

Date : _____ Practice No: _____ Duration : _____

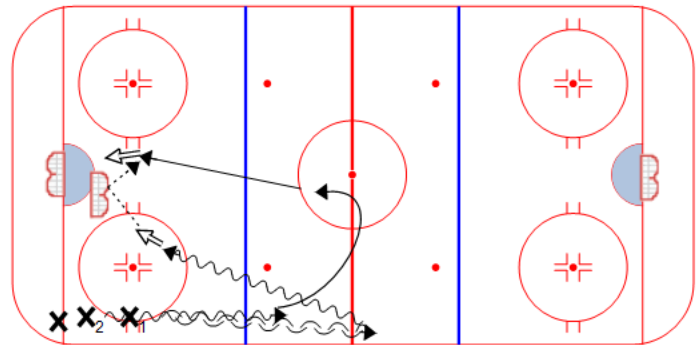
Left Wing	Center	Right Wing	Left Defense	Right Defense	Goalie
					Injured

TIME:

Title : rebound 2v0

Key Points :

lay net on front to create rebound.
 X1 skate backwards. X2 skate forwards
 touch pass until X1 hits RL. X2 opens to middle.
 Stay on sides.
 X1 shoots puck off net in front POP for X2 rebound
 shot

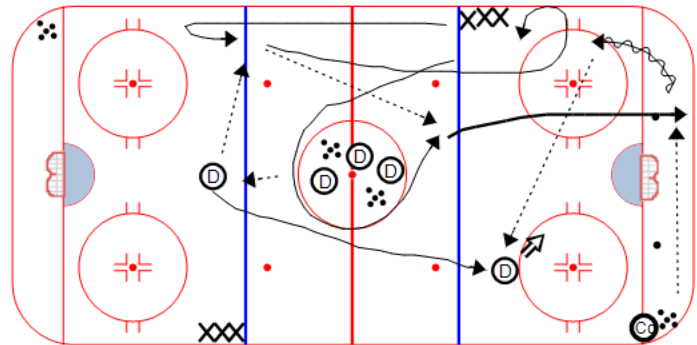


TIME:

Title : Longhook 3 Shot Deep Curl

Key Points : Drive w/ Pace (Deep Curl to D)

Both Sides same time
 FWD Cutback

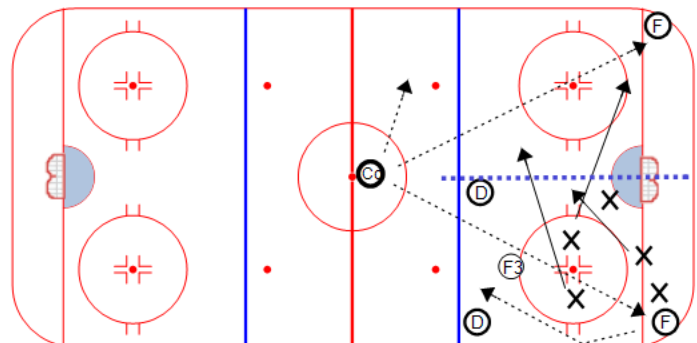


TIME:

Title : Sens DZ adj.

Key Points :

Coach passes puck in play does NOT start until Off
 team touches puck.
 2v5 Get stop puck quick. Deny F3
 3v5 . Work on Change of sides routes for F's.
 5v5 Low to high puck. F's Press D.



TIME:

Title : Baseball

Key Points :

One team at Bat
One team in the field

Batter clears puck (No Slap shots)
- Into far end netting = HR

Fielders must make 5 passes before shooting
1 player in each zone must touch it
Rebounds are live

Batter tries to round bases and cross goal-line before
goal is scored (play 2 outs or 5 Runs)

