

[Team Name]

Practice Plan

Date: Oct. 25, 2010

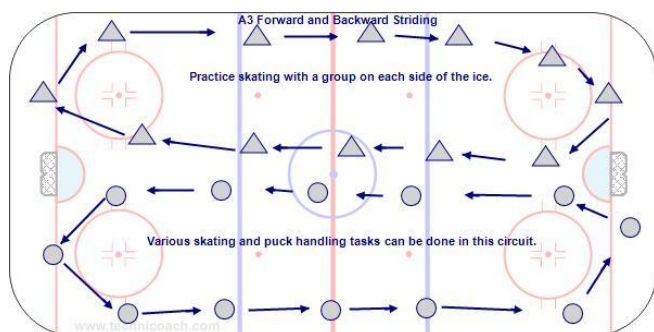
Time:

Venue:

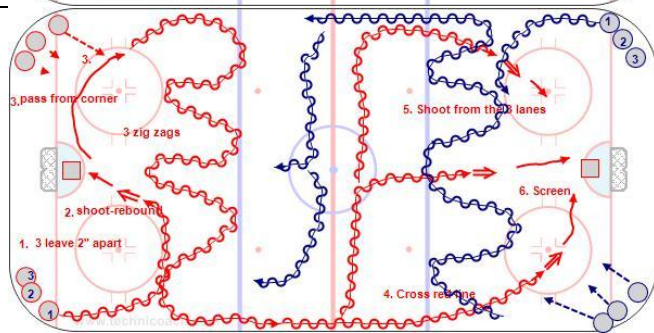
Theme:

Notes:

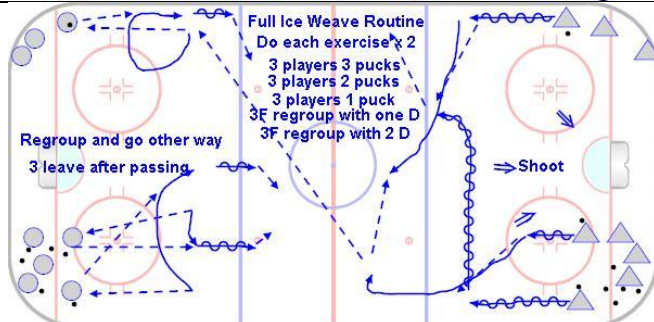
Theme, good offensive and defensive habits.
Escape moves, stick on the puck, playing on the forehand side.



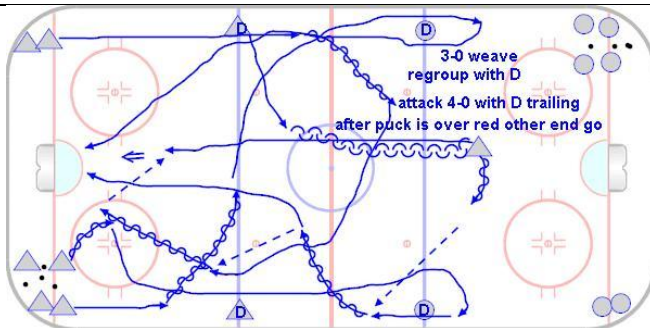
A3-Long strides 2 laps. Fast between the blue lines. Handle a puck all around the body. Goalies crease skate.



B6- 3 shoots, 3 passes, 3 zig zags one shot from each lane.



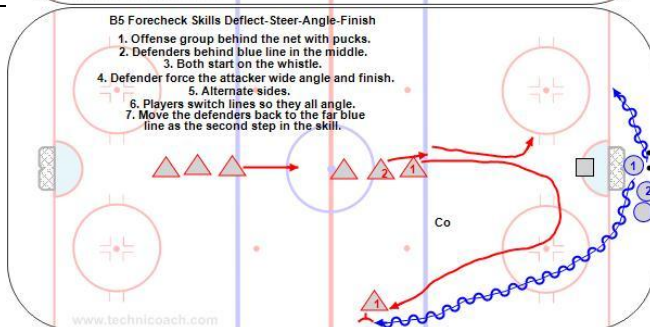
B6 Weave with one puck



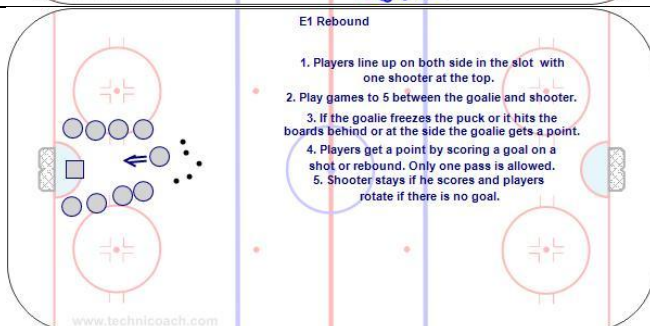
B6 Weave Regroup with one D



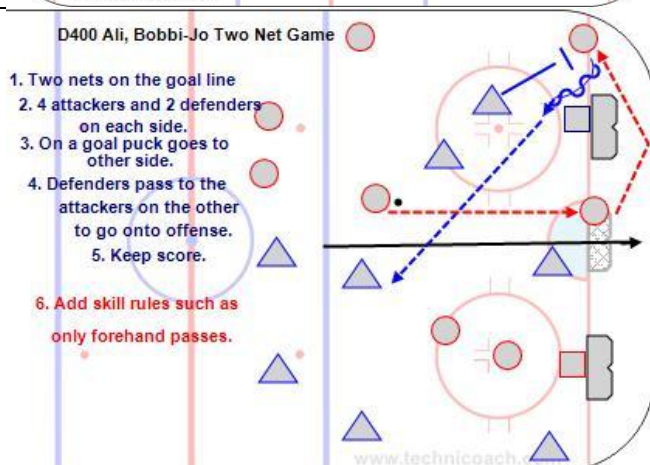
B500 Defensive Side with the stick always on the ice and on the puck.



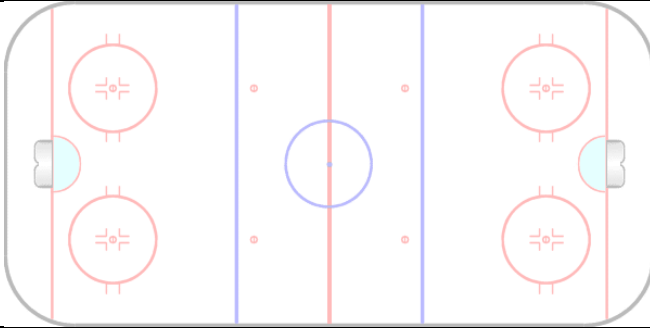
D4 Game of 2 Pass. Only forehand passes allowed. 4 on 4 at each end.



Rebound at each end.



D400 Game with 2 nets on the goal line and one puck.



Explanation/Notes: