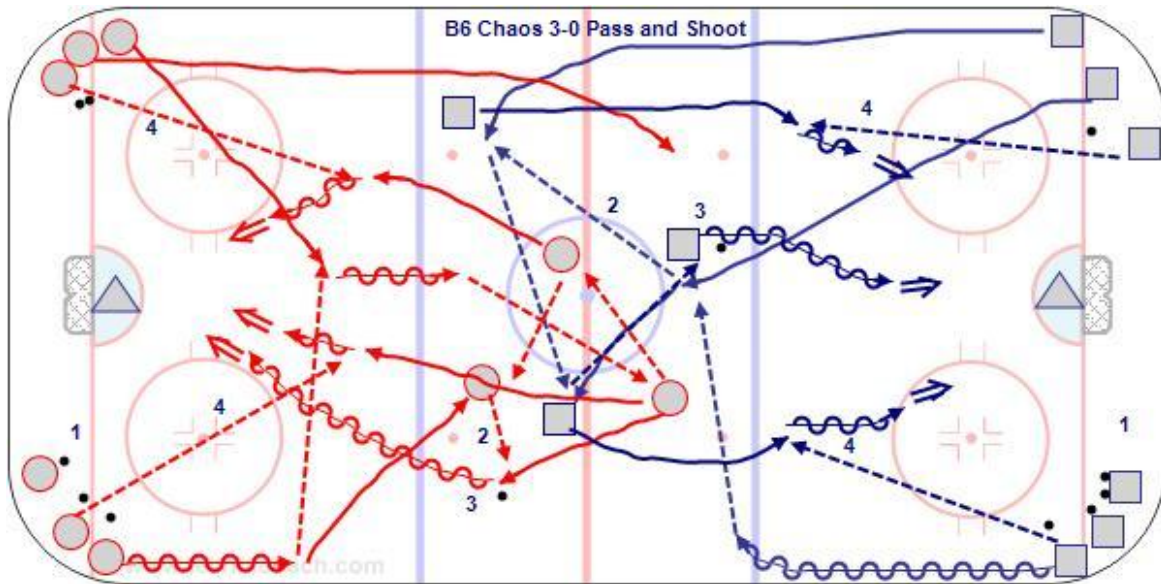


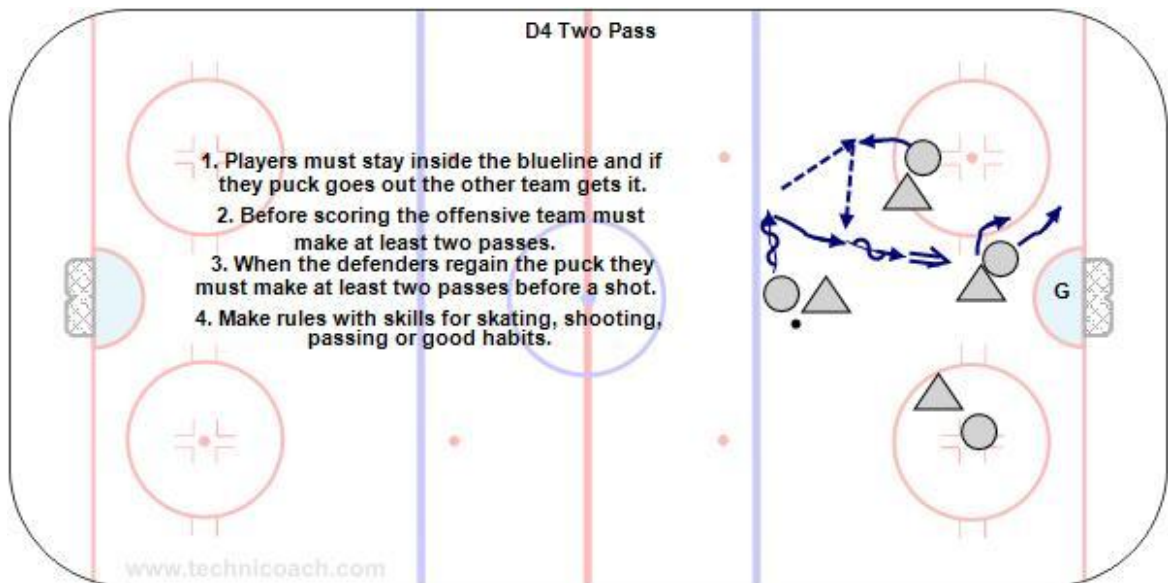
Nov. 8 Practice: 75 Minutes

- **Goalie Warm up** - Semi circle shots on goalies at each end, 3 pucks each about 2 minutes.

