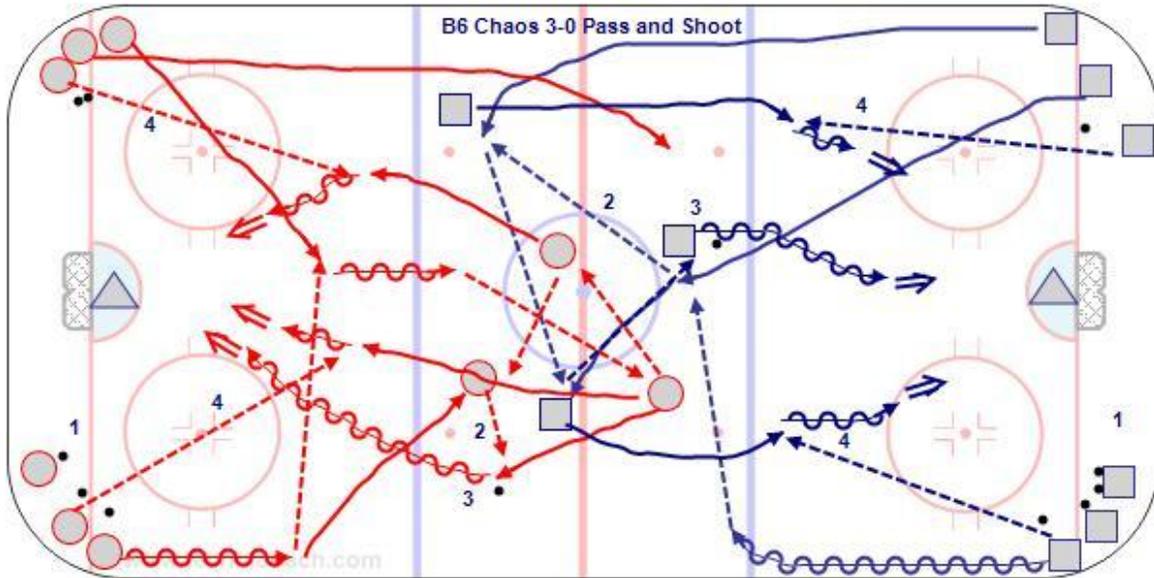


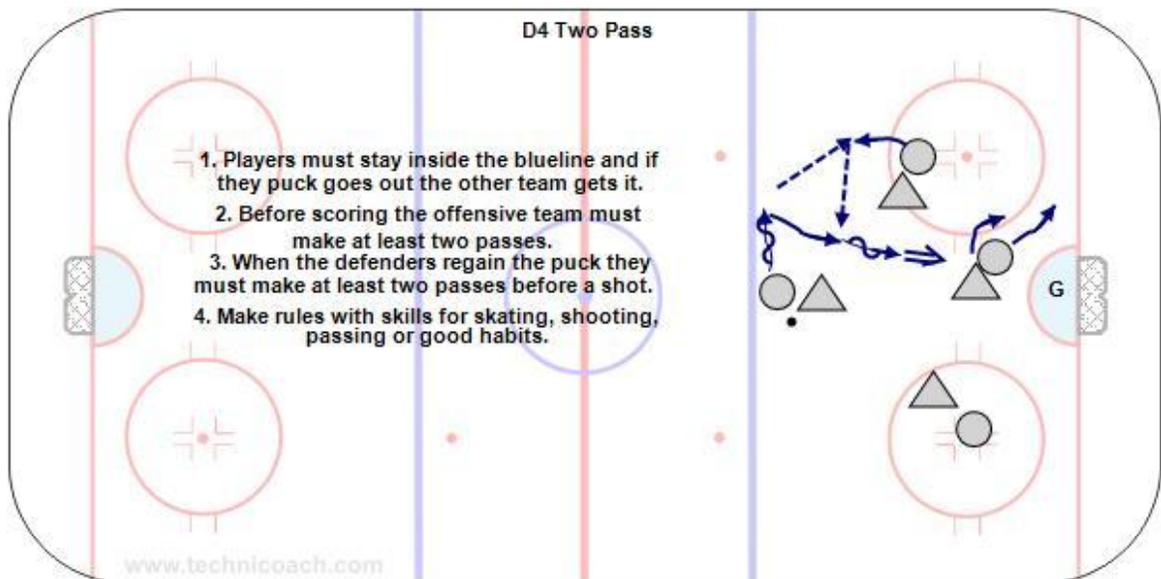
## Nov. 8 Practice: 75 Minutes

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

### **B6 Chaos Pass and Shoot:**



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- **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**

**D400 Breakout and Forecheck Contest**

1. Coach shoot a puck in
2. Red #1 and #2 try to breakout of zone.
3. Purple #1 and #2 forecheck and try to score.
4. On a goal or when the puck is carried over the blue line repeat.

5. Now Purple 1 and 2 breakout vs Red 3 and 4.
