



PRACTICE PLAN

"Winning - it's an attitude"

SET YOUR GOALS HIGH



Date: _____

Practice # _____

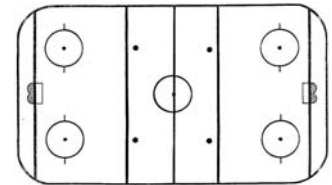
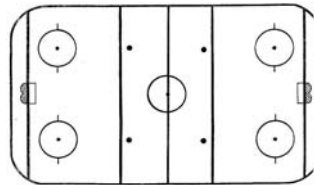
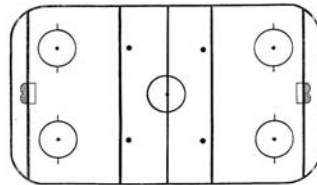
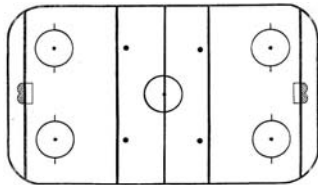
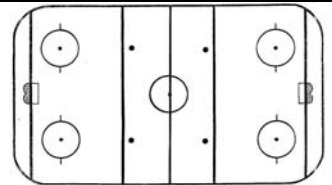
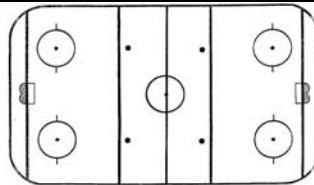
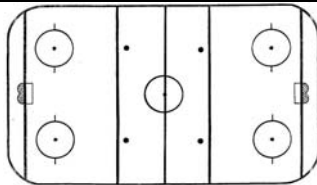
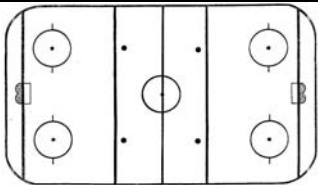
TODAY'S OBJECTIVES:

<u>Skill Work</u>	<u>Team Play</u>	<u>Systems/Concepts</u>	<u>Condition/Scrimmages</u>
___ Skating	___ 1 on 1	___ Defensive Zone	___ Short Work-Quickness
___ Puck Control	___ 2 on 0	___ Offensive Zone	___ Long Work
___ Passing	___ 2 on 1	___ Neutral Zone	___ Full Rink Games
___ Shooting	___ 2 on 2	___ Power Play	___ Zone Games
___ Checking	___ 3 on 1	___ Penalty Kill	___ Restricted Area Games
___ Agility Work	___ 3 on 2	___ Breakouts	___ Fun - Game or Relay
___ Goaltending	___ 3 on 0	___ Forward Specialty	___ Misc.
	___ Faceoffs	___ Defensive Specialty	

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<i>Time</i>	<i>Drill</i>	<i>Emphasis</i>
1.	WARM UP	
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		



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