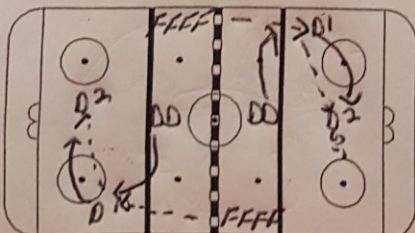
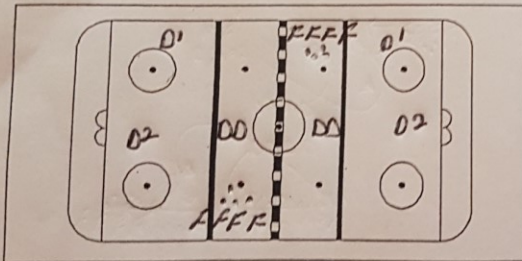
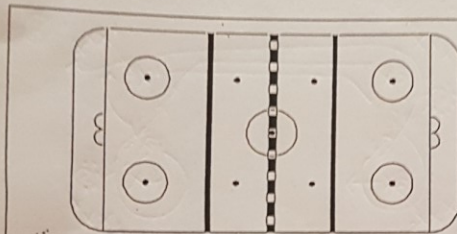


HUMAN PRACTICE #  
Eagles

THEME:

DATE:

QUOTE: "THE HARDER  
THE BATTLE THE  
GREATER THE VICTORY!"



TIME:  
GREAT PRACTICE PLAN  
WHEN DEALING WITH  
LIMITED TIME!  
WE WILL USE SAME  
SETUP TO PRACTICE  
VARIOUS GAME SITUATIONS  
1VS0, 1VS1, 1VS1 TRANSITION  
2VS1, 2VS1 TRANSITION  
AND 2VS2. ALSO  
VARIATION WITH D  
JOINING WITH SHOT  
THRU SCREEN AND NET FRONT

\* DO EACH DRILL FOR 7  
MINUTES.

SET-UP

TIME:  
FWDs - EACH SIDE OF C  
WITH PUCKS, D1, D2 CIRCLE  
TOPS, EXTRA D OUTSIDE BL  
MIDDLE OF ICE

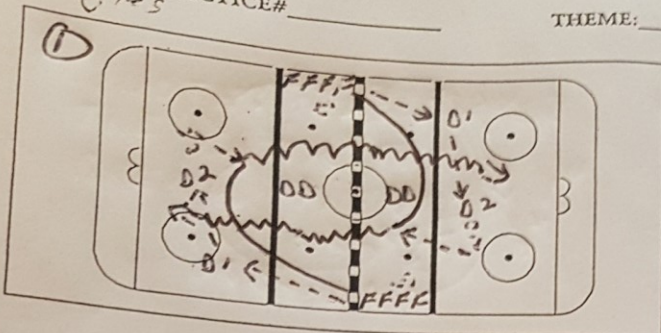
TIME:  
D1 SLIDE TO D2, NEW D  
SLIDE TO D1  
WHEN DOING 2VS2 POT  
EXTRA D ON WALL INSIDE  
BL!



