

Equipment:

# **Practice Plan**

Group: Midget Major

Session Length: 75 mins Focus: Puck Movement / Timing

Start Time: 7:20pm Level: MIDG Date: 10/13/09

End Time: 8:35pm Prepared by: KM

Notes:

Stress COMMUNICATION in all the drills!

Length	Start Time	-	Categories	Notes	
5	7:20pm	Blue Line Hops	Warmup	3 x No Sliding, Quick Feet 3 x Slide Stop, Big Cross Overs ***Defense - Backwards***	
5	7:25pm	Passing - 4 Lines	Passing / Warmup	Forward, 1 F - 1 B, Backward, Drop Passes, Stop & Start	
5	7:30pm	4 Corner Passing	Passing / Goalie Warmup	COMMUNICATION!!!	
10	7:35pm	Get the Puck Out (3 on 1)	Puck Movement	Carry puck into zoneCREATIVITY	
10	7:45pm	NJ Flow	Timing / Flow	**need to diagram**	
10	7:55pm	Overspeed 2 on 0	Timing / Flow	**need to diagram**	
10	8:05pm	Offense: Pass, Drop Pass, Drive Defense: D Agility Passing	Timing / Flow		
10	8:15pm	Breakout, Regroup, 3 on 2	Flow	Add forecheck pressureD/G COMMUNICATE!!	
10	8:25pm	3 on 3 w/ QB	Small Area Game	-Circle Pivot Passing at far end	

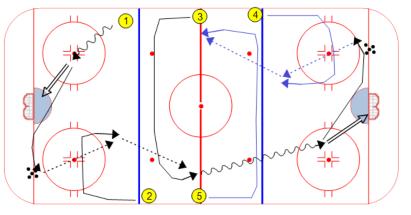
Drill no. :\_\_\_\_\_ Duration :\_\_\_\_ Minutes From :\_\_\_\_ To :\_\_\_\_

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 curles 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

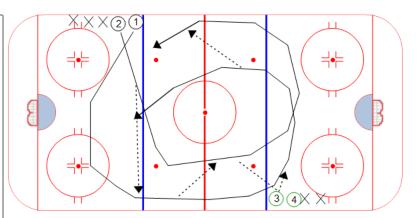
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_ Minutes From : \_\_\_\_ To : \_\_

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.



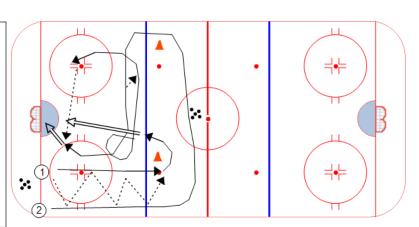
 Key Points :
 Timing
 Rushes
 Quick Passing
 2 on 0

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

Title: Pass, Drop Pass, Drive Content elements: Components:

### **Description**

1 and 2 begin passing the puck back and forth. After the players cross the blue line, 1 should be in control of the puck. 1 turns around the cone and takes a hard shot on net. 2 continues through neutral zone and picks up a puck at center ice, then drives around the far cone. After 1 shoots, he performs an escape turn to buy time, then cuts across the ice at the blue line. 2 cuts across the ice inside the blue line and leaves a drop pass for 1. 1 and 2 both converge on the net for a shot and rebound.

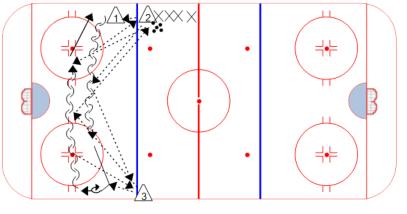


Key Points : Timing Drop Passes Passing Driving the Net

Drill no. :	Duration:	Minutes Fi	rom :	To :
Title: D Agility Passing	Content elements:		Components :	

# **Description**

D1 begins backward with a puck, passes to D2. D2 passes back to D1...D1 pivots forward and passes to D3...D3 gives a return pass to D1. D1 pivots backward again and passes to D3 and gets a return pass. D1 steps forward again and gives a pass to D2 and receives a return pass.



Key Points : Lateral Movement Touch Passing Pivoting Communication