

Equipment:

4 Nets

## **Practice Plan**

Group: Midgets

Session Length: 90 mins Focus: Skill Development

Start Time: 8:00pm Level: MIDG Date: 10/15/09

End Time: 9:30pm Prepared by: KM

Border Guards

Pucks Notes:

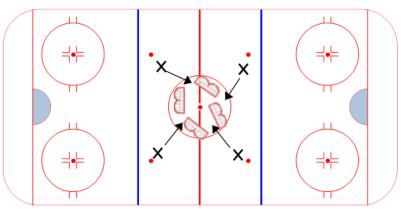
Length	Start Time	Drill name - Activity	Categories	Notes
5	8:00pm	Close Area VGT	Warmup/Stickhadling	5 players at a timequickly rotations20 secondshigh tempo!
10	8:10pm	4 Man 4 Corner Passing Lateral Movement	Warmup/Passing	High tempoplay rebounds
10	8:20pm	Full Ice Crossing VGT	Stickhandling	Driving the net
40	8:30pm	Offense / Defense Stations		
		Offense 1: Pepper Drive w/ Low Cycle Offense 2: Small Area Game in Middle Defense: Lateral Movement w/ Shot Fake 3 Puck Escape Turn Drill Goalies: Rotate to Coach Mike Offense 3: Figure 8 Shot, Cut Backs Offense 4: Front Rebound, Pass & Replace Defense: Quick Starts, D-Turns		
		Goalies: 1 w/ Offense, 2 in D end with Coach Mike		
15	9:10pm	Ranger 3 on 2	Rushes	Add forecheck pressure on breakoutweak-side wing leaves early obackcheck
5	9:25pm	I-94	Skating	

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

Title: Close Area VGT Content elements: Components:

## Description

On the whistle, all players begin skating within the circle carrying a puck.



Key Points : Heads Up Stickhandling Agility Reading the Play

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

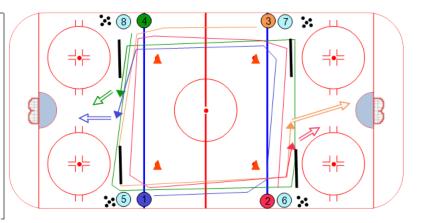
Title: 4 Man 4 Corner Passing Lat Content elements: Components:

## **Description**

On the whistle, players 1-4 leave moving in a counterclockwise direction. Players complete one touch passes with each station they pass, and finish by shooting on the net at the end of the rink they started on.

Player 1 will make passes with: 6, 7, 8 Player 2 will make passes with: 7, 8, 5, 6 Player 3 will make passes with: 8, 5, 6 Player 4 will make passes with: 5, 6, 7, 8

After players 1 and 3 shoot, they should proceed to the front of the net to tip shots from 2 and 4.



Key Points : Passing Feet Moving Give & Go Lateral Movement

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

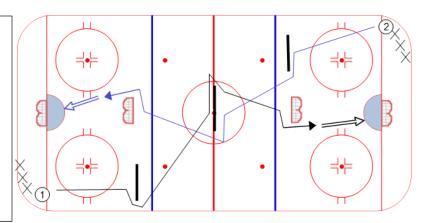
Title: Full Ice Crossing VGT Content elements: Components:

## **Description**

Players 1 & 2 Leave on the whistle and make moves around the first border guards, middle border guards, and finally the middle net.

Players must keep their heads up on the middle border guard as they cross paths.

Players should wait in front of the net after they shoot for a tip on the next player's shot.



Key Points : Stickhandling Lateral Movement Heads Up Driving the Net

Drill no. :	Duration:	Minutes	From :	To :
Title: 101509 MM	Content elements:		Compo	onents :
Description	<u>n</u>			
	2		Goalies - w/ Co	• ===
Key Points :				
Drill no. :	Duration:	Minutes	From :	To :
Title: 101509 MM (seq 2)	Content elements:		Compo	onents :
<u>Description</u>				
	②·	Figure 8 Pas	•2)	
Key Points :				