



TEAM Timbits RED: Screamin' BANSHEES!  
 Red Rockets/ Grizzlies  
 COACHES: Mark/Chris/Darren  
 Tribute: Rocket Richard  
 Goals: 626 Assists: 465

WARM UP 5 mins: Free skate with Pucks  
 Line up on goal line, skate length of ice in teams, perform various skills.

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

Screamin' BANSHEES! Coaches

#1 Hand ball - Soccer (players can not kick the ball, they must lean over and hit the ball with their glove without falling over) goals scored when ball hits divider

#2 Shooting & skating. Start on 2 knees, up quick and take 3 forehand shots then skate around pylon (tight turn), back in line. Can be done as a race.

Red Rockets Coaches

#3 Tag on around the stick. 1 on 1, must stay close to stick, cannot reach over, must go around, teach deception, stops & starts. Can progress to trying to get a puck into the opponent's skates. after tagged, 3 jumps and switch roles.

#6 Trojan Pass Drill. split groups in 4 lines. 1 puck per 2 diagonal lines. skate with puck to middle and pass to opposite line. Players must keep heads up to avoid collisions.

Grizzlies Coaches

#4 Scrimmage

#5 Land-mine!

3 at a time, 20-30 seconds, stick-handle around land-mines, jump up and explode if you touch a land-mine, next 3 ready to go!

Game (time permitting): Cops & Robbers. Players are the Cops, Coaches are the robbers.

