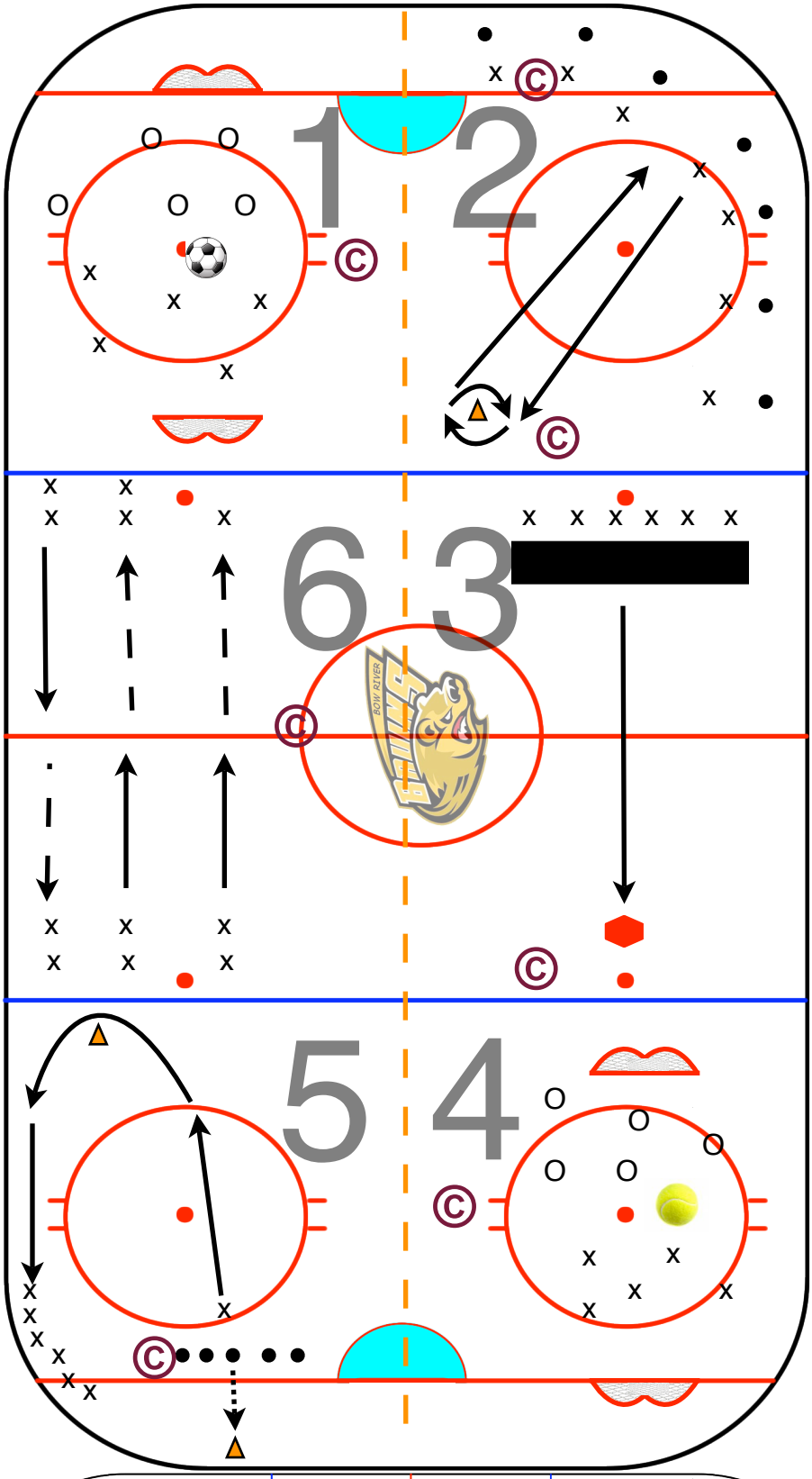
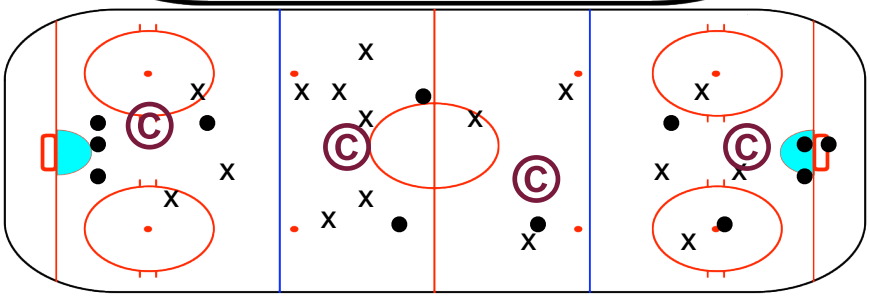
DATE: 2008.12.09 TIME: 4:00-4:45 PM ARENA: BOWNESS SPORTSPLEX





TEAM Timbits RED:Screamin' BANSHEES!/ Red Rockets/ Grizzlies
COACHES:Mark/Chris/Darren
THEME: Gordie Howe
Goals: 1071
Assists: 1518

WARM UP 5 mins: Free skate with Pucks
1 lap clock wise, STOP.
1 lap counter clockwise

(6 minutes per station, 1 whistles call players in for hi-5s, 2 whistles rotate clockwise)

Red Rockets Coaches
#1 Soccer

#2 Shooting. Take 5 forehand shots then skate around pylon (tight turn) and then shot 5 backhand shots (repeat)

Screamin' BANSHEES! Coaches
#3 Divider Clydesdales. Have group work as a team to push a divider through the neutral zone. Also try dividing group in half and take turns.

#6 Passing lines. Line up in 4 or 6 lines, 1 puck per line, skate to red line, pass to opposite line, continue skating to back of line, repeat.

Grizzlies Coaches
#4 Tennis Ball Scrimmage

#5 Coach lines up 5 pucks on goal line. Player starts on belly. Coach says Go! and player must get up and score (hit pylon with puck) as fast as possible, then go down on 1 knee, back up and shoot, down on 2 knees, up and shoot, belly-shoot, back-shoot then skate fast to the blue line and back in line. 3 jumps when you get back in line, rest. (Start next player as soon as possible)

Game (time permitting): Full Ice Puck Pirates, or if only 1 minute left, play Zamboni (all player line up the length of the boards and superman slide across the ice)