



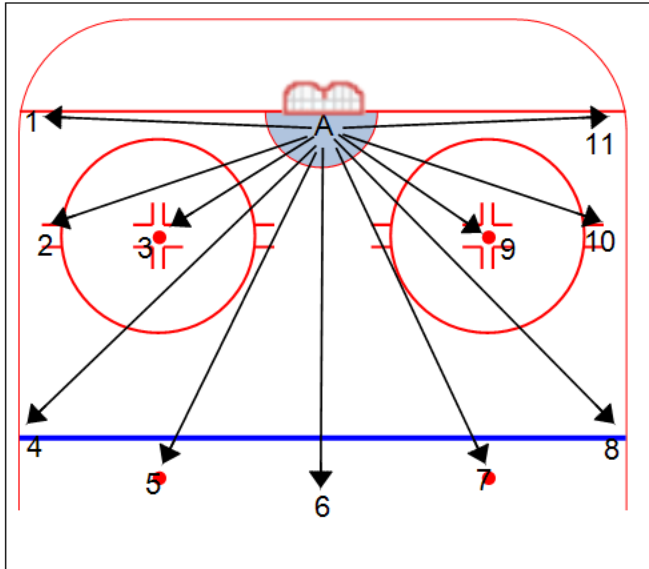
Cat #1:

Title : 11 Visual Targets

Cat #2:

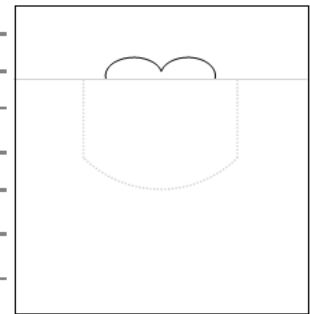
Level : _____

Description (notes)



Learn the angles

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____



_____ times each sides.

_____ minutes



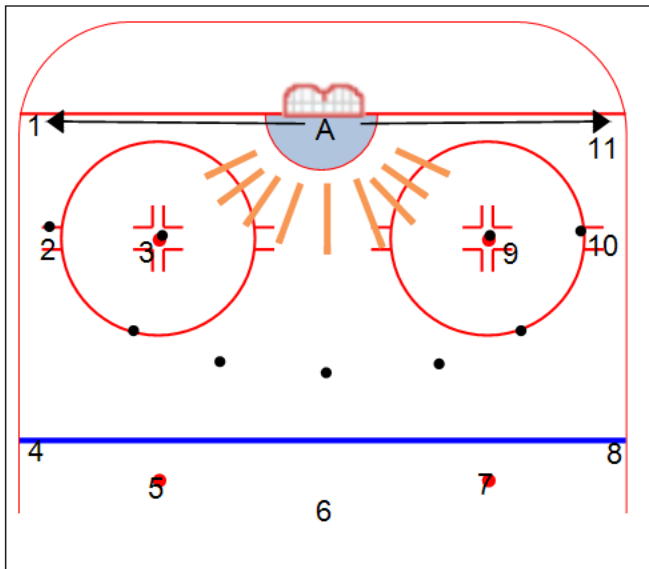
Cat #1:

Title : 11 Visual Targets (seq 2)

Cat #2:

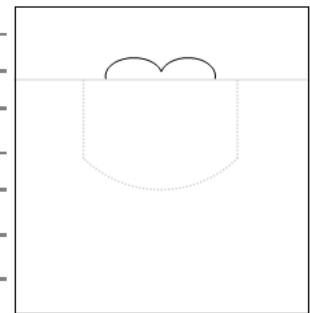
Level : _____

Description (notes)



1. Spray paint lines on the ice that match up with the visual cues
 2. Set up pucks further out along the visual cues (spray paint dots to keep the set-up)
 3. Players shoot from the spray painted dots, goalie uses spray painted lines to judge angles

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____



_____ times each sides.

_____ minutes