



[Team Name]

Practice Plan

Date: Oct 27

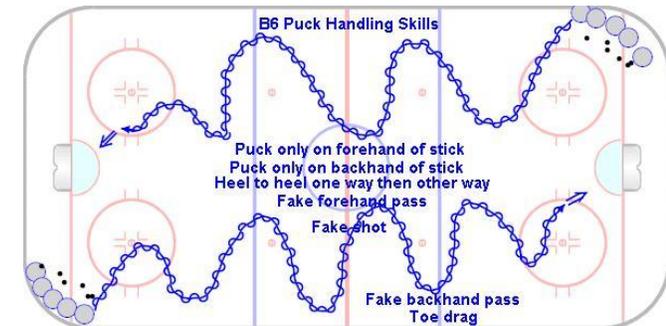
Time:

Venue:

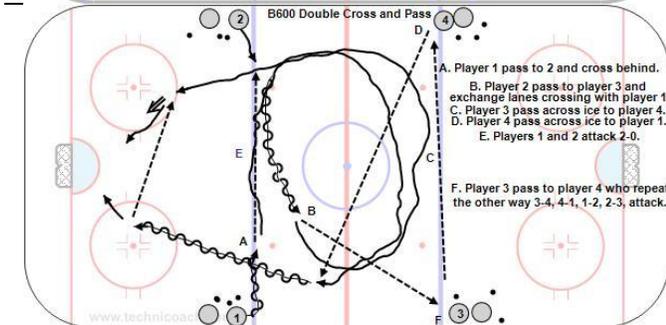
Lines:

Notes:

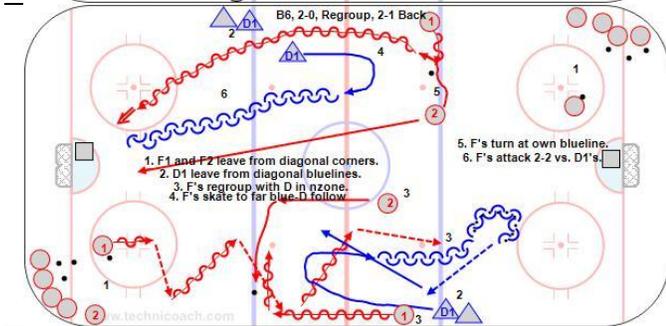
Good habits.



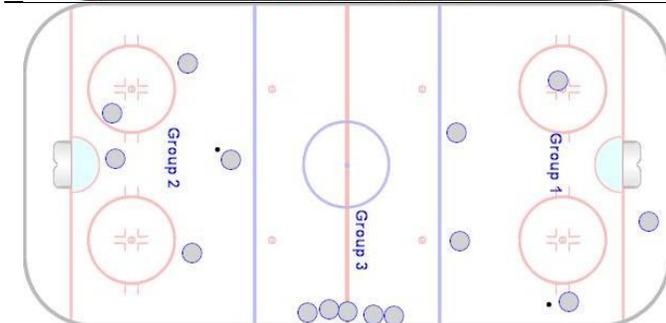
Perform various moves to increase reach and puck control. Finish with a shot.



