



# Practice Plan

Group: Tune-Ups

Session Length: 90 mins

Focus: High Tempo

Start Time: 7:30pm

Level: MIDG Date: 9/10/09

End Time: 9:00pm

Prepared by: KM

**Equipment:**

8 Boarder Guards  
10 Cones

**Notes:**

#	Duration (min)	Drill name - Activity	Categories	Key points - Instructions
1	5 7:30pm	Dynamic Warmup	Warmup	Up the middle, down the side -Knee walks, pivot on whistle, etc.
2	10 7:35pm	Advanced Edgework	Skating/Edges	-Backward inside/outside, 360 -X-overs, X-unders
3	10 7:45pm	4 Man - 4 Corner Passing	Passing	-Shots from the top of the circles - warm goalies up....NO DEKES!!!
4	10 7:55pm	Line Passing  Goalie Training	Passing  Goalie Technique	-side by side, one forward - one backward, stop & go, both backward, drop passes, stop & go escapes  -use the middle lane of the ice. shuffles, one leg slides, X Drill, Z Drill
5	10 8:05pm	2 Lane VGT	Stickhandling	-Knee stops (alt. sides) -Regular / creative moves -Jumping / flipping puck
6	30 8:15pm	Station Set #1	Stations	1) Corner battles - 30 seconds, 20 pushups for penalties  2) Snake bites - w/ puck, variation - have 2 players passing the puck through the course  3) Star drills - with and without a puck
7	10 8:45pm	3 on 3 w/ Cone Pass	Small Area Game	(see cone configs)
8	5 8:55pm	Around the World	Conditioning	
9				
10				
11				
12				
13				
14				

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

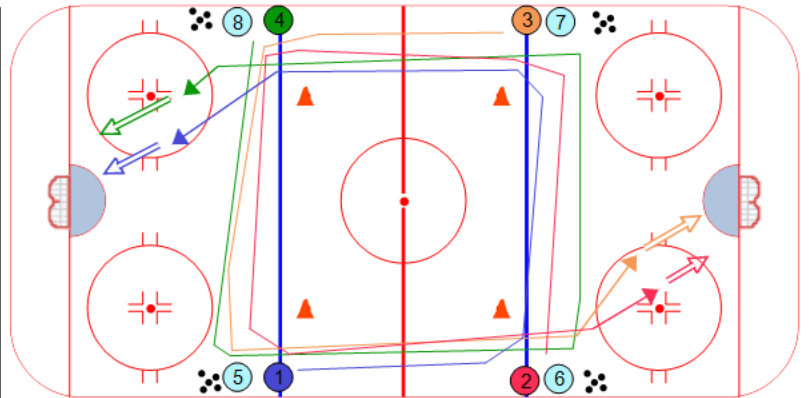
Title : 4 Man 4 Corner Passing Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

On the whistle, players 1-4 leave moving in a counter-clockwise direction. Players complete one touch passes with each station they pass, and finish by shooting on the net at the end of the rink they started on.

- Player 1 will make passes with: 6, 7, 8
- Player 2 will make passes with: 7, 8, 5, 6
- Player 3 will make passes with: 8, 5, 6
- Player 4 will make passes with: 5, 6, 7, 8

After players 1 and 3 shoot, they should proceed to the front of the net to tip shots from 2 and 4.



Key Points :  One Touch Passes  Feet Moving  Heads Up  Timing

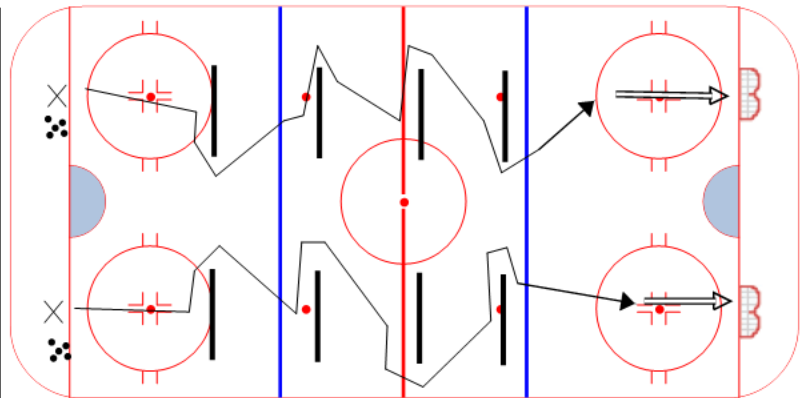
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 2 Lane VGT Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

Player begins on the whistle and makes a move on all 4 obstacles. Player finishes with a shot on net. After the shot, player waits to tip the next player's shot.

Note: Players should return to their line by skating up the wall and keeping their heads up.



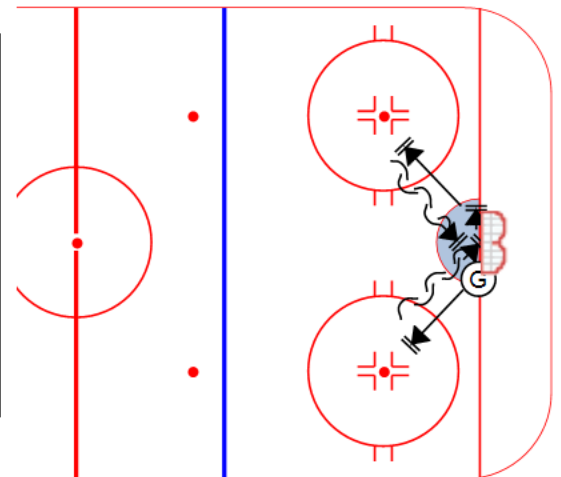
Key Points :  Stickhandling  Lateral Movement  Creativity  Mobility

