



Team

Practice Plan

Date: 12-13-23

Time: 19:00-20:00

Arena: Crowchild

Lines:

Zig zag x 2

DT400 – Attack – Defend – Pass – Rest

DT100 – 3-3 Backchecking game

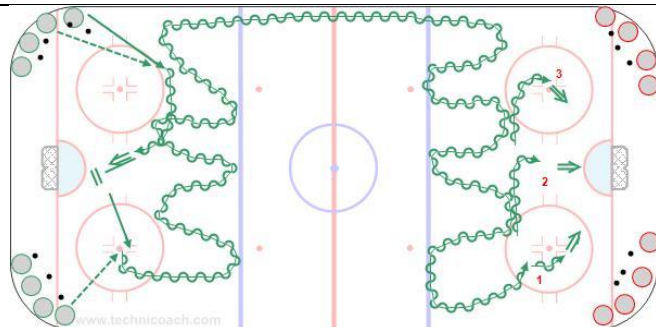
DT400 – Krusel 2-2 at each end.

Notes: 11 F, 6 D, 2 G

Regroup BO 5-0

5-5 Defend with sticks over for 30'

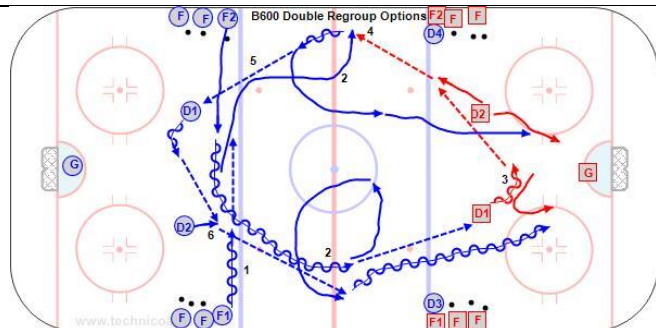
DT100 – 3-3 Attack – Backcheck -Pass



10'

B6 - Double Zig zag - U15 G

<https://youtu.be/DGzvB-HRt1s>



10'

Double Regroup BO 5-0

T2 - B600 - Continuous 2-2 Breakout - U15 G

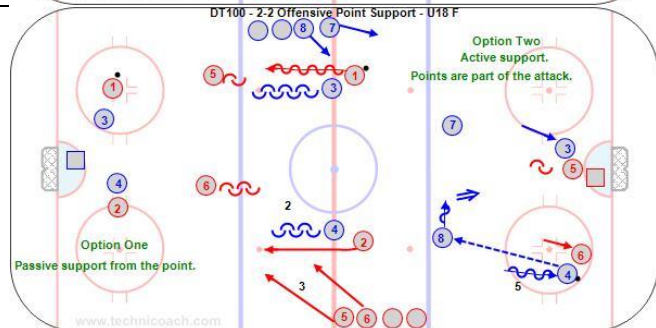
[T2 - B600 - Continuous 2-2 Breakout - U15 G.MOV](#)



10'

DT400 – Attack – Defend – Pass – Rest

- Defenders form a 2-1-2 in slot with sticks upside down and play 30' man on man.
- Coach blow whistle to start next rep.

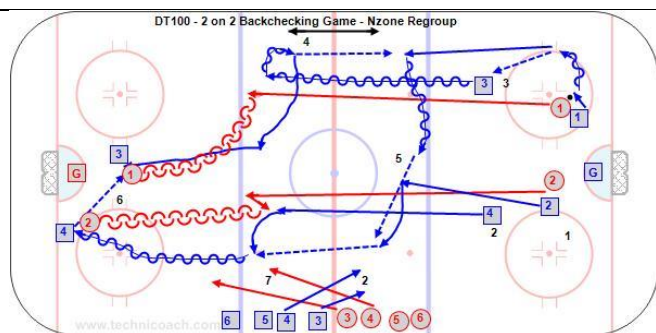


10'

DT100 – 3-3 Attack – Defend – Offense get Support

DT100 - 2-2 Offense Gets Point Support - U15 G

[DT100 - 2-2 Offense Gets Point Support - U15 G.MOV](#)

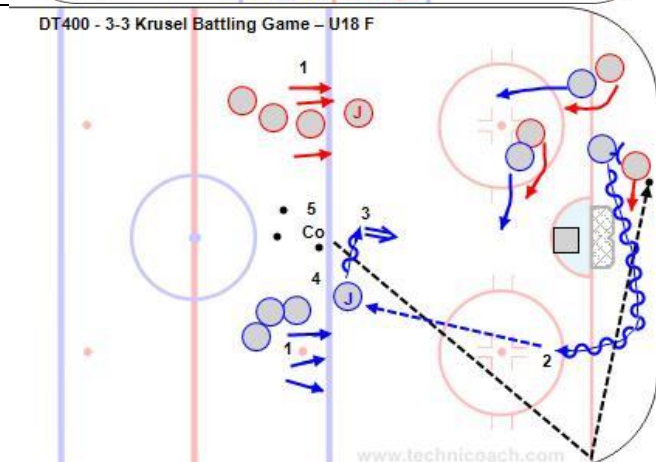


10'

DT100 – 3-3 Attack – Backcheck -Pass – Rest

DT100 - 2-2 Backchecking Game - U15 G

[DT100 - 2-2 Backchecking Game - U15 G.MOV](#)

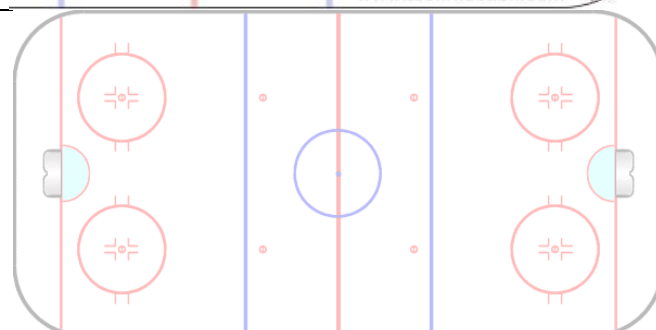


10'

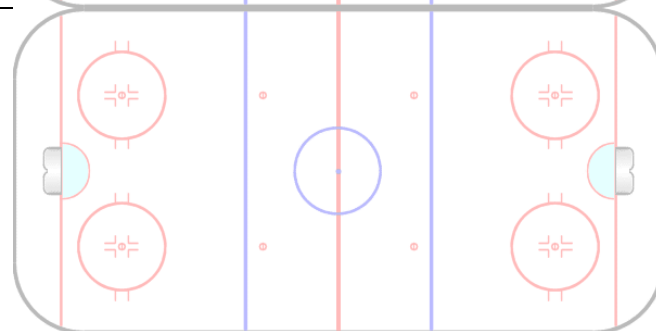
DT400 – Krusel 2-2 at each end.

DT 400 - Krusel 2-2 Low Battles Pass to Point - U15 G

<https://youtu.be/NeYhlpbr08s>



Get pucks and cheer in middle circle.



Explanation/Notes:



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