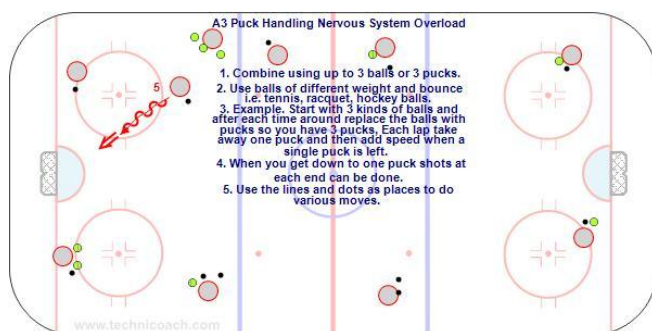




Practice Plan

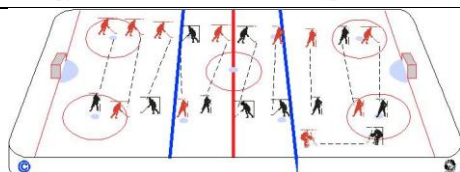
Date: June 11- 02Team	Time:	Venue: Trico
Lines: Goals	Notes:	
Passing technique review		
- Practice going from offense to defense	From (3) checking the puck carrier to covering away from the puck (4).	
From puck carrier (1) to getting open for a pass (2).	Also review puck protection skills and checking from the D side with the stick on the puck.	
Goalie controlling rebounds.		



A3 Nervous System Overload Puck Handling

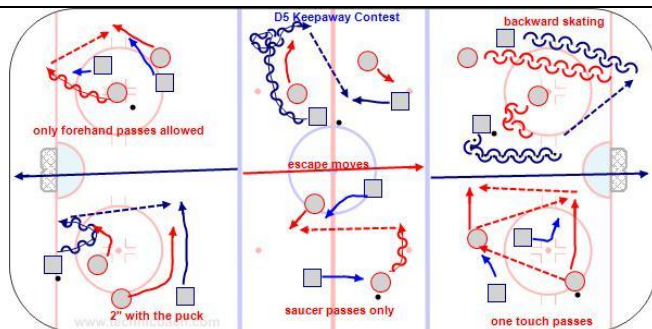
1 lap with 3 pucks,
1 lap with 2 pucks
1 lap with 1 puck and big moves.

Goalie at one end with the goalie coach



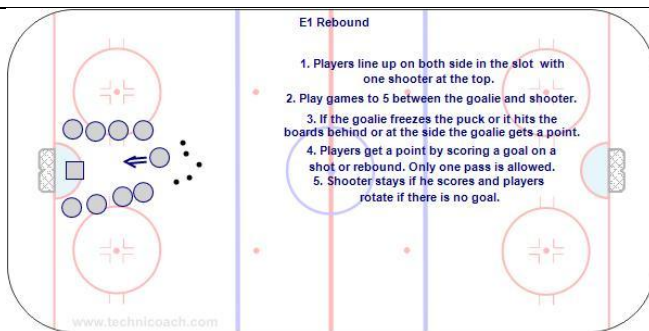
B3 Partner Passing and Instruction Wrist Pass: emphasis on making no noise either passing or receiving. Demonstrate then.

-start with sticks together moving forward and back.
-move back one sticklength and pass with good technique 10 passes.
-10 passes 2 sticklengths apart.
-10 passes 3 sticklengths apart.
-skate across the ice and back 2 sticklengths away making as many passes as possible.