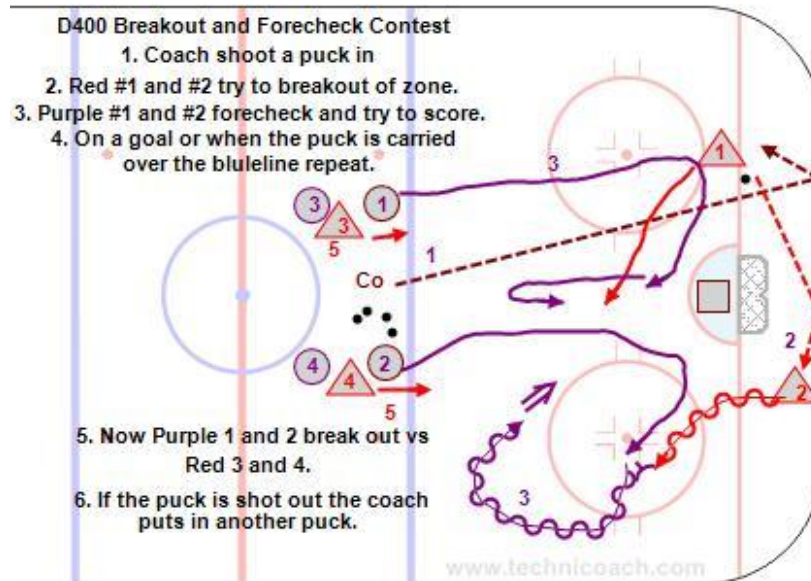
B6 Chaos Pass and Shoot:



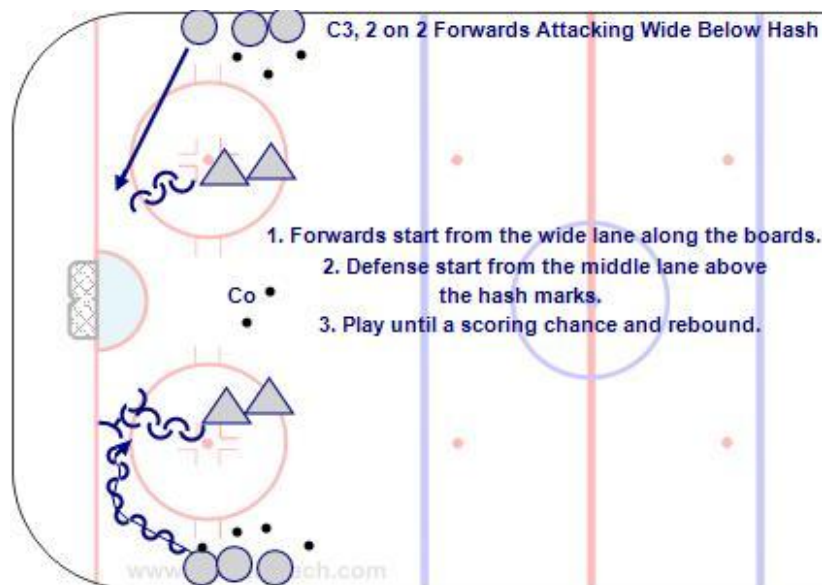
- **3 x 4 min. games of 2 pass at each end with modified rules.**
- Game One: only backward skating allowed – Skill theme.
- Game Two: Maximum 2" with the puck then you must pass or shoot-Support.
- Game Three: All goals must come from plays originating below the goal line-offensive cycling and low defensive coverage.



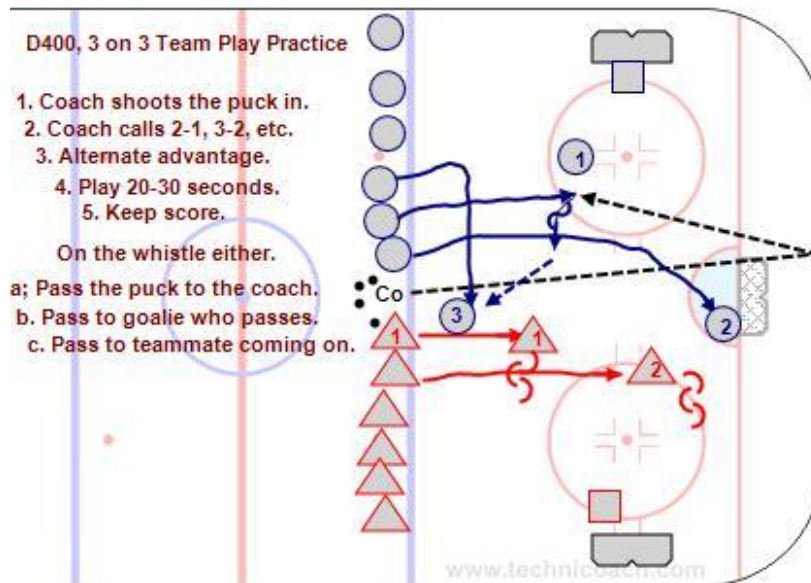
D400 Breakout and Forecheck Contest



C3, 2-2 below the goal line.



D200 Cross Ice Game with Various Situations:



Shootout Below the Goal Line: Walk out or wrap around



Losing colour one figure 8 around the circles.