



Practice Plan

Group: Midget Skills

Session Length: 60 mins

Focus: Skill Development

Start Time: 8:30pm

Level: MIDG Date: 10/21/09

End Time: 9:30pm

Prepared by: KM/JM

Equipment:

Notes:

Length	Start Time	Drill name - Activity	Categories	Notes
10	8:30pm	4 Lines - Edgework / Warmup	Warmup	
10	8:40pm	Continuous Rider Drill (3 Man)	Flow/Passing	
40	8:50pm	*** 3 Stations ***		Split: Defense, Min. Offense, Maj. Offense
		Station #1 (Jason & John): ----- Midget Major Offense 8:50-8:57 - Drill #1 8:57-9:04 - Drill #2 9:04-9:10 - Drill #3 Midget Minor Offense 9:10-9:17 - Drill #1 9:17-9:24 - Drill #2 9:24-9:30 - Drill #3 Station #2 ----- Midget Minor Offense (Joe & Marc) 8:50-8:55 - Drill #1 8:55-9:00 - Drill #2 9:00-9:10 - Drill #3 Midget Major Offense (Kevin & Marc) 9:10-9:15 - Drill #1 9:15-9:20 - Drill #2 9:20-9:30 - Drill #3 Station #3 ----- 8:50-9:00 - Drill #1 (Kevin) 9:00-9:10 - Drill #2 (Kevin) 9:10-9:20 - Drill #3 (Joe) 9:20-9:30 - Drill #4 (Joe)		

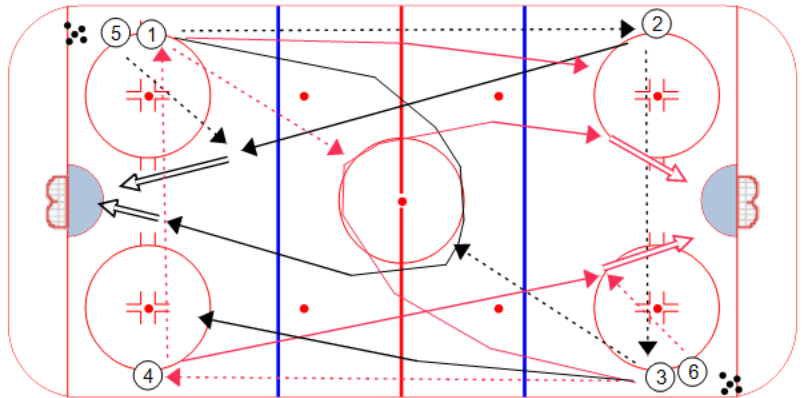
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Continuous Rider Drill (3 Ma Content elements: _____ Components : _____

Description

1 Passes to 2 and skates around the center circle. 2 passes to 3. 3 passes back to 1 and follows the play up ice. 1 drives the net and shoots, stopping in front to tip the next shot. 2 heads up ice and gets a pass from 5 - 2 shoots on net with 1 & 3 tipping.

Drill continues with 3 passing to 4 after 3 makes the initial pass to 1.

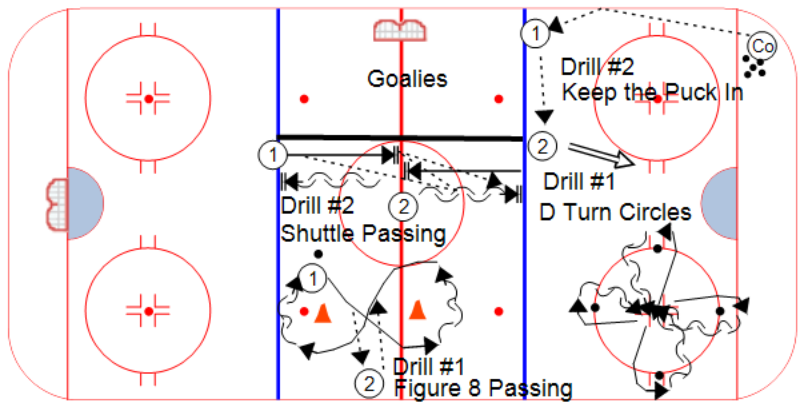


Key Points : Full Ice Passing Timing Quick Attack Tipping

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

Title : MIDGET SKILLS 102109 Content elements: _____ Components : _____

Description

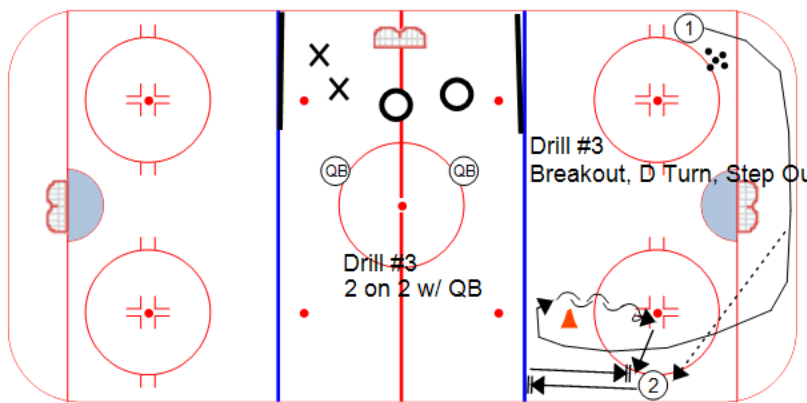


Key Points :

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

Title : MIDGET SKILLS 102109 (s Content elements: _____ Components : _____

Description

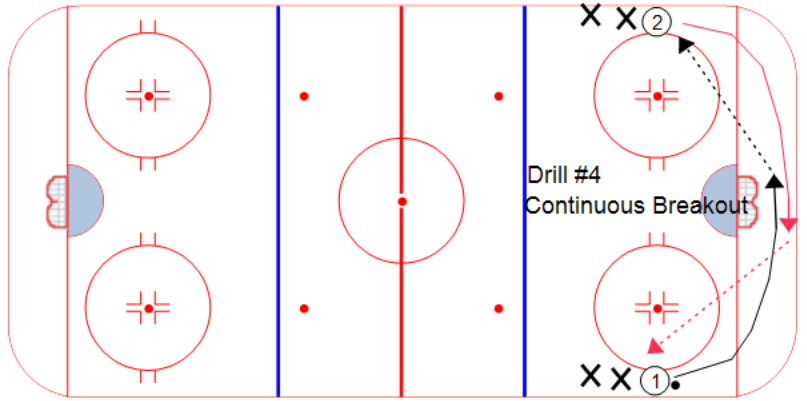


Key Points :

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

Title : MIDGET SKILLS 102109 (s) Content elements: _____ Components : _____

Description



Key Points :