

**Practice 1**

9:30 Warm Up and Stretch	Captains
9:40 Stationary Passing and Goalie Warm-Up	
9:45 2 on 0's	Straight 2 on 0's With Pass From Goalie
9:50 2 on 0 Outlets	One Time Through and then Add a Press!
9:55 Same Side 2 On 0	Same Side guys with a high and low outlet. Ball to low outlet, cut toward middle to get passing angle for breakaway pass. Hit trailer 2 <sup>nd</sup> time through.
10:00 Outlet to Breakout From Bench	
10:05 5 On 0 Breakouts	Regular and From Line Change
10:10 Review Press	Make Adjustment to having 3 guys press up and 2 drop right back.
10:15 Breakout vs. Press	
10:25 5 on 5	Run it From Transition to Get into Guys minds about running through the middle rather than to their "spot. Work on flow offence; weak side play to swing ball to X to pick from X. Teach and work on weak side clear. Work on O vs. Zone!
11:00 Touch Boards Shooting	
11:10 3 on 2's to 2 on 1	
11:20 4 on 3's ¾ floor	
11:30 PP and PK	Split Up At First and Use Back Ups or non special team players to work against each unit. We will now limit the # of guys per special team unit. Near End go 1 <sup>st</sup> unit against 1 <sup>st</sup> unit and work in back-ups.
11:55 Breakaway Shootout	

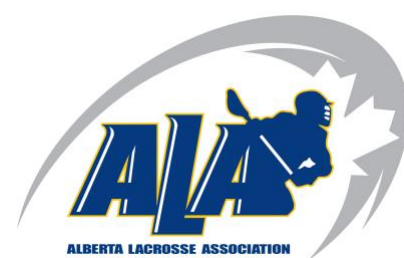




**Practice 2**

1:30 Warm Up and Stretch	Captains
1:40 Breakaway Passes From Goalies	Add a Chaser
1:50 Review Face-Off and Run Through	2-2 and 3-1 Alignments. Holding the back line, who and how. Communication. Objective, don't get scored on off of face-offs.
2:00 5 on 5	Do From Face-Offs
2:15 5 on 5 Versus Zone	Repeat Walk Through of Seal Plays
2:25 6 on 5 O and D	
2:35 Last Minute Specialty Situations	Clear Ball vs. Press, Goalie in and Out. Get Ball Back With Press – Goalie Out.
2:50 PP and PK	
3:05 3 on 2's to 2 on 1's	
3:15 Shootout Competition	Team Competition, 3 lines compete against each other.
3:30 End Practice	





**Practice 3**

5:00	Warm Up and Stretch	
5:10	Stationary Passing	Goalies
5:15	2 on 0's	Straight Up and Then Outlets
5:20	Breakaway Passes From Goalies	Add Chaser
5:30	3 on 2's to 2 On 1's	May Have to cut it short if missing guys.
5:40	5 on 0 Breakouts	Review Outlets – Without and With Line Change
5:50	Review Press	Go Live Against Breakout With and Without Line Change
6:00	5 on 5	Review Plays Including Vs. Zone
6:15	PP and PK	
6:25	Shootout	
6:30	End Practice	Team Cheer





**Practice 4**

10:00	Warm Up and Stretch	Review Pre-Game Routine: Take for Stretch. On floor – Line Drills in 3-lines. Warm-up tenders. Finish with weave and 3 on 2's ½ floor time permitting.
10:15	5 on 0 Breakouts	
10:20	Same Side 2 on 2's	
10:30	Touch Boards Shooting	
10:40	5 on 5 Review	
10:50	Specialty Situation Review	6 on 5 O and D. Press Team, Clear Team.
11:05	Triple Crown Loose Ball Drill	
11:15	End Practice	





**Practice 5**

9:30 Warm Up and Stretch	
9:40 2 on 0's	Straight and Outlets
9:45 Outlet To Breakout From Bench	
9:50 3 on 2's to 2 On 1's	
10:00 4 Corner 1 on 1	Talk About Channelling BC's Big Bodies
10:10 5 on 5	Mostly A Defensive Review, In Particular the Weak side High Defender Quickly stepping back down and closing off the hole in the middle. Also work on some offensive flow.
10:25 Touch Boards Shooting	
10:35 Shoot Out	
10:45 Short Run and End Practice	