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : X Drill Category #1 :  Category #2 :

**Description**

\_\_\_\_\_



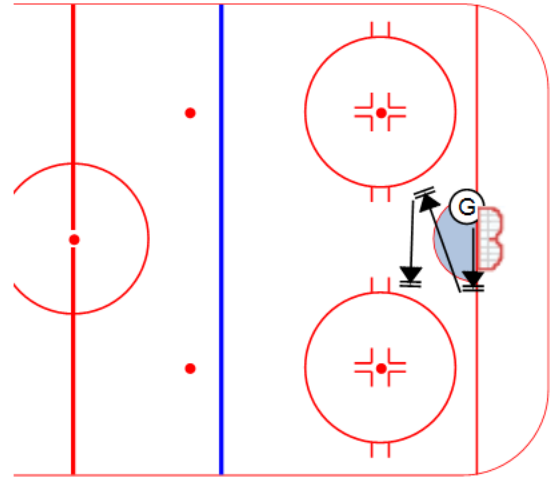
Key points:

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Z Drill Category #1 :  Category #2 :

**Description**

- 1. Start one post then other
  - 2. Out diagonally
  - 3. Lateral movement: left/right; T Push; T Glide or Shuffle
  - 4. Backward 2 steps to lateral push to post
  - 5. Return to post
- **Return to post & repeat both ways**



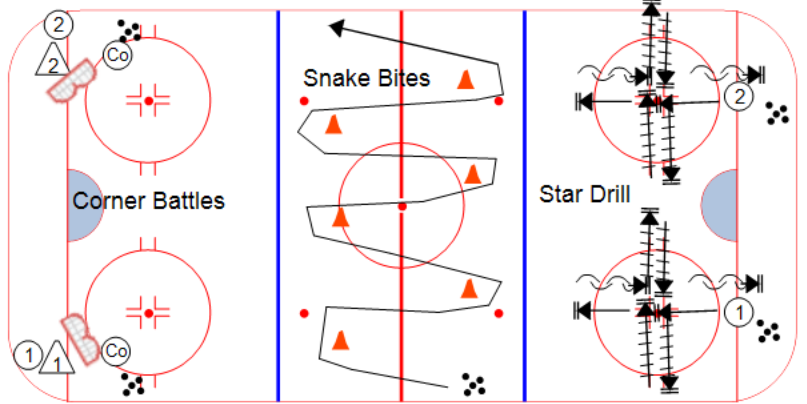
Key points:

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Midget Tuneup Stations 091 Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

\_\_\_\_\_



Key Points :

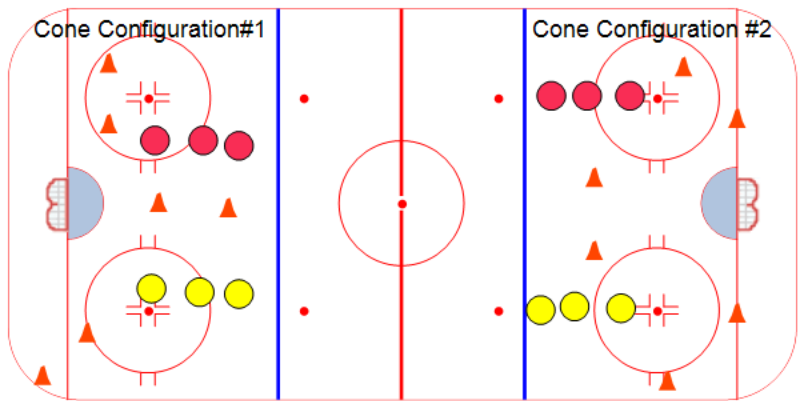
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 3 on 3 w/ Cone Passing Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

Players compete 3 on 3 inside the blue-line. On a possession change, players must pass the puck between one of the cone sets before they can shoot on net.

Notes: 2 different cone configurations shown. Cone patterns should reflect specific passing lanes coach wants to focus on.



Key Points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Around the World Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

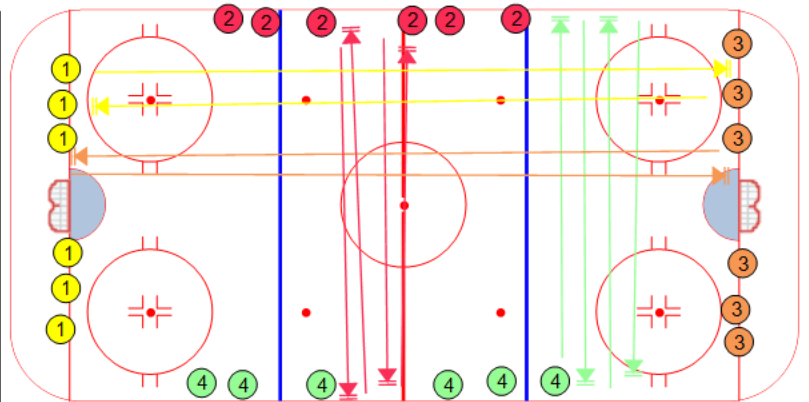
On the first whistle, group 1 skates to the goal line and back.

On the second whistle, group 2 skates to the side boards and back (2 times).

On the third whistle, group 3 skates to the goal line and back.

On the fourth whistle, group 4 skates to the side boards and back (2 times).

After all 4 groups go, players rotate stations.



Key Points :

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