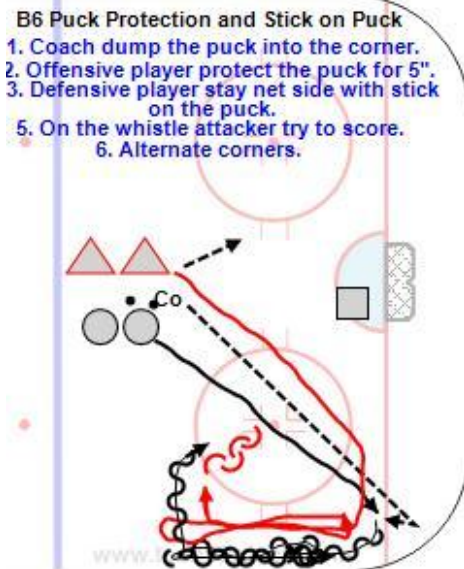
D5 Keepaway

-play 2 on 2 and 3 on 3 keepaway in one zone for each game.
-first play with the rule you get one point for making 5 consecutive passes and keep score.
-same scoring in second game but they must make an escape move before passing.
-same scoring in third game but they must beat an opponent with a move before passing.



E1 Rebound

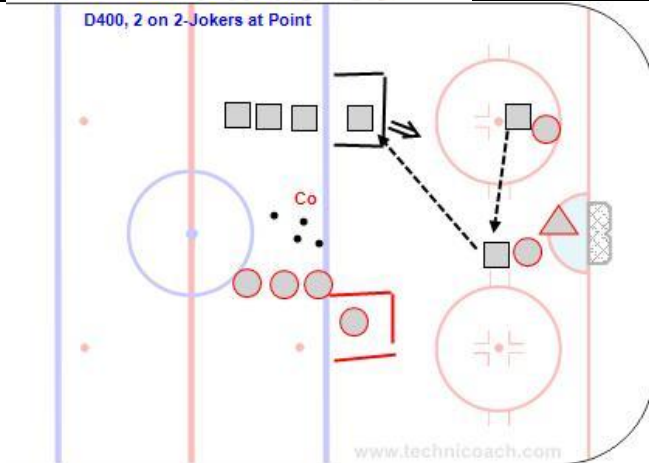
- Play two games of rebound to 10 vs the goalie.
- Losing team skate one lap.



B6 Puck Protection and Stick on the Puck Battles

- Players fight for the puck in the corner and along the boards and the puck carrier go to the net on the whistle.

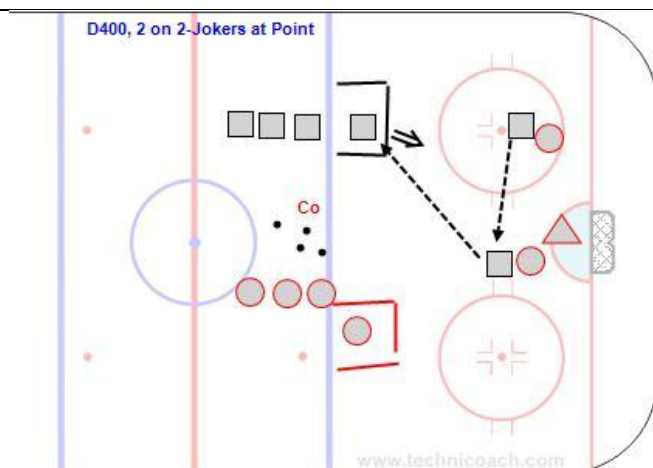
Alternate sides with a whistle every 10 seconds.



DT400 – 2 on 2 with Jokers at the Point.

- We moved the jokers up to the top of the circles to reduce the space.
- Start with a dump in and the players that get the puck try to score.
- Defenders must pass to jokers before they are on offense. Jokers cannot skate in but must pass or shoot within 2".
- Players must transition between the 4 game playing roles quickly.
- Do not check the jokers.
- Keep score.

D400, 2 on 2-Jokers at Point



DT400 – 2 on 2 Coaches are Jokers at the Point

- Move back and used the whole zone.
- Coaches are the jokers in a controlled scrimmage situation.
- Everyone freeze on the whistle and coaches point out being in the proper game playing role.

- 1-player with the puck
 - 2-player supporting the puck
 - 3-player checking the puck carrier
 - 4-player covering players away from puck
- When the puck is at the point the players are all in role 2 and role 4.
 - Offensive players must get open or screen and tip.
 - Defensive players must cover one player each on the defensive side, stick in the lane, box out in front.
 - Keep score

Explanation/Notes:



Explanation/Notes:

