

Equipment:

Pucks Cones

Practice Plan

Group:	Midget Maj	or

Session Length: 75 mins Focus: Flow/Timing

Start Time: 7:20pm Level: MIDG Date: 10/27/09

End Time: 8:35pm Prepared by: KM

Notes:

Stress COMMNICATION in timing drills!

Length	Start Time	-	Categories	Notes	
5	7:20pm	Line Hops	Skating/Warmup	Goal, Blue, Blue, Goal	
5	7:25pm	4 Corner Passing	Passing/Goalie Warmups	Stop in Front of the Net!!!	
10	7:30pm	Open Up Escape Timing	Timing	Never turn back to puck!	
10	7:40pm	D Rotation Timing	Timing	Quick Puck MovementD Mirroring	
10	7:50pm	Continuous Rider Drill	Timing/Flow		
15	8:00pm	Power Play / PK	Special Teams		
10	8:15pm	Corner Battles	Competing	Penalty = 15 pushups	
10	8:25pm	3 on 3 w/ QB	Small Area Game		

From: To: Drill no. : Duration : Minutes Title: Open Up Escape Timing Dri Content elements: Components: Description On the whistle, 2 skates across the blue line. 2 gets a pass from 1. 2 continues into the zone pivoting arond the bottom of the circle and stepping forward again. 1 loops through the NZ always facing 2 (never turning back on the puck). 2 passes to 1. 1 heads up the far wall and performs an escape/delay around the cone. 2 continues to drive up ice. 1 passes to 2. 2 shots on net. 1 & 2 drive the net looking for rebounds. **Pivots** Key Points : Timing **Escape Turns Driving the Net** Duration : From: To: Drill no. : Minutes Title: D Rotation Timing Content elements: Components: Description Co dumps puck in. D1 retreives puck - D2 stops in front of the net. When D1 gets the puck, D2 releases behind the net for a D to D pass. D2 passes to LW and continues to the corner. LW returns the pass to D2. D1 mirrors D2 and slides behind the net. D2 passes to D1. C & RW enter the zone (timed) for the (c)breakout. D1 passes to RW and continues up ice behind C. RW returns the pass (give & go) to D1. D1 steps to the middle and banks a headman pass to C. LW heads up ice (per your team's breakout scheme). *: The 3 x 0 rush consists of C, LW, and D1. D2 and RW should assume the point positions. Give & Go Covering for the D Key Points : **D** Movement Indirect Passing Duration: Minutes To: Drill no. : From: Title: D Rotation Timing (seq 2) Content elements: Components: Description

Key Points :

Drill no. :	Duration :	Minutes Fi	rom :	_ To :
Title: D Rotation Timing (seq 3)	Content elements:		Components):
<u>Description</u>				
	2			
Key Points :				
Drill no. :	Duration :	Minutes Fi	rom :	_ To :
Title: Continuous Rider Drill	Content elements:		Components	:
<u>Description</u>		_		
1 Passes to 2 and skates around the passes to 3. 3 passes back to 1. 1 shoots, stopping in front to tip the new up ice and gets a pass from 5 - 2 shot tipping. Drill continues with 3 passing to 4 after initial pass to 1.	drives the net and xt shot. 2 heads pots on net with 1	50		2 36
Key Points : Full Ice Pass	ing Timi	ng	Quick Attack	Tipping