6. If the puck is shot out the coach puts in another puck.

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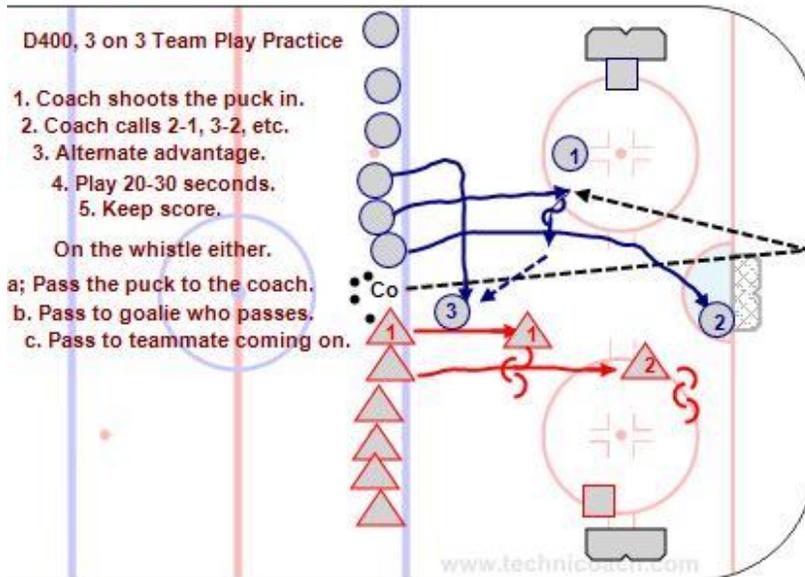
**C3, 2-2 below the goal line.**

**C3, 2 on 2 Forwards Attacking Wide Below Hash**

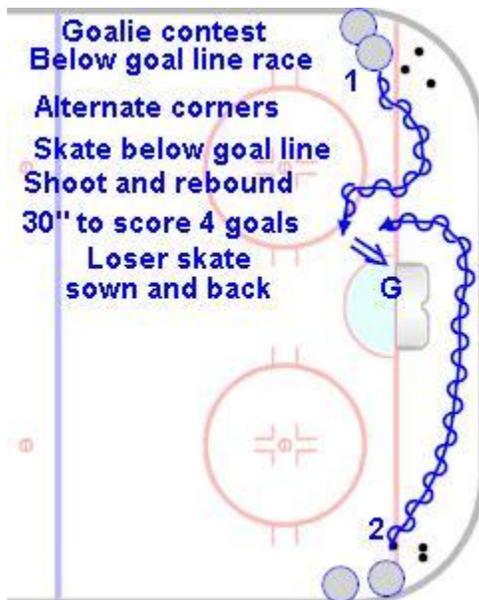
1. Forwards start from the wide lane along the boards.
2. Defense start from the middle lane above the hash marks.
3. Play until a scoring chance and rebound.

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**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.*