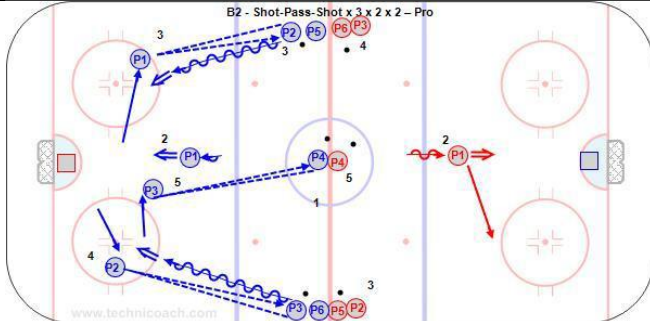
A300 – Puck Handle and Tight Turns

<https://youtu.be/eykwvsQJhHg>



5'

B2 – Transition Skate Shots



5'

B2 – Shoot – Give and Go – Shoot

<https://youtu.be/slO0FFCnd3g>

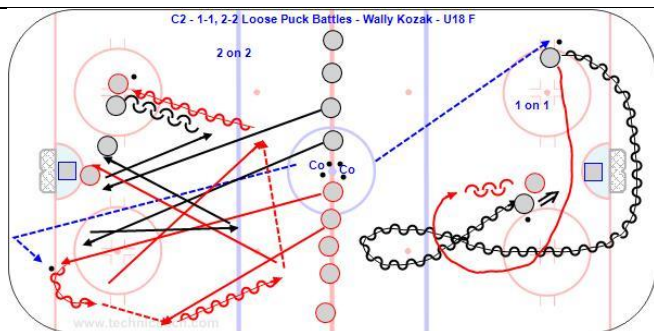


10'

T2- B600

– 5' Tomas Regroups

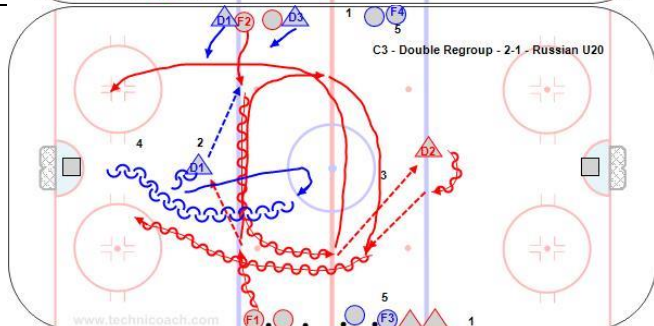
- 5'– Dump in Breakout



10'

**C2 – 1-1, 2-2 Puck Battles and Attacks**

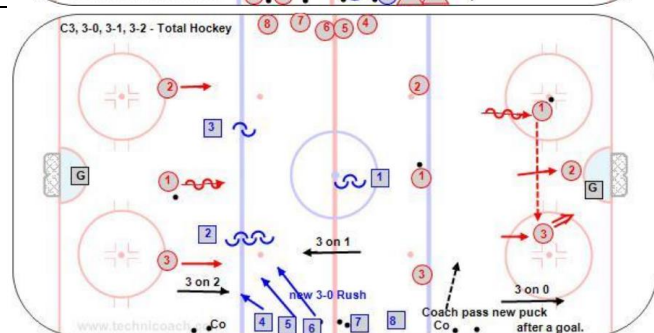
<https://youtu.be/qWhxxzyujc8>



10'

**C3 – 2-1 – Double RG and Attack**

<https://youtu.be/Ez8-vhYqB2k>

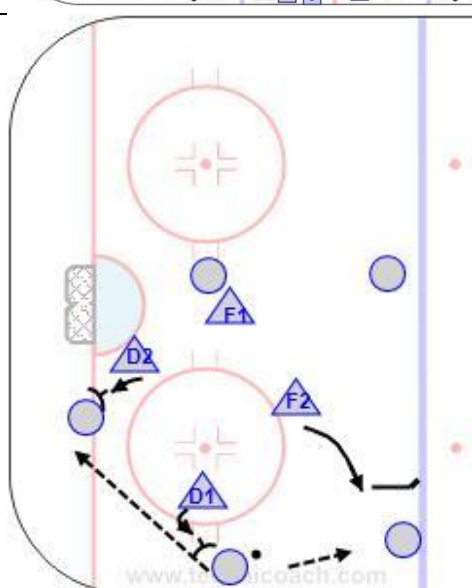


10'

**C3 - Total Hockey – 3-0,3-1,3-2**

Keep score

<https://youtu.be/9MTh5t8o1y8>

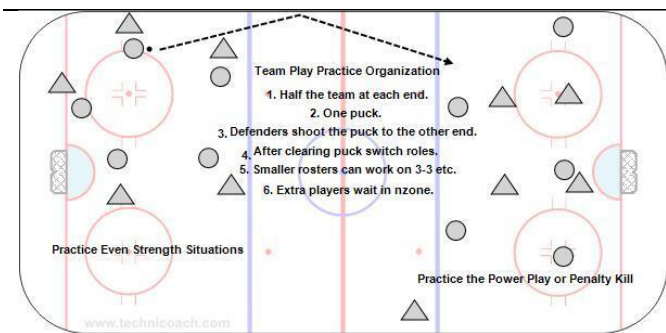


10'

**T4 - High Press – Diamond Review**

**T2-4 – High Press PK vs Overload – U15 G**

<https://youtu.be/z5BOmpNXhPM>

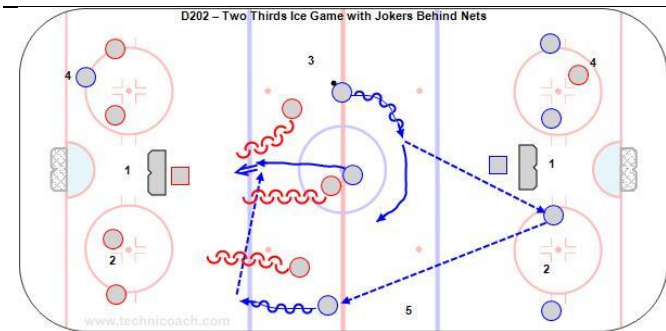


10'

**T2-4 – Reilly PP Game**

**PP's at each end vs pk**

**PP's use overload and umbrella- PK use high press and diamond.**



13'

**D202 – 2/3 Ice game of 4-4**

2' – Team cheer