INDIAN PRACTICE# Easy 1-5

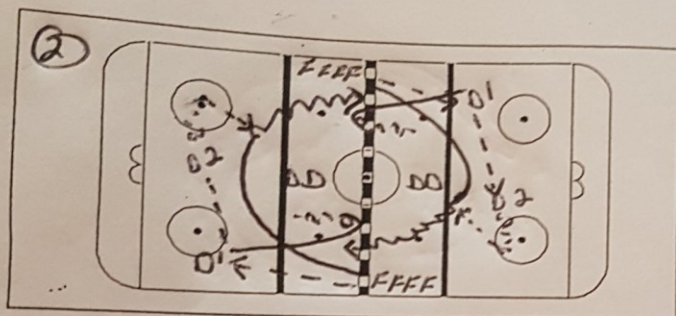
THEME: \_\_\_\_\_

DATE: \_\_\_\_\_



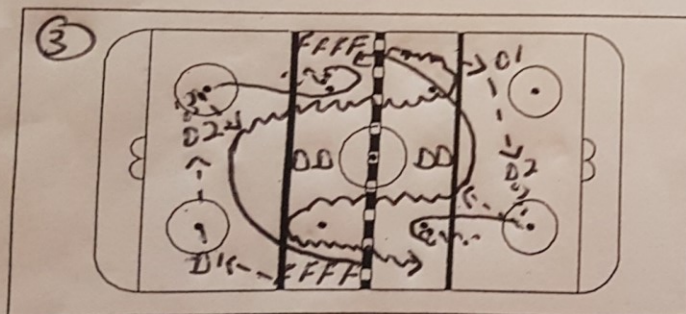
OPTION #1-1-0 TIME: \_\_\_\_\_

PURPOSE: TIMING, PUCK  
MOVEMENT & FLOW



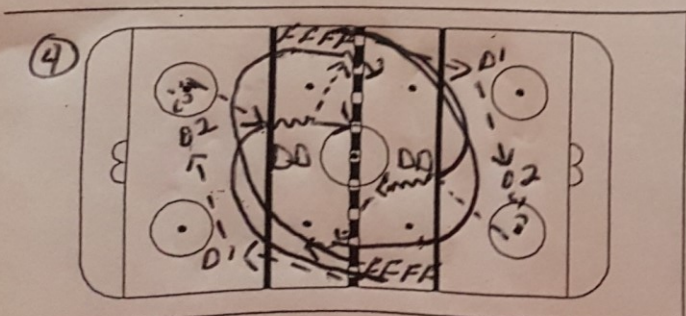
OPTION #2-1VS1 TIME: \_\_\_\_\_

PURPOSE: TIMING, PUCK  
MOVEMENT & GAP CONTROL



OPTION #3-1VS1 TIME: \_\_\_\_\_

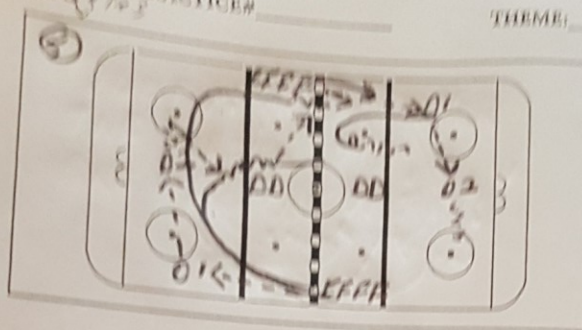
PURPOSE: TIMING, PUCK  
MOVEMENT, PUCK PROTECTION  
& GAP CONTROL WITH  
TRANSITION



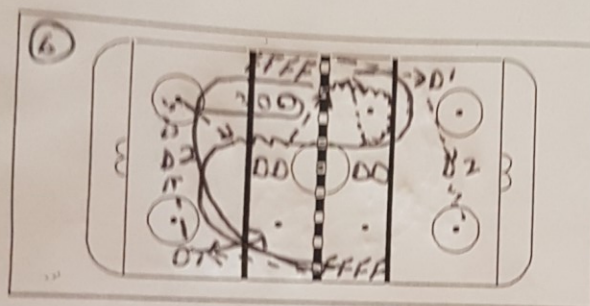
OPTION #4-2VS0 TIME: \_\_\_\_\_

PURPOSE: TIMING, PUCK  
MOVEMENT

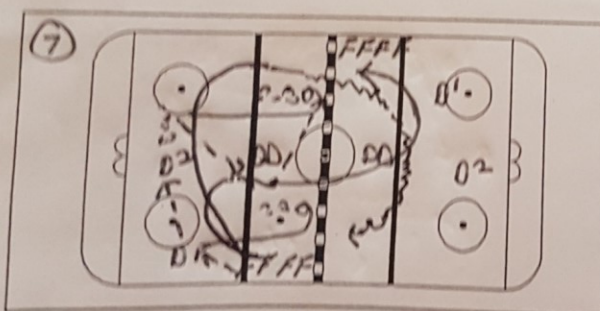




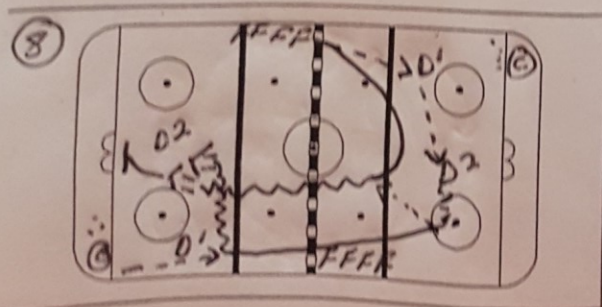
OPTION #5-2vs1 TIME:  
PURPOSE: TIMING, POCK  
MOVEMENT, TRANSITION  
AND GAP CONTROL,  
BOTH WAYS



OPTION #6-2vs1 TIME:  
PURPOSE: TIMING, POCK  
MOVEMENT, TRANSITION  
AND GAP CONTROL  
BOTH WAYS



OPTION #7-2vs2 TIME:  
PURPOSE: POCK MOVEMENT  
GAP CONTROL & TRANSITION  
INTO 2vs2  
\* 1 SIDE AT A TIME!



VARIATION: D JOIN TIME:  
HAVE D2 JOIN PASS FROM  
D1, SHOOT THRU SCREEN  
GOOD FOR ALL SITUATIONS  
EXCEPT 2vs2  
1vs1, 2vs1 D2 SHOOT THRU  
NET FRONT D