

### 1) Book Recommendation

0 min.

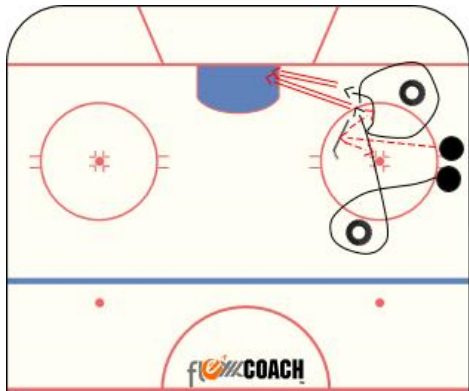


#### ORGANIZATION

Beartown by Fredrik Backman (Fiction)  
Conscious Coaching by Brett Bartholomew

### 2) Rebound 2 Shot

0 min.

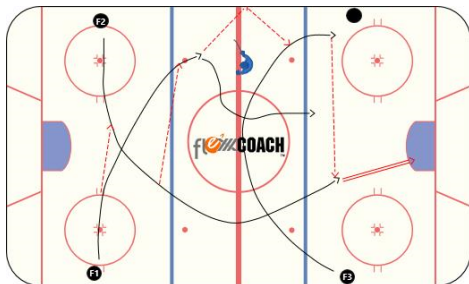


#### ORGANIZATION

Player skates around the tire, receives a pass off of the board, shot. Skate around other cone and receive another pass from board and shoot.

### 3) Red Wings Chip

0 min.

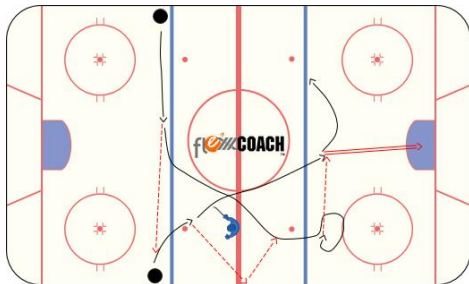


#### ORGANIZATION

Forwards 1 and 2 pass and cross before blueline. F3 stretches accross in NZ. F1 Chips puck by coach to F3 and then busts to the middle. F3 then delays and finds trailer for shot.

### 4) Spurgeon 2 v 1

0 min.

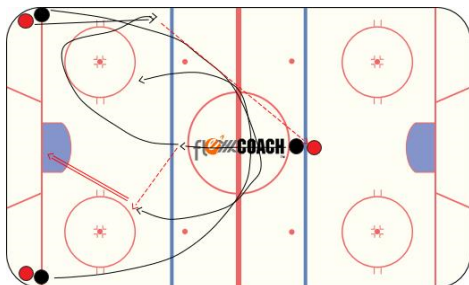


#### ORGANIZATION

Player take a few strides and passes accross to the other side. That player steps off the wall and chips puck by coach and then drives. Player picks up the puck and delays away from defensive player to make a pass to player driving. After you shoot, player stays to play defense vs next group.

### 5) Flin Flon 3 v 0

0 min.



#### ORGANIZATION

Players from corner swing in NZ. Player in NZ takes off through the middle and distributes to one of the swinging Forwards. Middle Player then Angles player from corner from the opposite side that he passed to. Pass puck to next player in NZ. Continuous.

6) NF Battle

0 min.

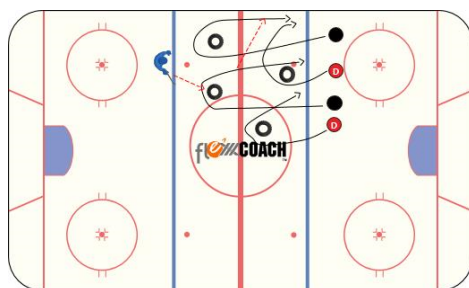


ORGANIZATION

Coach bounces a puck off the bumper board. Players battle 1 v 1 to gain possession. Must pass to player on your side for a one-timer or catch and shoot.

7) Des Moines 2 v 2 3 v 2 Game

0 min.



ORGANIZATION

2 v 2 and 3 v 2. Forwards skate around tires, get puck from coach, kick wide and attack D. D has to skate around tires and play out the rush.

Post-Practice Comments: