



Practice Plan

Group: Midget Major

Session Length: 75 mins

Focus: Systems

Start Time: 7:50pm

Level: MIDG Date: 10/06/09

End Time: 9:05pm

Prepared by: KM

Equipment:

Pucks
Cones

Notes:

Key points for the week: PP, D-Zone Coverage, NZ Regroup, PK Forecheck, PP Breakout, Reading Forecheck Pressure, Zone Entry, Backchecking Responsibilities, PK
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Length	Start Time	Drill name - Activity	Categories	Notes
5	7:50pm	Blue Line Jumps	Skating / Warmup	2 Lines
5	7:55pm	Opposite Corners of Blue Line Goalie Warmup	Goalie Warmup	
10	8:00pm	Get the Puck Out (D-Pass)	Breakouts	D follows play, the cuts back to the high slot for a pass/shot on net. Allow for creative zone entry as well as dumping the puck. Add 1 D if drill is progressing well.
10	8:10pm	Breakout, Regroup, 3 on 2	Breakout/NZ Regroup	Send specific forecheck pressure on breakout to force D to communicate and try different plays. Forwards need to hustle out of zone and get to regroup positions. Emphasize creative zone entry.
20	8:20pm	Power Play (Breakout & In-Zone) PK Forecheck / Coverage	Special Teams	Walk-thru PK forecheck Walk-thru PP breakout 60 second shifts - PK starts with sticks upside-down
10	8:40pm	Overspeed 2 on 0	Timing	Next side leaves when strong side clears the red line
10	8:50pm	NJ Flow	Timing	Heads up, communication!
5	9:00pm	Cockroach Showdown	Fun	

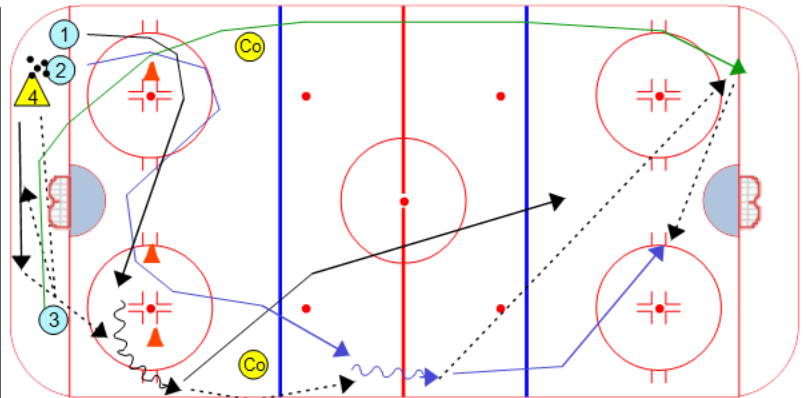
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Get the Puck Out! (D Pass) Content elements: _____ Components : _____

Description

On the whistle, 1, 2, 3 and 4 all leave. 4 and 3 do a quick give and go pass. 1 skates around the first cone cuts low and gets a pass from 4. 2 skates around the first cone, then cuts around the 2nd cone heading up ice. 3 skates behind the net and down the weakside wall. 1 uses the glass to get the puck out of the zone and to player 2. 2 gets the redline and dumps the puck hard around. 3 picks up the puck, 2 delays and cuts to the net, 1 follows the play as a trailer.

Notes: make sure 2 and 3 don't leave the zone until/unless the puck gets out! make sure player 2 dumps the puck hard enough around that the goalie can't make a play on it.



Key Points : Breakouts Using the Glass Dumping the Puck Triangular Attack

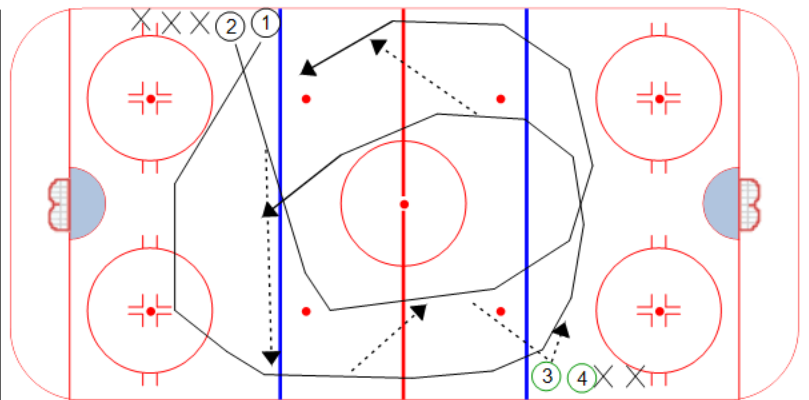
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Overspeed 2 on 0 Content elements: _____ Components : _____

Description

1 begins by cutting low into the zone. 2 starts after 1 and cuts high across the zone and gives 1 a pass. 1 cuts up the wall and gives a retrun pass to 2. 2 passes to 3. 2 swings to the far wall and up ice, 1 gets a pass from 3 and cuts up the middle of the ice. 1 and 2 attack the zone 2 on 0.

Drill is continuous - 3 & 4 leave after 1 & 2 clear the red line.



Key Points : Timing Rushes Quick Passing 2 on 0

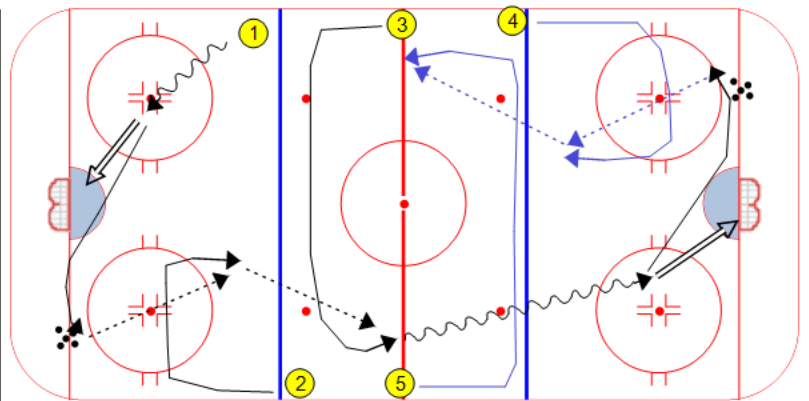
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : NJ Flow Content elements: _____ Components : _____

Description

1 begins by skating in and taking a shot on net, then continuing to pick up a puck in the corner. 2 cuts down the boards and curls the middle of the ice. 3 cuts across the blue line to the far side and skates up the boards. 2 gives a headman pass to 3 who continues in to shoot and start the drill over on the other side.

Note: 1 goes into line where 2 left from, 2 goes into line where 3 left from.



Key Points : Headman Passes Timing Heads Up