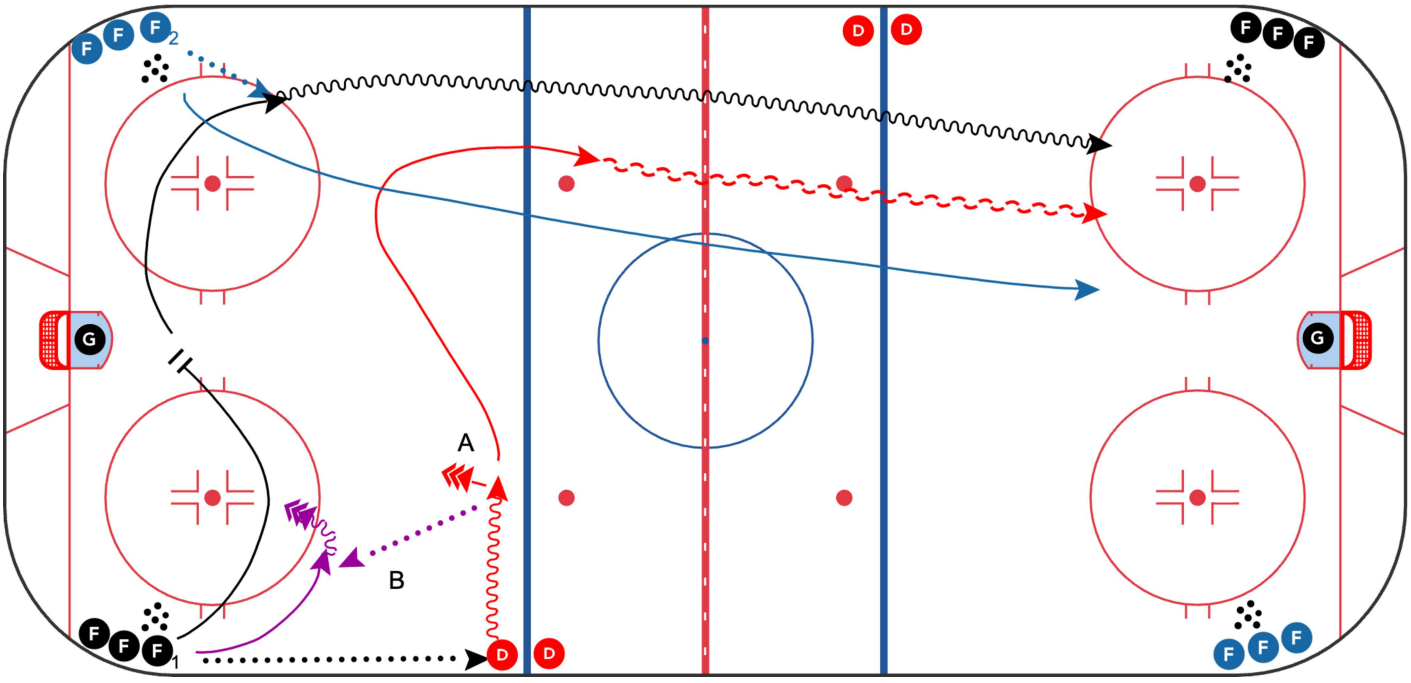
10/9 Practice

Date: Aug 23 2019 **Time:** 6:20 pm **Duration:** 50 mins

2 Way, 2 vs 1 — 10 mins



Description

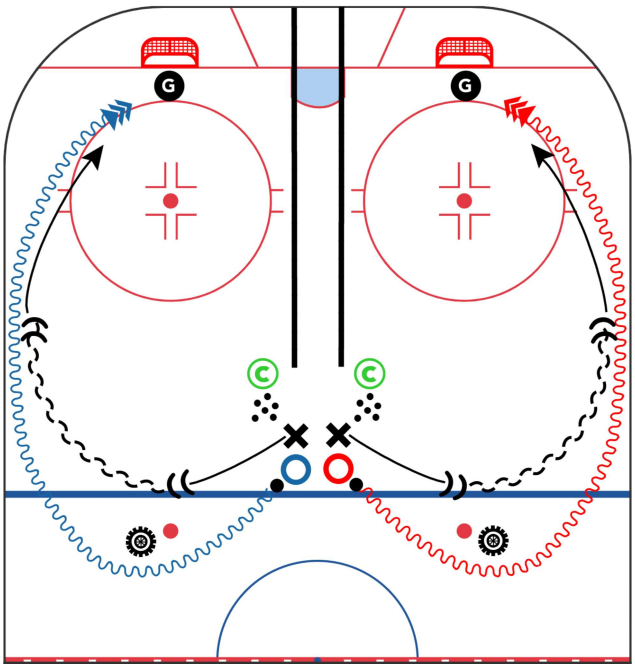
Version A

- On Whistle, from both ends F 1 passes puck to D_RED who walks the line and takes a shot on goal while F 1 skates to the front of the net for a tip.
- F 1 continues to skate receiving a pass from F_BLUE2, and continues to skate down the wall, F_BLUE2 skates hard to jump in the play creating a 2 vs 1 on the D_RED that shot the puck.

Version B

- D_RED can pass the puck back to the F 1 on the wall where he continues in for a shot on goal.

Chase The Defender 10 mins



Description

- On © 's whistle players skate with the puck in NZ and skate around the tire.
- Player ✖ skate without the puck at the same time and pivot and skate backward at the blue line.
- Players enter and skate along the board at speed and protect the puck from ✖ .
- ✖ applies pressure on ○ toward the board and tries to take away the puck from ✖ .
- players protect the puck and skate toward the net to score.

VIDEO IN SKETCHPAD
Instagram: @nextleveltrain

2v2 D Start backward 10 mins

Break into 3v2 2x — 10 mins

3v2 powerplay game 10 mins