



02

Practice Plan

Date: June 19

Time:

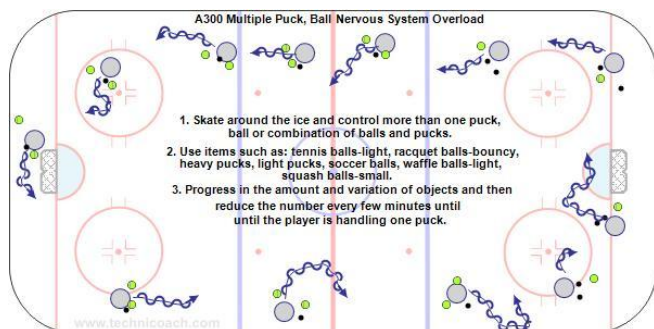
Venue:

Lines:

Goals – passing, saucer pass instruction.

Notes:

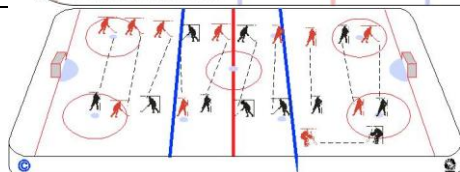
Man on man defense. Moving when you get the puck.



A3 Nervous System Overload Warm up

Partner pass 2 pucks at once skating.

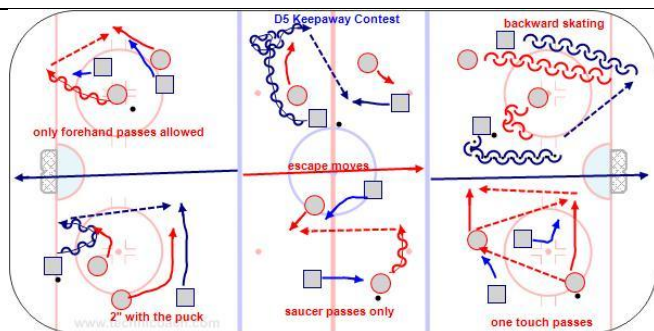
1 puck two passes then change sides. 1 lap each way.



Saucer Pass Instruction and Partner Practice

Demo and partners pass to each other 6 m. apart over the blue lines. Coaches give input.

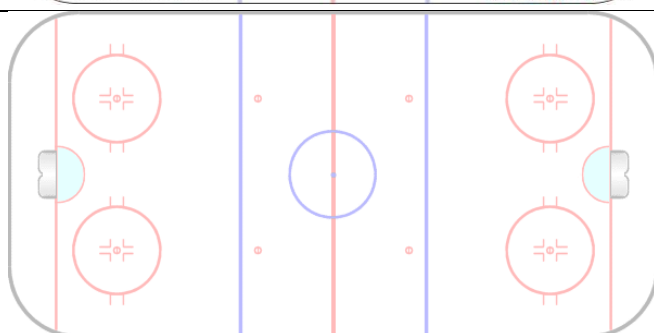
Goalies work with coach at one end.



D 500 Keepaway in each zone

Game of 3 – 3 in each zone. 1 point for making 5 passes in a row. Emphasis role 4 of covering one player each.

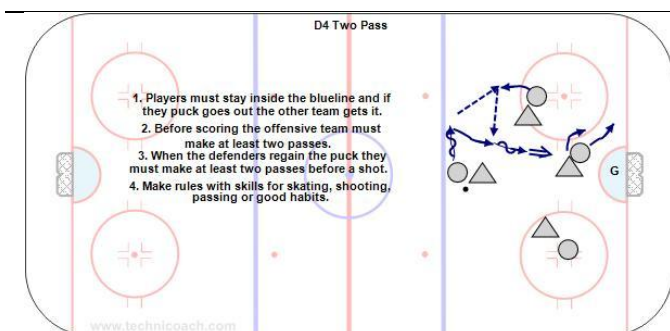
-Same game, rotate teams, add rule that they must take at least 3 hard strides before passing to eliminate the habit of passing only while stationary.



