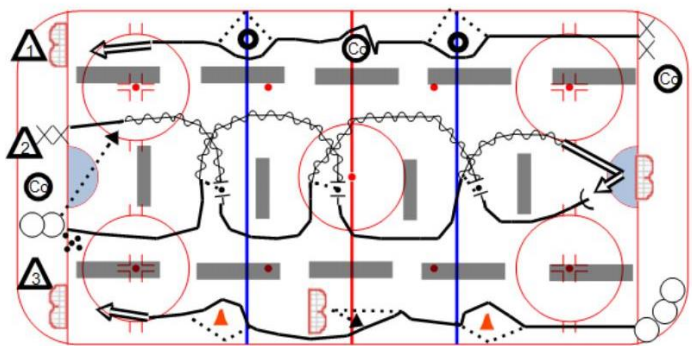


Practice Plan
Week 4
High School and BantamPLUS



Category #1 :

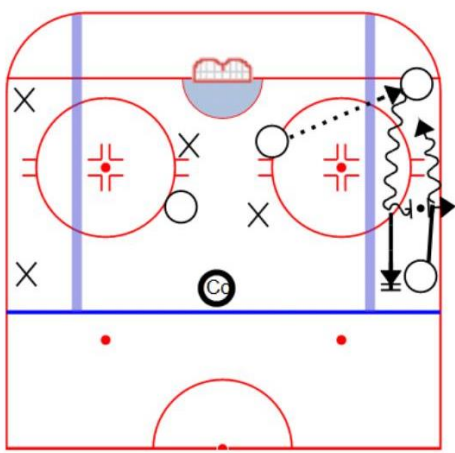
Category #2 :



-
-
-
-

3 lane Chip & Drop small

- Lane 1 - Board Chip / Speed**
- Lane 2 - Drop Pass 2 v 0**
- Lane 3 - Chip / Pass / Chip -**



4 V 2 Switcharoo

Draw lines from Blue Line to end boards 10-15 feet off the boards. - Each team has 2 players in the middle zone & 2 players on opposite side boards. Each time the puck is passed to the board players, those players must switch positions & perform a drop pass or fake one to create open lanes.

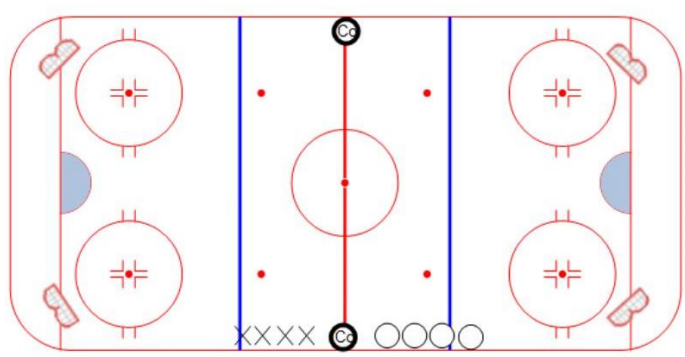
-
-
-
-

Category #1 :

Category #2 :

Category #1 :

Category #2 :



-
-
-
-

All Out War

Players line up on either side of the red line. Coach shoots a puck into play, players battle 1 v 1 - 2 v 2 - until they score. Players can score on any net. Keep head up to watch for other players on the ice.