

**Junior "A" Timberman – Invitational Camp  
Practice Plan**

**March 28<sup>th</sup>, 2009**

9:55 – 10:00 Take to the floor – if available

10:00 – 10:08 Warm up

- Two laps – run close to boards outside of floor
- Star Drill @ both ends (2 balls)

10:08 – 10:15 Rapid Fire (lefts and rights)

- Blue lines – cross top
- Blue lines – dotted line
- Face off circles – across middle
- Corners – across crease
- Crease to crease passing (alternate sides)

10:15 – 10:20 1 on 1's (alternating sides – both ends)

- 'O' goes to 'D'

10:20 – 10:25 2 on 2's (alternating sides – both ends)

- 'O' goes to 'D'

10:25 – 10:27 Water Break (jog, don't walk)

10:27 – 10:33 Merideth Drill

10:33 – 10:40 Break Out Drill

10:40 – 10:50 Continuous 3 on 3's – **Fat Jake** (from centre)

- Goalie alternate in goal
- Work with Robin at other end

10:50 – 10:52 Water Break (jog, don't walk)

10:52 – 10:57 Crease to crease (pass, shot)

10:57 – 11:02 Shooter to crease (pass, shot)

11:02 – 11:12 3 man weave

11:12 – 11:18 Face-offs at centre

- Around the horn shooting on goalies

11:18 – 11:25 Continuous 3 on 2's (with chaser)

11:25 – 11:28 Lightning Sprints

11:28 – 11:30 Cool Down

