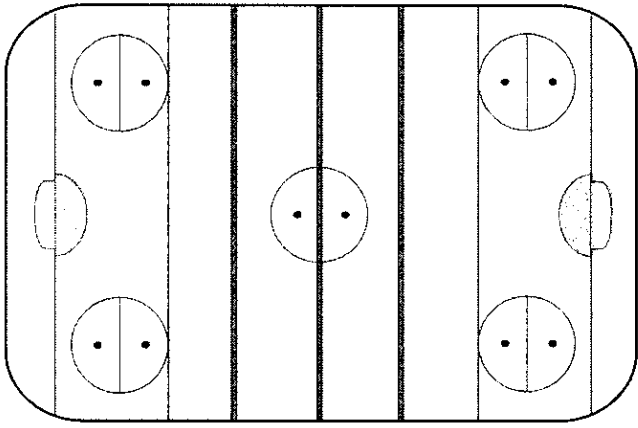


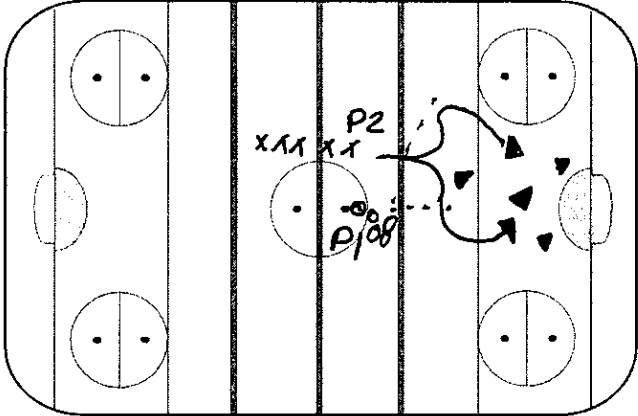
HL Group 3 Practice March 21 & 28



Warm-up

* girls know the routine *

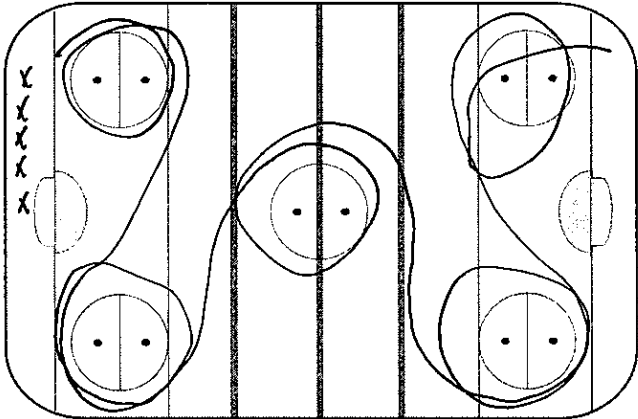
- water break -



C-Pass - Receive - Drive Net

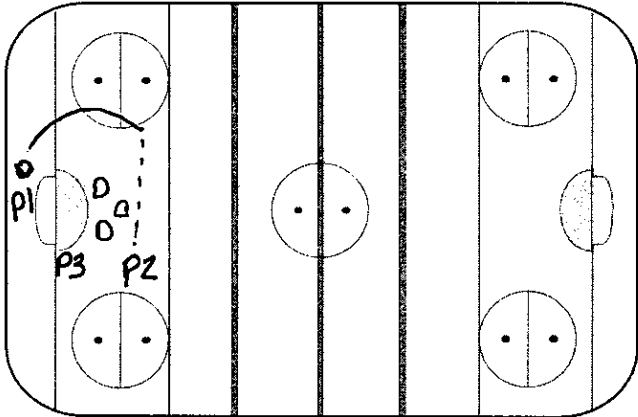
- P2 crosses blue line in a "C" looking at P1 + "talking to stick"
- P1 passes to P2
- P2 receives pass, drive the net, deke cones -> shoot

- Hard lap & water -



- Circles - Crossovers forward
- backwards

water break



Flat Pass - never pass towards blue line!

P1 - skates around net flat pass to P2

P2 - Shoots

Option once this is learnt

- P2 pass to P3, P3 Shoots
- P3 x-crease pass to P1

