

Equipment:

Cones

Practice Plan

Group:	Midget mn	ı/MM
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Session Length:	90 mins	Focus:	3 on 2 / Special Teams
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Start Time: 8:00pm Level: MIDG Date: 10/01/09

End Time: 9:30pm Prepared by: KM

Notes:			

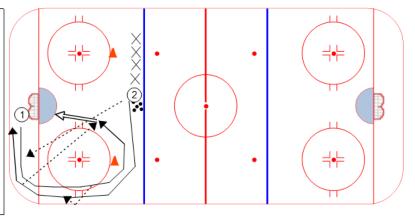
Length	Start Time	Drill name - Activity	Categories	Notes
3	8:00pm	Skating Warmup	Warmup	
7	8:03pm	4 Man 4 Corner Passing	Passing/Warmup	Take shots from above tops of circles
30	8:10pm	STATIONS	Skill Development	10 mins each station2 drills per station
		Station 1: Marc/John 1) Low Cycle 2) 3 on 3 w/ QB		
		Station 2: Jason/Joe 1) Figure 8 Passing 2) 2 Person Star Drill		
		Station 3: Kevin 1) Give & Go Breakout Drive 2) One Timer Figure 8		
20	8:40pm	PP/PK	Special Teams	Majors: PowerPlay Minors: Penalty Kill
15	9:00pm	Ranger 3 on 2	Rushes	Move lines back to tops of circles so we can get a good regroup. Focus on creativity entering the zone.
10	9:15pm	Breakout, Regroup, 3 on 2	Basics	Alternate sides
5	9:25pm	Around the World	Conditioning	

 Drill no. : ______ Duration : _____ Minutes
 From : _____ To : _____

 Title : Low Cycle
 Content elements:
 Components : ______

Description

1 starts behind the net - 2 dumps a puck into the corner for 1. 1 picks up puck and cuts up the boards. 2 skates down the wall. 1 leaves a drop pass for 2. 1 continues around the top of the circle and drives the net. 2 cuts low down the ice and gives a pass to 1. 1 takes a shot and plays rebound. Drill continues in the opposite corner.



Key Points : Cycling Driving the Net Board Passes Offensive Lanes

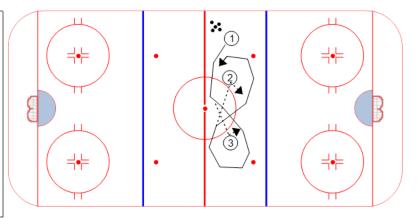
Drill no. :_____ Duration :____ Minutes From :____ To :____

Title: Player Give & Go Figure 8 Content elements: Components:

Description

1 begins with a puck and skates a figure 8 around 2 & 3....1 passes to 3 for a quick give & go, then passes to 2 for a quick give & go.

Players should execute 3 reps before switching.

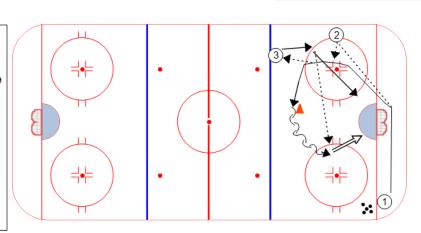


Key Points: Quick Passes Agility Tight Turns Give & Go

Title: Give & Go Breakout Drive Content elements: Components:

Description

1 begins in the corner with a puck - skates behind the net and makes a breakout pass to 2. 1 continues skating quickly up ice, 2 gives 1 the pass back. 1 gives a quick pass to 3 and continues around the cone opening up to 3. 3 cuts down the boards and passes back to 1 who shoots on net. Both 1 and 3 should attack the net.



Key Points : Give & Go Breakouts Agility Driving the Net

Drill no. :	Duration:	Minutes	From :	To :
Title: One Timer Figure 8	Content elements:		Comp	oonents :
<u>Descript</u>	<u>ion</u>			
1 Passes to 2 - 1 and 2 peel ar respective circles. 2 passes b shot. 1 and 2 then curl around opposite circles they started or and 2 continue around the top to 1 for another quick shot on n 1 and 2 should crash the net.	ack to 1 for a quick the bottom of the 1. 2 picks up a puck. 1 of the circles - 2 passes	#		
Key Points : Driving	the Net Low Pas	sing Plays	Quick Shot R	elease Offensive Attack