



Rockies

Practice Plan

Date: Nov. 10, 2010

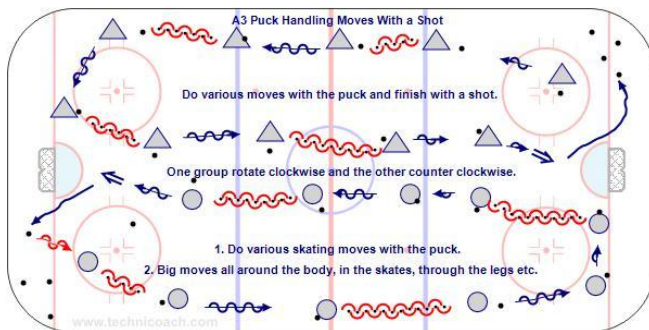
Time:

Venue:

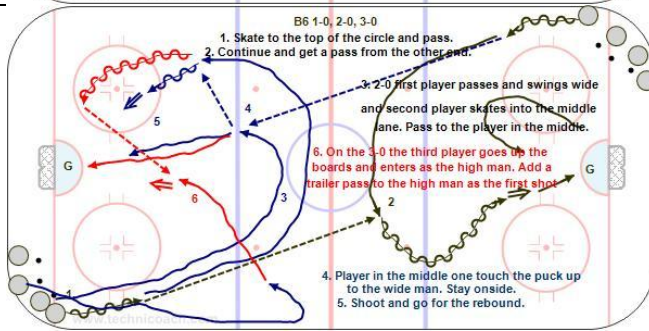
Lines:

Notes:

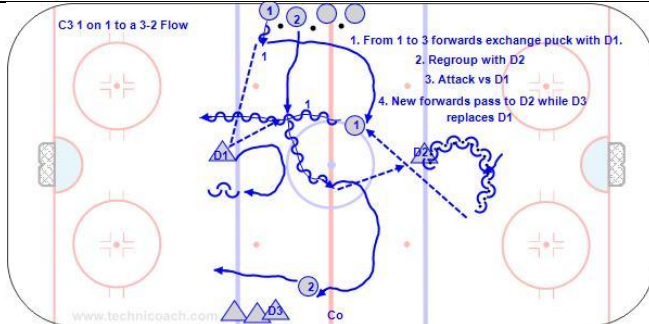
This is a pre game practice with conditioning as the game isn't until 4 days. Specialty teams,



Players handled the puck and take a shot. Change directions after about 90 seconds.

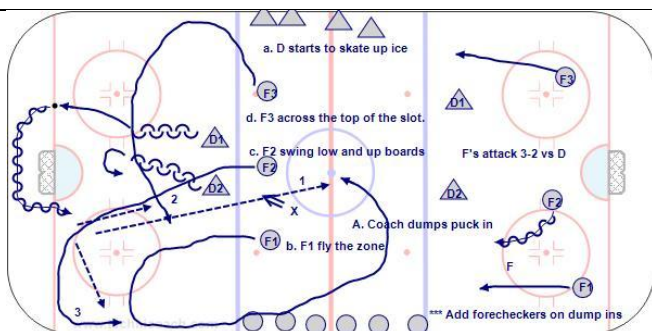


We did 1-0 and then 2-0 from each side.

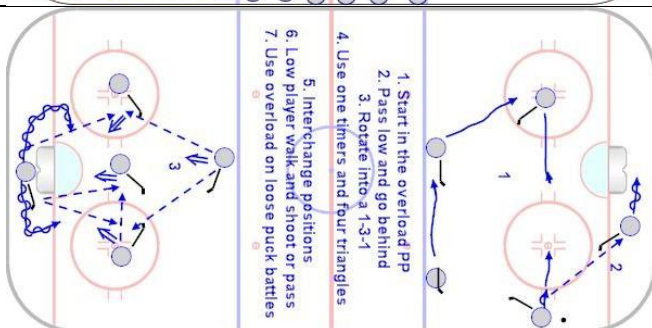


We did this with 2 F regrouping with the far D and then attacking 2 on 1 vs the D who made the original pass.

