

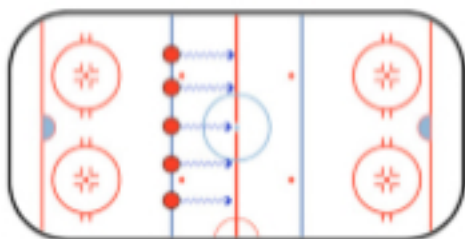


ADVANCED PRACTICE PLAN #1 – 120 MINUTES

Focus: Skating

Equipment: nets, cones, pucks

Warmup: Free Skate – 10 min. Players skate around the outside of the rink. They can skate with a puck, skate backwards, etc., during this time.



Shake Your Bottom Drill – 15 min.



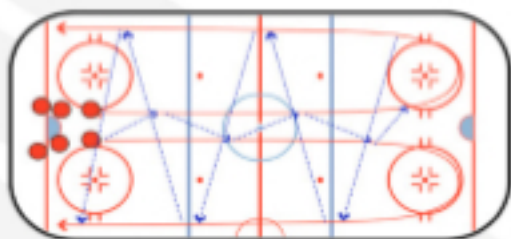
Figure 8 Front and Back Crossovers Drill – 15 min.



Around the Cone & Shoot Drill – 15 min.



Stickhandle & Then Shoot Drill – 15 min.



Down and Back Drill – 15 min.



3-on-3 Full Ice Drill – 25 min.