

Equipment:

## **Practice Plan**

Group:	Midget Major
--------	--------------

Session Length:	60 mins	Focus: Systems
-----------------	---------	----------------

Start Time: 8:30pm Level: MIDG Date: 10/22/09

End Time: 9:30pm Prepared by: KM

Pucks	End Time:	9:30pm	Prepared by:	KM
	Notes:			

T41-	Start Time	Duill manner Antique	Catanadas	
Length		,	Categories	Notes
5	8:30pm	Line Hops (Blue & Goal)	Skating/Warmup	
5	8:35pm	Blue Line Warmup (sprint to goal)	Goalie Warmup	
8	8:40pm	1 on 1, 2 on 2	Competition	Looking for battles in front & good D-side positioning. Tie up on shots.
12	8:48pm	PP - In Zone Setup	Special Teams	Quick puck movement - start w/ little pressure, build up
		*** FULL ICE BEGINS ***		
10	9:00pm	Breakout, Regroup, 3 on 2	General Team Play	Send 0, 1, 2, 3 forecheck pressureas soon as the puck is out of the zone, forecheckers are done.
10	9:10pm	Station 1: Quick Flow Station 2: Star Drill	Skating / Attacking Net	Both goalies at Station 1
10	9:20pm	3 on 3 w/ QB	Small Area Game	Compete - use players as QB's

Drill no. :	Duration:	_ Minutes F	rom :	To :
Title: Quick Flow	Content elements:		Componen	ts:
<u>Descri</u>	<u>otion</u>			
1 passes to 2, 2 passes to 3 the circles and drives the ne wall and passes to 1 for a sh 1 takes 2's spot, 2 moves to	t, 3 moves feet down the ot on net.	2		
Key Points :				