

## Practice plan



SKILLS & GAMES

WINTERLAND

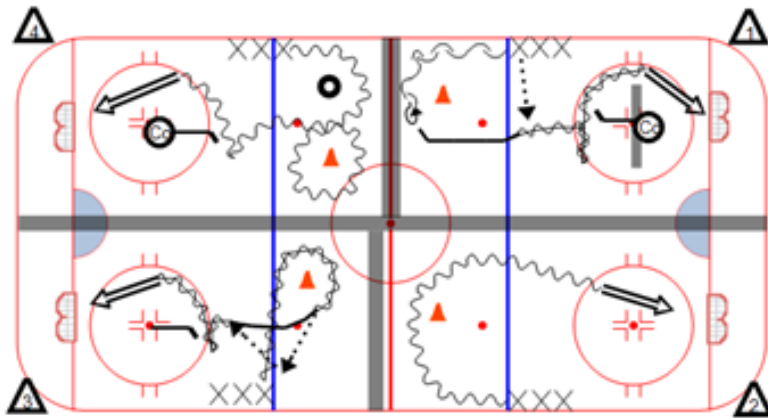
Week 12

High School  
and BT+



Category #1 : Showdown Season

Category #2 : 4 Zone



4 Corner Shooting-14U

- 1. Front Fake** - Start without puck, skate backwards around cone, transition forward & get pass from line, front fake around coach/pad & shoot.
- 2. Slap Shots** - Start with puck, skate around cone, take slap shot
- 3. Give & Go w/Toe Drag** - Start with puck, skate around cone turning back towards line, give & go with line, pull puck towards skates & shoot.
- 4. Backhand** - Start with puck, skate figure 8 around tire & cone. Players then make a move to their backhand & shoot.

Scrimmage the last ½ of the hour

\* \* \*

We have set the kids up on teams that we will use for the last day for the games. Coaches need to make sure if the teams are not equal that we move them around for the last day of games.