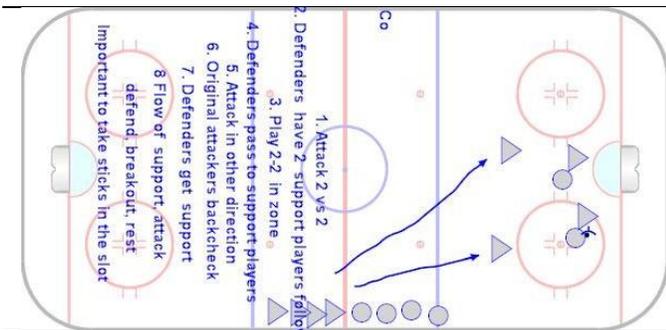
Flow passing drill



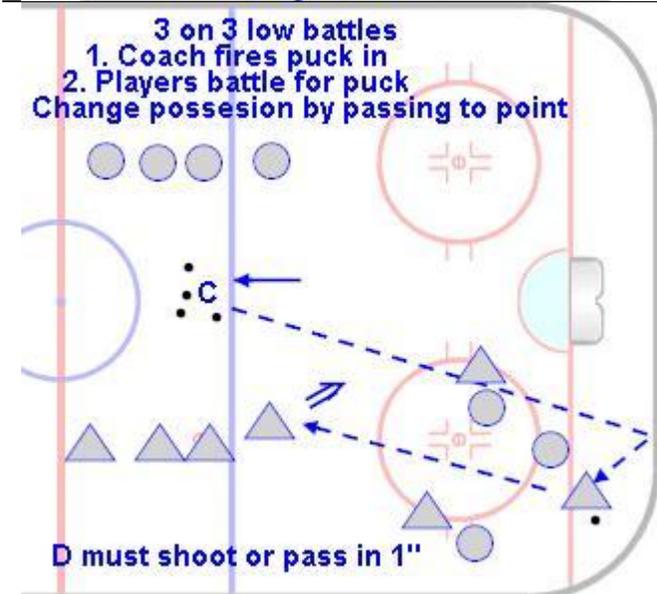
2=0 on each side. Regroup with D and turn to attack 2=1



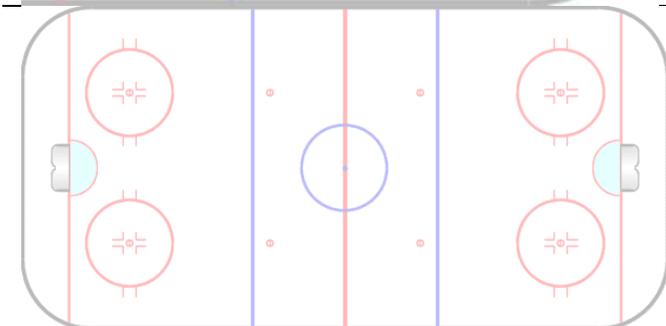
Breakout set up power play and run through options. Other end do pp options, middle pass the puck. On whistle the second group shoot the puck to the far end, breakout and set up while group from the middle work on the pp and the other group move into the middle.



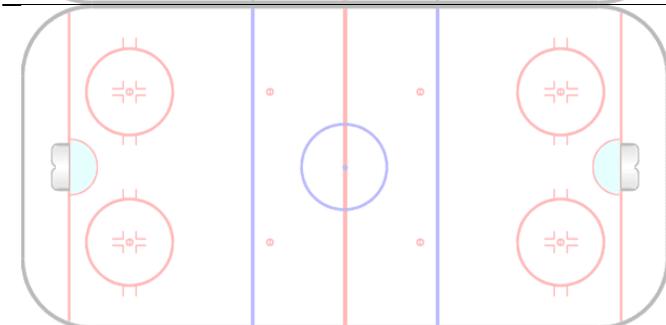
Full ice transition game with back checking. New players follow when the puck crosses the red line and play as wingers waiting for a breakout pass.



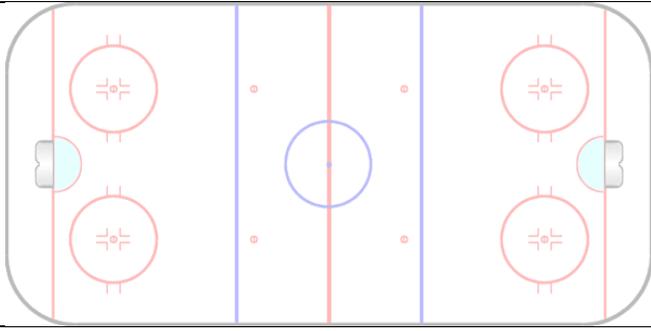
Game of low 3-3 with transition to offense when the defensive players pass to the point. Work on cycling, screening on offense and man on man coverage low and sealing the sticks to the outside.



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
