

Equipment:

Pucks Cones

Practice Plan

| Group: | Midget Major |
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| Session Length: | 60 mins | Focus: Coverage | |
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Start Time: 8:30pm Level: MIDG Date: 10/07/09

End Time: 9:30pm Prepared by: KM

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| | Length | Start Time | Drill name - Activity | Categories | Notes |
|---|--------|------------|--|-----------------------|---|
| | 5 | 8:30pm | Blue Line Warmup | Warmup | 4 passes, shoot, sprint to goal line & stop |
| | 10 | 8:35pm | 1 on 1, 2 on 2 Down Low | 1 on 1 Battles | Rotate D & Centers Defensive Side Head on Swivel |
| | 10 | 8:45pm | D-Zone Coverage | Coverage | Defensive team starts on stomachs in slot - on whistle, react & coverstop on whistle |
| | 5 | 8:55pm | Cut Backs w/ Tips | Shooting | Alternate sides, go on whistletip the next shotdrive the net |
| | 10 | 9:00pm | Breakout, Regroup, 3 on 2 w/ Forecheck Pressure | Basics | Specific forecheck pressureDefense communicationGoalies setting puck up properly Forecheckers are done after regroup |
| | 10 | 9:10pm | PP/PK | Special Teams | Proper forecheck pressure |
| | 10 | 9:20pm | Ranger 3 on 2 | Basics + Backchecking | Coach forecheck pressure Weakside wing backchecks as soon as the regroup heads up ice. |
| | | | | | Identify backcheck responsibilities!!! |
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