Training Session

Practice Plan

Practice schedule

25 minutes total

Advance, Give-and-Go, Switch	10 minutes
Circle Passing	15 minutes

Symbols used

skate pass cone

Player positions

C Center

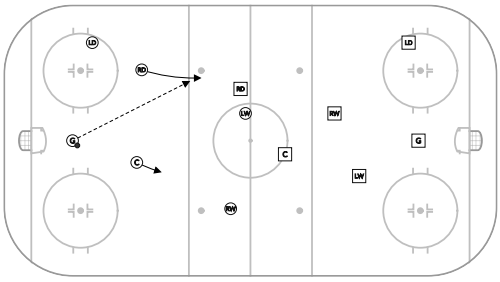
LW Left Wing

RW Right Wing

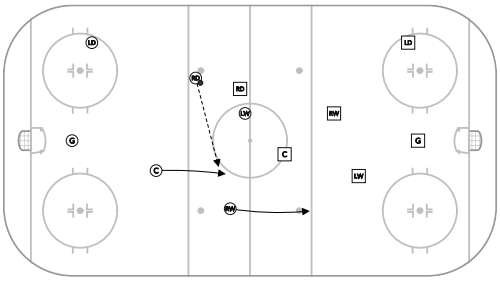
LD Left Defense

RD Right Defense

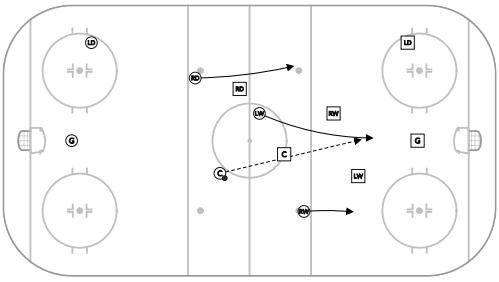
G Goalie



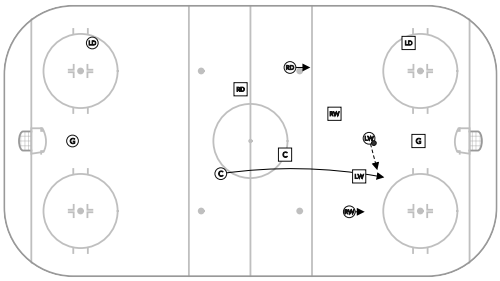
1 - Advance, Give-and-Go, Switch



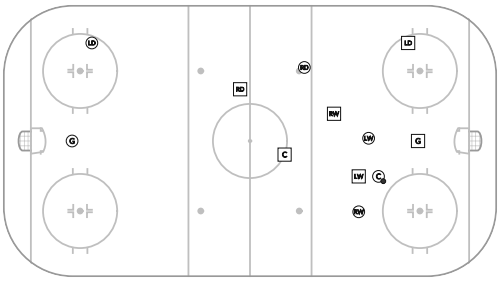
2 - Advance, Give-and-Go, Switch



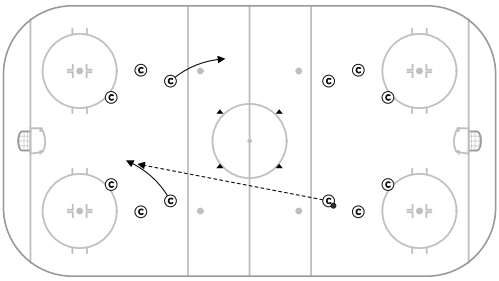
3 - Advance, Give-and-Go, Switch



4 - Advance, Give-and-Go, Switch

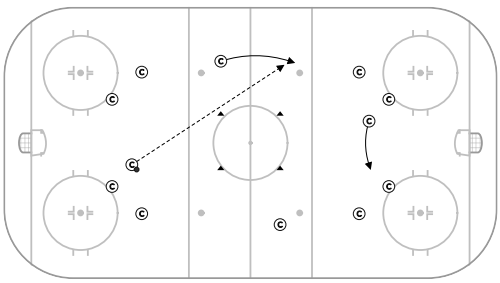


5 - Advance, Give-and-Go, Switch

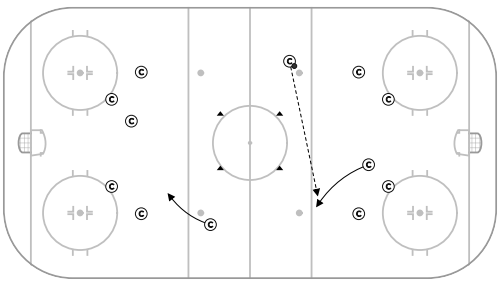


1 - Circle Passing

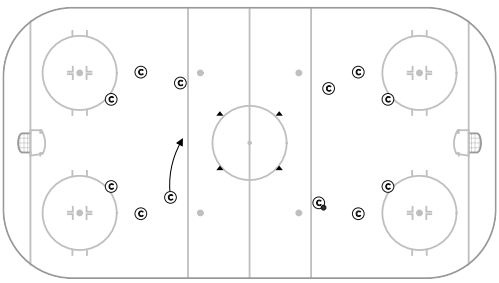
Advance, Give-and-Go, Switch - Conditioning: Advance the ball, execute a give-and-go, then switch the point of attack.



2 - Circle Passing



3 - Circle Passing



4 - Circle Passing

Circle Passing - Passing: Four-player passing progression with continuous movement around the circle.