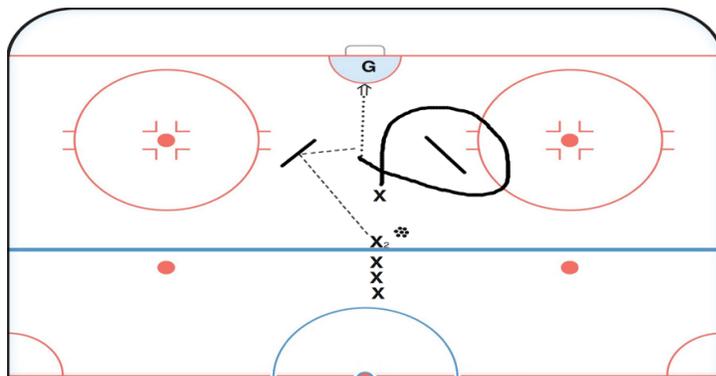


# Practice Plan Drill Sheet

Generated on Nov 19, 2017 by Hockey ClipPad.

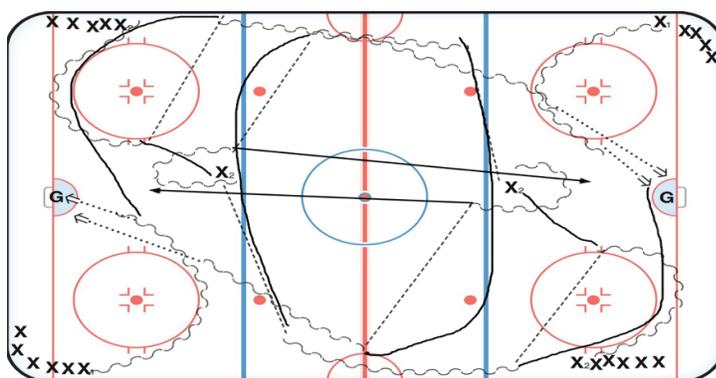
## Figure 8 Shooting

X1 skates around pass rebounders in a figure 8 pattern. X2 passes off rebounder each time X1 comes through the middle. Focus on quick feet and release. 4 shots each skater. Add pivot so skater is always facing the net.



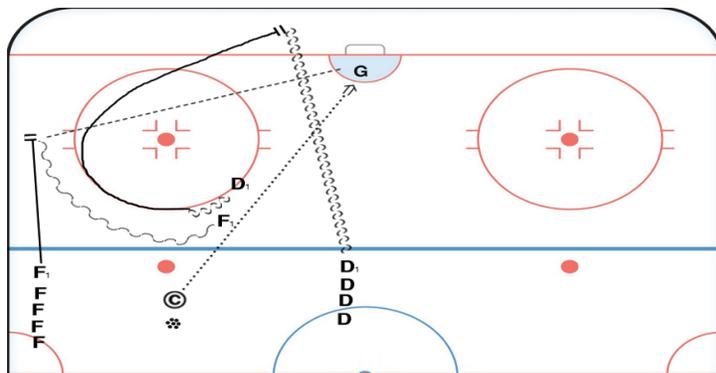
## 2v0 Flow Warm Up

X1 half circle around face off circle and a shot on net. X2 times it breaks X1 out up the wall and heads to BL to regroup with X1 from far end. X1 passes to X2 from opposite end, skates across NZ to receive pass back from X2. X2 escapes hits X1 with a pass and drives net for rebound.



## Goalie Pass 1v1

Coach dumps puck in for goalie. Goalie makes outlet pass to F1. F1 receives pass skates above circle and attacks net 1v1 against D1. D1 retreats backwards to goal line and moves up ice to close gap on F1 and play the 1v1.



## 2v2 Cross Ice

2v2 cross ice with a roamer below goal line. Each team must pass to roamer upon a change of possession before shooting.

