

Equipment:

6 Cones

## **Practice Plan**

Group: Midget Majors

Session Length: 75 mins Focus: Tempo / Special Teams

Start Time: 7:20pm Level: MM Date: 09/29/09

End Time: 8:35pm Prepared by: KM

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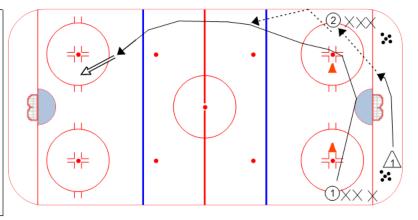
Length	Start Time		Categories	Notes
5	7:20pm	D Pass Off the Glass Warmup	Warmup	Stay at far end when done
5	7:25pm	4 Corner Passing	Passing	COMMUNICATION - ALL PLAYERS MUST YELL FOR PASSES!!!! Stop for rebounds.  Asst Coaches: Make sure players stop for rebounds
				rebounds
7	7:30pm	Continuous Rider Drill	Passing/Flow	Hard Passes, Communication!
8	7:37pm	Breakout, Regroup w/ Coach, 3 on 2	Breakout/Regroup	Get low for breakout, hustle out and post up on regroup.
10	7:45pm	PK Walk-Thru	Special Teams	Stops & Starts, Feet Up Ice, Sticks in Passing Lanes
20	7:55pm	PP Walk-Thru	Special Teams	Line Specific  Asst Coaches: Watch for PK positioning, make sure they're not running around too much and are using good PK techniques  Goalies: Rotate w/ Goalie Coach
10	8:15pm	Cone Pass 3 on 3 / Circle Passing	Small Area Games	Must pass between cones to regain posessionno QBs
5	8:25pm	Star Drill / Goalie Training Drills	Agility	3 per circle - on whistle!!! Goalies: Movement Drills
5	8:30pm	Minnesota Mile	Conditioning	Positive talk in the line

Di	rill no. :	Duration :	Minutes	From :	To :	
Title :	D Pass Off the Glass Warm	Content elements:	Components :			
	Description					

D1 starts with a puck, skates behind the net and passes to F2. F1 cuts across the ice (below the cone). F2 chips the puck high and hard off the glass. F1 picks up the puck and skates down ice for a shot on net.

D1 will then pick up a pass from the opposite side he started on and pass to the next person from F1's line. F2 cuts across and gets the pass off the wall, heading down ice for a shot.

Drill is continuous.



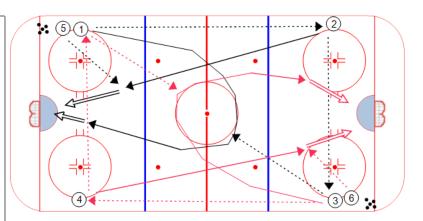
**Breakout Passes** Chipping off the Glass **Key Points: Skating Warmup Goalie Warmup** Duration: To: Drill no. : Minutes From:

Title: Continuous Rider Drill Content elements: Components:

## **Description**

1 Passes to 2 and skates around the center circle. 2 passes to 3. 3 passes back to 1. 1 drives the net and shoots, stopping in front to tip the next shot. 2 heads up ice and gets a pass from 5 - 2 shoots on net with 1 tipping.

Drill continues with 3 passing to 4 after 3 makes the initial pass to 1.



Key Points: **Full Ice Passing** Timing **Quick Attack** Tipping