B6 Pass and shoot 2-0

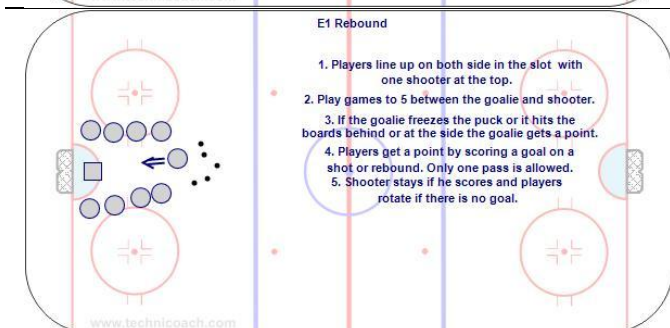
-exchange puck as many times as possible while skating and shoot by the hash marks.

-4' from each side.



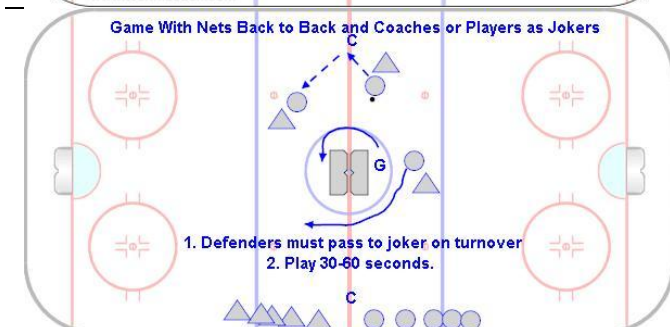
D4 Game of 2 pass at each end.

-stress role 2 of getting open and role 4 of covering one player each.



E1 Two 5' games of Rebound

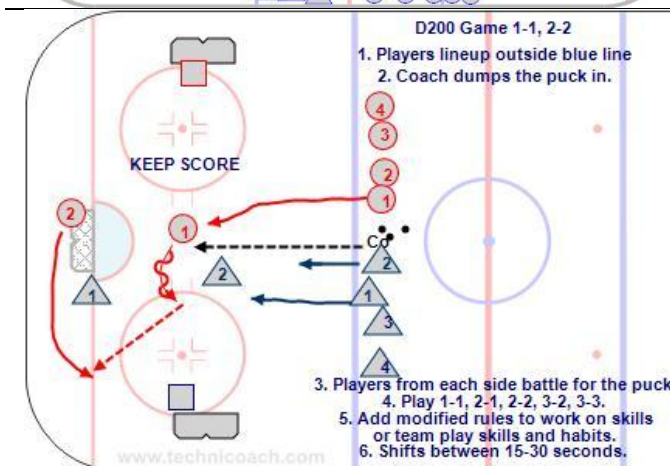
Goalies work on angles and rebound control. Losing team skate a lap after each game. Goalies switch ends after one game.



D2

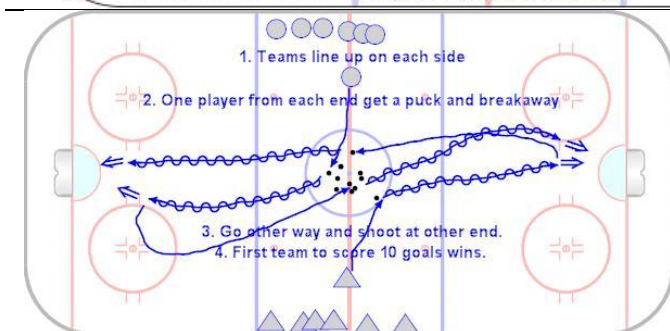
Cross ice games with nets back to back and jokers.

Half play and half are jokers. Each team shoots on one net. You must pass to the joker to transition from defense to offense. -45| shifts.



D200 Game

Line up on the blue line and coach calls out 1-1, 2-2, 3-3, 4-4 randomly. Use only one puck and players pass to their goalie on the whistle.



E1 Two Shot Shootout

-contest between teams and goalies for most goals scored.
-a player leaves each way and shoots then turns and gets a breakaway vs the other net.
- 1 goal 1 lap, 2 goals 0 laps, 0 goals 2 laps.
