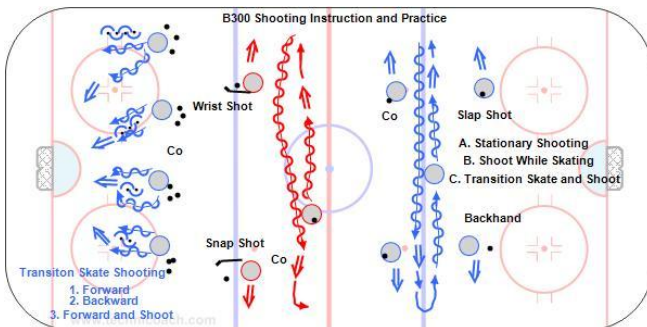




02 Titans

Practice Plan

Date:	Time: June 13	Venue:
Lines:	Notes:	
Goals: Review shooting technique.		
Introduce and practice the puck in front of the	Toes move.	
Review Passing and then taking passes at	Full speed and shooting.	
Game situations to practice these skills under	Pressure and to see the ice.	
Compete.		

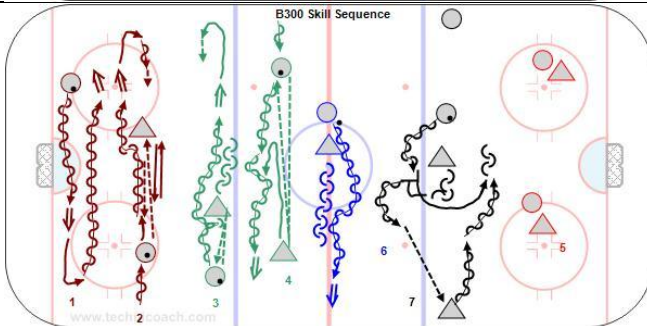


B3 Shooting and Partner Work

Start with everyone shooting at the boards stationary and then moving across and back.

Instruction for the group before and then individual help as the coaches move around.

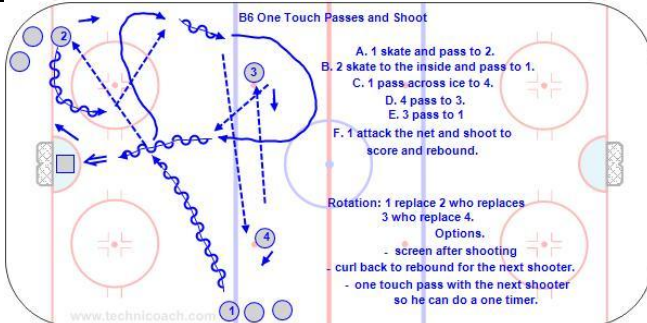
Partner passing and shooting.



B3 Partner Work on stick handling moves

Demo of faking and then sliding the puck in front of the toes.

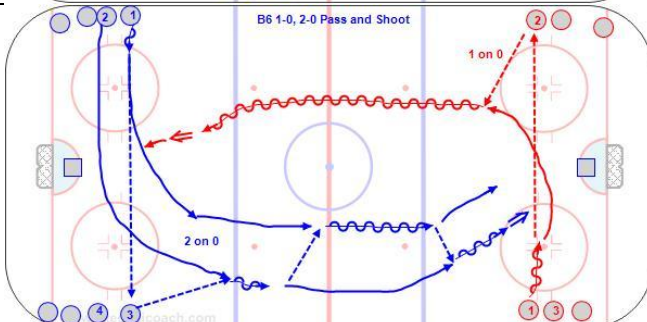
Move to partners taking turns across and then around the rink.



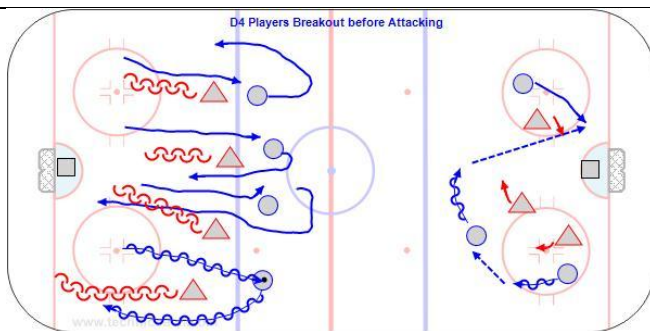
B6 1-2-3-4 Passing

1 pass to 2 who passes back to 1 who passes to 3 to 4 and back to 1 who shoots.

-rotate in order.



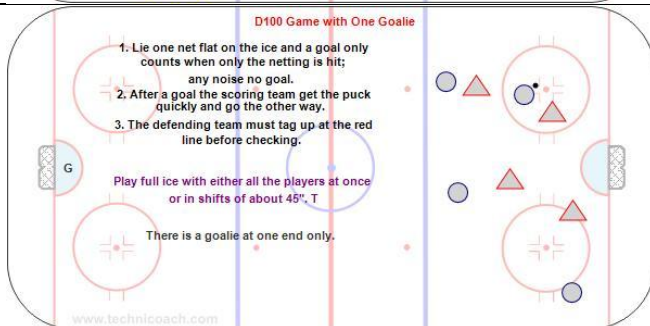
B6 2-0 Pass and Shoot



D4 Game

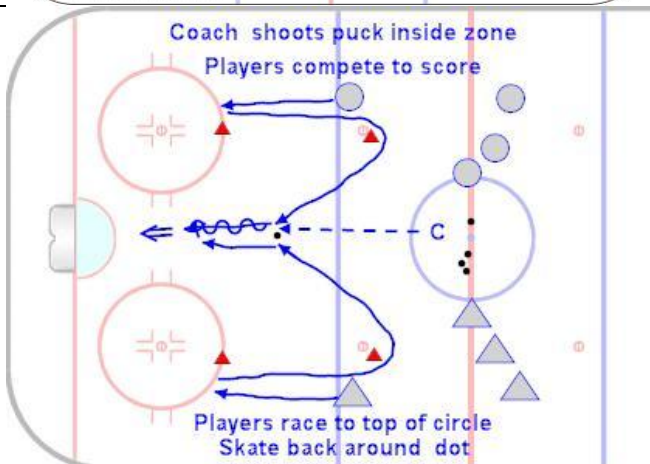
Review skills in a game situation.

Encourage the players to shoot quickly and pass to a player in better position than you.



D1 One Goalie Game

Rule is there must be at least one pass in each zone.



E1 Shootout Race

Player has to race to the top of the circle then around the offside face off dot and battle for the puck.



Explanation/Notes:



Explanation/Notes:
