



Flyers

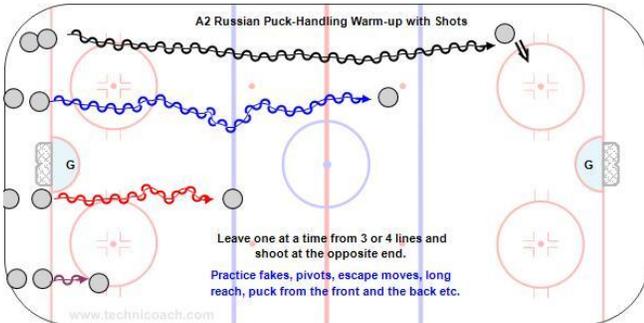
Practice Plan

Date: Nov. 1

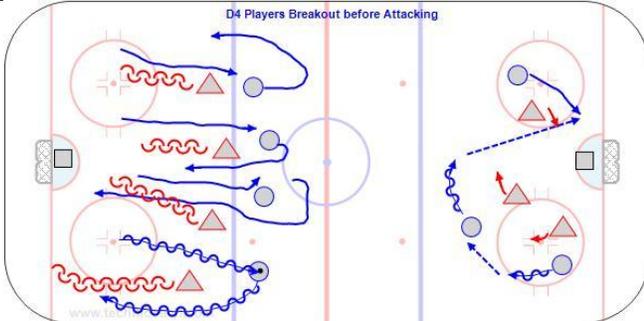
Time: 75 minutes

Venue: Fairvies

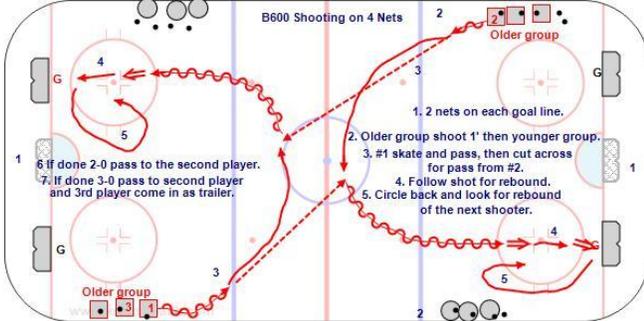
Lines:	Notes:
Skills: skating, shoot, pass, puck handle	Team Skills: close support, D options
Decisions with the puck.	Forward cycle and create 2 on 1's
Entire practice is Greens vs Whites	



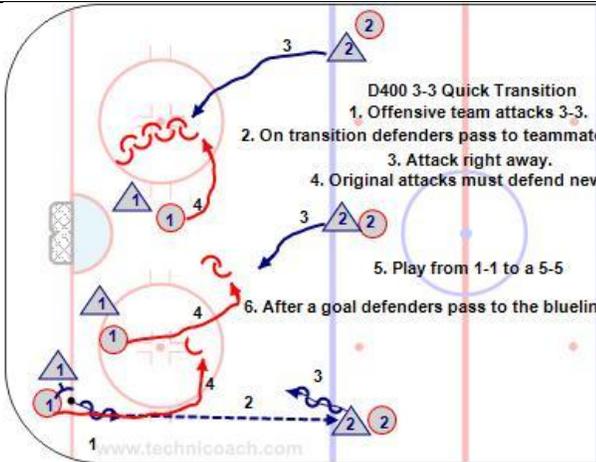
10'
A200 Edges and Balance Routing ending with a shot.
Russian Big Moves Routine ending with a shot.



12' Two games of 6'
D4 Baggo at Each End
Rule: two touch or 1" with the puck and all goals must be on one timers.
Keep score



6'
B600 1-0 and 2-0 but with one net at each end.
Greens leave from one side and whites from the other.



20'

Sean work with D on moving the puck away from pressure, D to D, facing the play and gaining the big ice between the dots.

Tom with forwards. Give and go stressed. Play 1-1, 2-1, 1-2, 2-2 quick transition game.



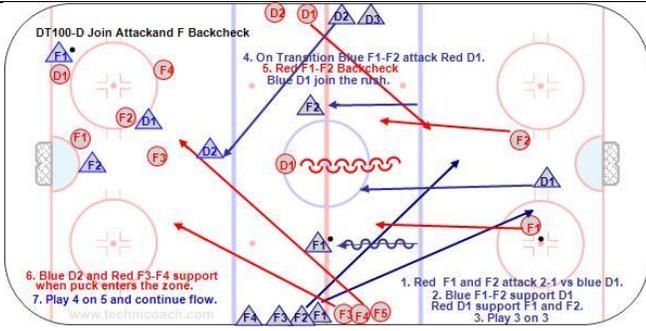
10'

D100 Backchecking Game

- 1 on 1 x 1 rep
- 2 on 2 x 2 reps
- 3 on 3 x 3 reps

Stress attacking quickly and taking sticks in the slot on the backcheck.

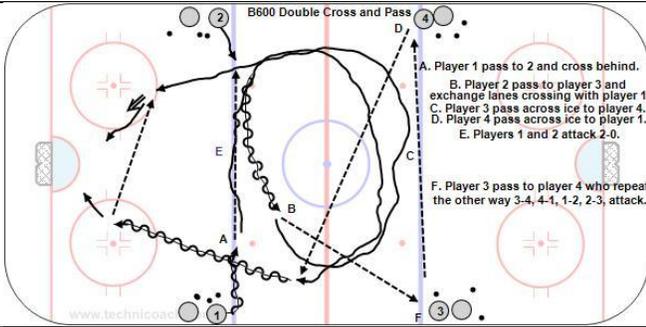
Keep score



10'
DT 100 D Join the Play and F Backcheck

Introduce the game and play 1-1 and 2-2.

Keep score

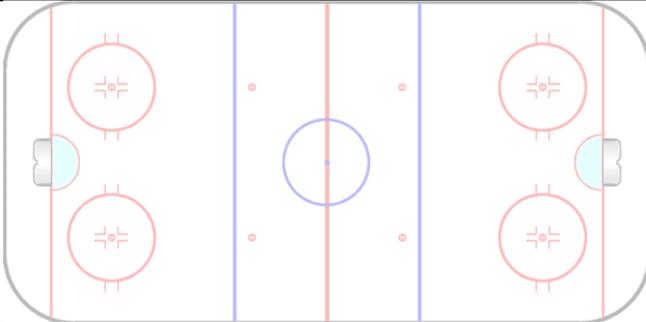


E1 One timer shot shootout from the B600 formation.

Rule: you must pass once inside the offensive zone and goals must be one timers or one touch shots.

Keep Score.

Explanation/Notes:



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