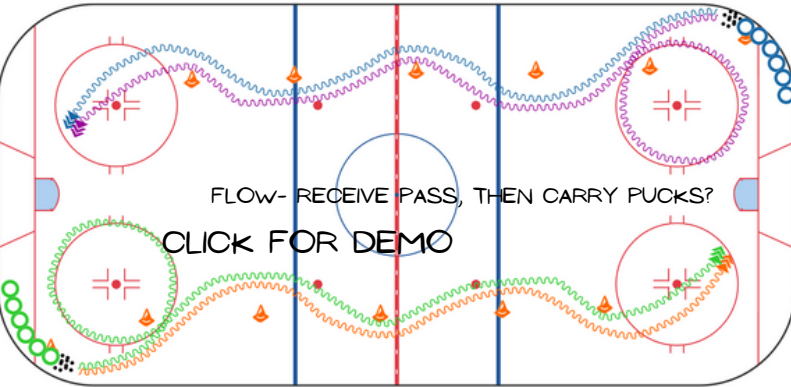




Interactive
PRACTICE PLAN

A

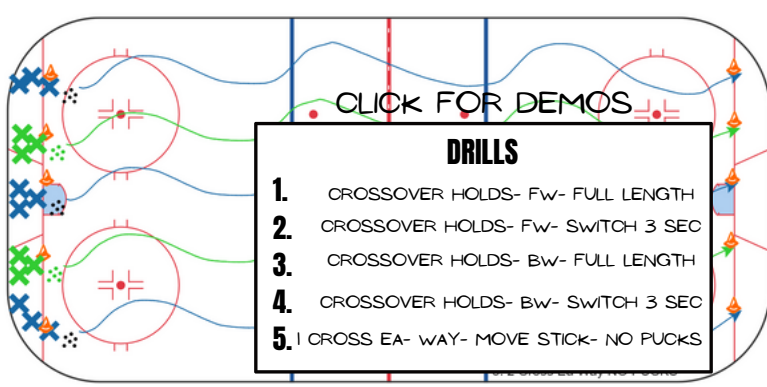
FLW 1005



DRILL #: 1 MINUTES: 8

B

LONGWAYS

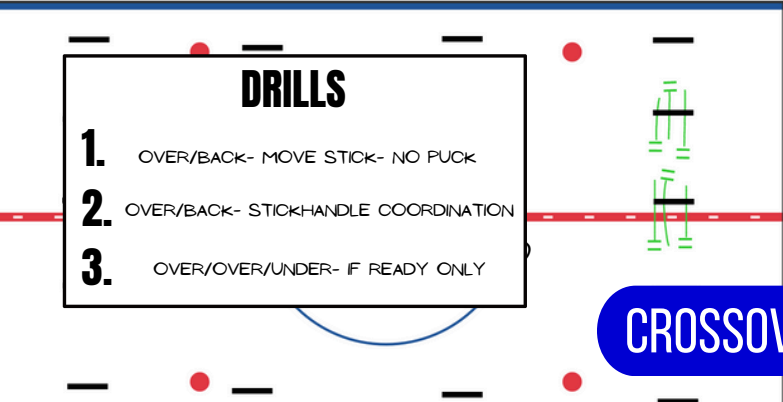


- DRILLS**
- 1. CROSSOVER HOLDS- Fw- FULL LENGTH
 - 2. CROSSOVER HOLDS- Fw- SWITCH 3 SEC
 - 3. CROSSOVER HOLDS- Bw- FULL LENGTH
 - 4. CROSSOVER HOLDS- Bw- SWITCH 3 SEC
 - 5. 1 CROSS EA- WAY- MOVE STICK- NO PUCKS

DRILL #: 2 MINUTES: 12

C

INDIVIDUAL SETUPS

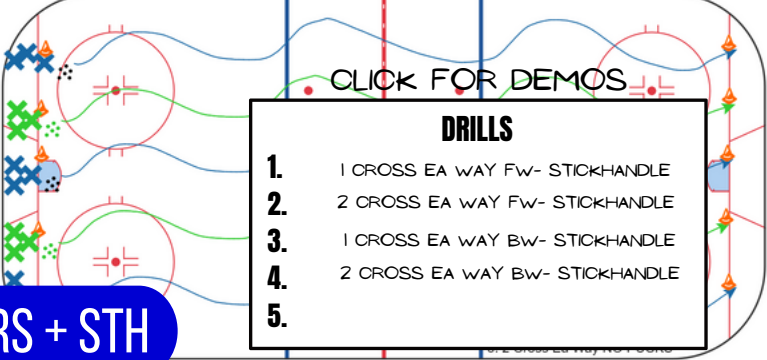


- DRILLS**
- 1. OVER/BACK- MOVE STICK- NO PUCK
 - 2. OVER/BACK- STICKHANDLE COORDINATION
 - 3. OVER/OVER/UNDER- IF READY ONLY