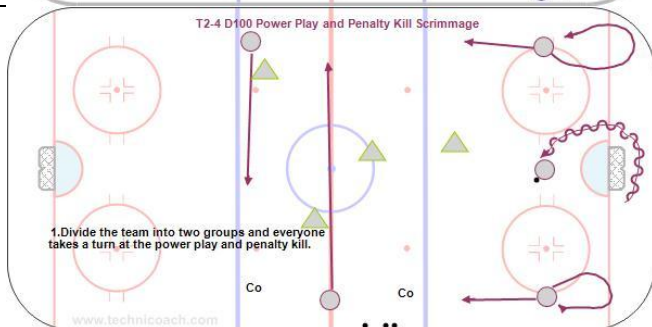
Explanation/Notes:



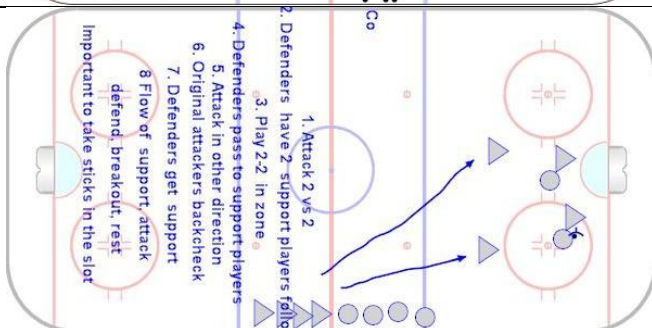
We had the C swing behind the net and get the puck. Wings swing to corners and strong side stretch, weak side across the top of the circles. D behind follow the centre out and D in front swing to weak side.



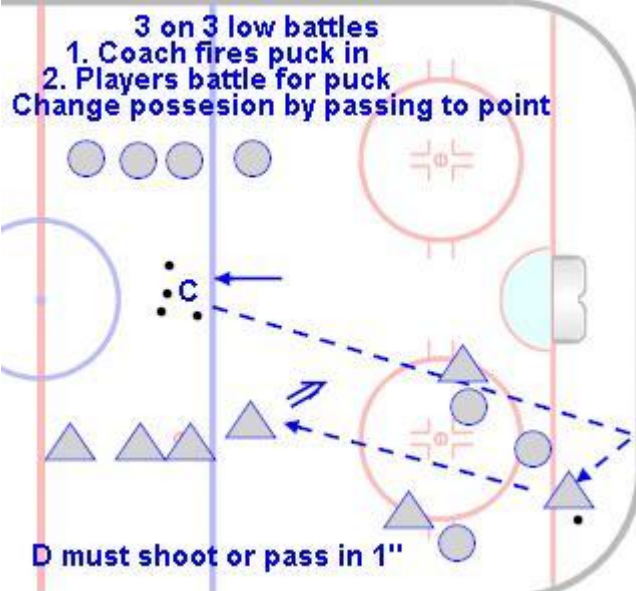
Start with the overload and run low plays and then move into the 1-3-1. We have the weak side D move to the middle now.



Each team got a turn at the pp and pk for about 3 min.

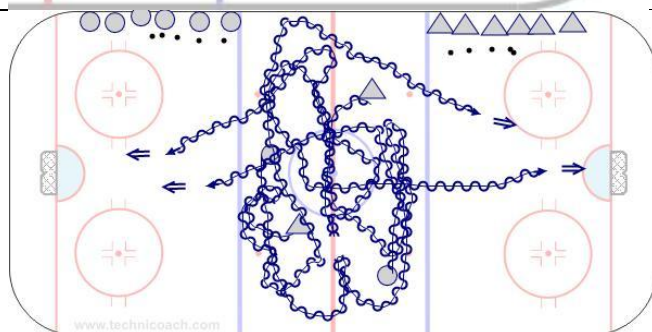


Backchecking game for good habits of pushing the puck up ice quickly and attacking the net. Back checkers have to tie up sticks on the rebounds and then make a breakout pass. Also good conditioning.

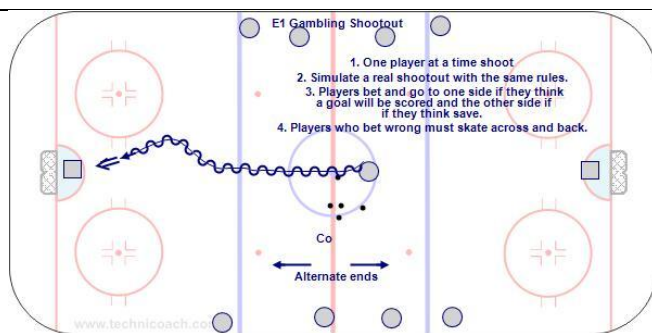


We played 2 on 2 with shifts about 20-25"

My emphasis was to take the puck to the net on offense and on defense tight gaps and seal sticks to the outside on point shots.



One player from each team leaves and does moves and turns at full speed for 5" and then goes in at full speed, shoots and rebounds. 5 reps each



Betting shootout. Follow official rules where the goalie can't move until the shooter touches the puck.