

Equipment:

## **Practice Plan**

Group: Midget Majo	r
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Session Length:	75 mins	Focus:	Puck Movement/Flow
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Start Time: 7:50pm Level: MIDG Date: 10/20/09

End Time: 9:05pm Prepared by: KM

Notes:

High tempo - quick puck movement.

Length	Start Time	Drill name - Activity	Categories	Notes
5	7:50pm	Goal Line / Blue Line Hops	Skating/Warmup	3 w/ stopping3 wo/ stopping [ Goalies Stretch ]
5	7:55pm	Blue Line Warmup	Warmup/Goalie Warmup	
10	8:00pm	Get the Puck Out (3 on 1)	Flow	Carry the puck in the zone3 on 1
10	8:10pm	NJ Flow	Flow	
10	8:20pm	Calgary Timing	Flow	
15		Drill 1: Lateral Indirect Pass Net Drive Drill 2: Low Cycle		Drill 1: Both players drive the net Drill 2: Have both players drive the net
10	8:45pm	3 Man Weave	Passing/Rushes	1 time 3 x 0, 1 time 3 x 1, rest 3 x 2 (d cannot make play until after red line)creativity entering the zone!
10	8:55pm	Nets Back-to-Back 3 on 3	Small Area Game	Pivot Passing at Opposite End

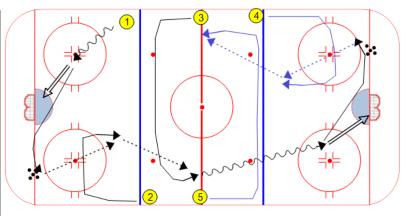
Drill no. :\_\_\_\_\_ Duration :\_\_\_\_ Minutes From :\_\_\_\_ To :\_\_\_\_

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.



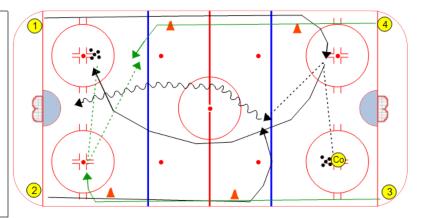
Key Points : Headman Passes Timing Heads Up

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

Title: Calgary Timing (Low Swing) Content elements: Components:

## **Description**

1 begins by skating up the boards and cutting low around the cone getting a pass from Co. 2 Times his start and breaks through the neutral zone, catching a pass from 1. 1 and 2 head up the ice together on a 2 on 0. Whichever player does NOT shoot the puck skates to the pile of pucks and makes a pass to 3. Drill continues.



Key Points : Timing Cutting Low Passing Driving the Net

Drill no. : Duration : Minutes From : To :

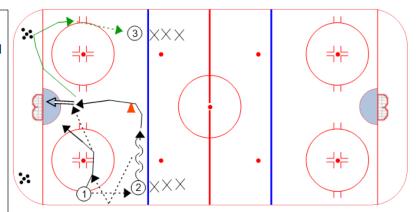
Title: Lateral Indirect Pass Net Dri Content elements: Components:

## **Description**

1 begins by passing or flipping a puck to 2. 2 moves laterally and passes off the boards in front of 1. 2 pivots forward and drives the net. 1 picks up the board pass and cuts to the middle, passing to 2 in the high slot. 2 shoots on net. 1 & 2 drive the net looking for rebounds.

1 is now done with the drill. 2 continues the drill by picking up a puck in the far corner and passing the puck up to 3.

Drill is continuous.



Key Points: Indirect Passing Lateral Movement Driving the Net Quick Puck Movemen

Drill no. :		Duration:	Minutes	From :	To	:	
Title: Low Cycle Content element			s:	Components :			
	<b>Description</b>						
1 starts behind the corner for 1. 1 pic 2 skates down the continues around t net. 2 cuts low do takes a shot and p opposite corner.	ks up puck and cut wall. 1 leaves a di he top of the circle wn the ice and give	s up the boards. rop pass for 2. 1 and drives the es a pass to 1. 1			•		
Key Points :	Cycling	Driv	ving the Net	Board Pas	sses	Offensive Lanes	
Drill no. :		Duration :	Minutes	From :	То	:	
Title : Pivot Pass	ing	Category #1 :	Skills	Catego	ry #2 :	Passing	
	<b>Description</b>						
Player 2 skates ar Player 1 and 2 exc Note: focus on #2		sses as possible.		•		=======================================	
Key points :	Pivots		Passing	Quick Fe	et		