DRILL #: 3 MINUTES: 6

D

LONGWAYS



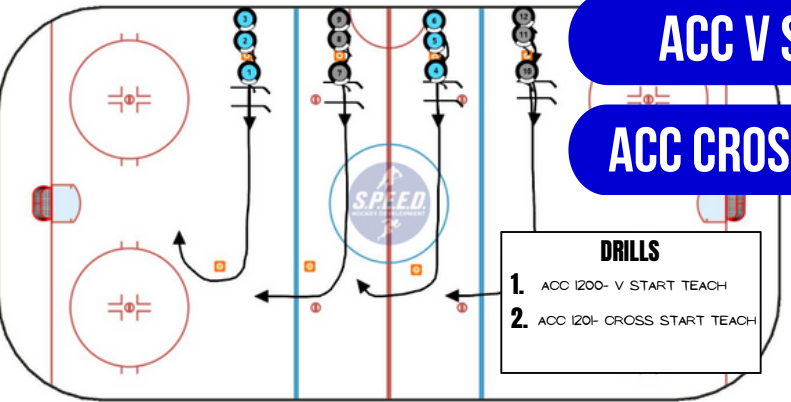
- DRILLS**
- 1. 1 CROSS EA WAY Fw- STICKHANDLE
 - 2. 2 CROSS EA WAY Fw- STICKHANDLE
 - 3. 1 CROSS EA WAY Bw- STICKHANDLE
 - 4. 2 CROSS EA WAY Bw- STICKHANDLE
 - 5.

DRILL #: 4 MINUTES: 10

CROSSOVERS + STH

E

ACC 1200/1201

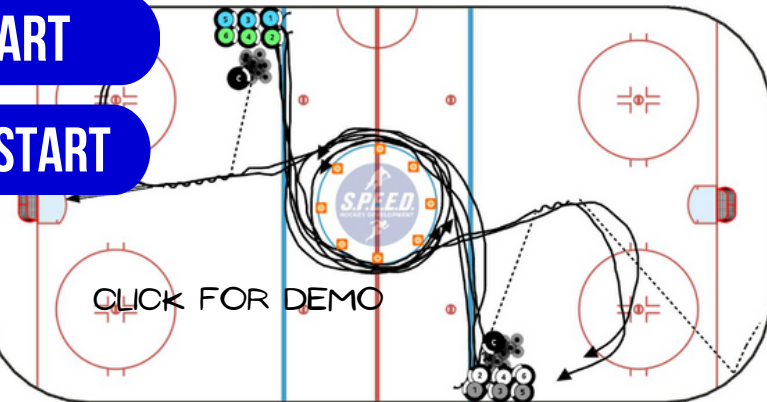


- DRILLS**
- 1. ACC 1200- V START TEACH
 - 2. ACC 1201- CROSS START TEACH

DRILL #: 5 MINUTES: 6

F

FLW 9700



DRILL #: 6 MINUTES: 8



Interactive PRACTICE PLAN
COACH'S NOTES

ALL DRILLS DONE AS A TEAM

OPTION 1 A B C D E F

IDEAL FOR 1 INSTRUCTOR
& HIGH TEMPO

TEAM STATIONS TEAM

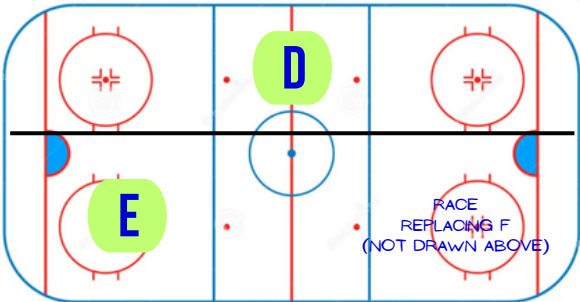
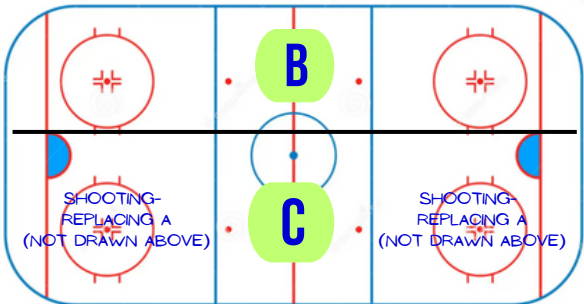
OPTION 2 A B C D F
 E

IDEAL FOR 2 INSTRUCTORS
& HIGH TEMPO

TEAM STATIONS TEAM

OPTION 3 A B C D F
 E

IDEAL FOR 3 INSTRUCTORS
& HIGH TEMPO



FOR REFERENCE

24 SKATERS
3 GROUPS OF 8
CAN BE DONE LIKE THIS