

Practice Plan

| Group: | Midget Maj | or |
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Session Length: 60 mins Focus: Pre-Game

8:30pm Level: MIDG Date: 10/29/09 Start Time:

ΚM

| Equipment: | End Time: | 9:30pm | Prepared by: | ŀ |
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| | Notes: | | | |
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| Length | Start Time | Drill name - Activity | Categories | Notes |
|--------|------------|----------------------------------|-----------------|--|
| 5 | 8:30pm | Advanced Edges | Skating/Warmup | 360's, Jumping |
| 5 | 8:35pm | Quick Pivot Warmup | Goalie Warmup | Quick passes - don't overhandle the puck |
| 20 | 8:40pm | PP/PK | Special Teams | 5 on 3, 5 on 4 |
| | | *** FULL ICE *** | | |
| 10 | 9:00pm | D Rotation Timing (3 on 1) | Timing | Extra players on bench. Alternate sides. |
| 10 | 9:10pm | Faceoff Responsibility Walk-Thru | Systems | Quick overview of face-off basic positioning and responsibilities / special plays. |
| 10 | 9:20pm | 3 on 3 w/ QB | Small Area Game | Use players for QB |
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| T:41 | : | Duration | n : | Minutes | From | : | To : |
|--|--|--|----------------------------------|---|------|-----------------------------------|-----------------------|
| Title: Quick Pive | ot Warmup | Content | elements: | | | Components | : |
| | Description | | | | | _ | |
| first cone. 1 pass person in line. 1 p and continues pas drives around the Follow shots - driv | | with the next nd the first of person in lin ots on net. | t cone le. 1 | # | • | (2) X • • • • • | |
| Key Points : | Warmup |) | Pass | sing | | Pivoting | Driving the Net |
| Drill no. | : | Duration | n : | Minutes | From | : | To : |
| Title: D Rotation | n Timing | Content | elements: | | | Components | : |
| | Description | | | | | | |
| front of the net. Whehind the net for and continues to the second | D1 retreives puc Vhen D1 gets the p a D to D pass. D2 he corner. LW retu | ouck, D2 rele passes to | eases LW | ======================================= | | | === |
| breakout. D1 pas behind C. RW ret steps to the middl LW heads up ice The 3 x 0 rush cor RW should assum | & RW enter the zor ses to RW and cor turns the pass (give e and banks a head (per your team's brasists of C, LW, and the point position | ne (timed) for ntinues up id e & go) to D dman pass reakout sche id D1. D2 a ns. | or the ce 1. D1 to C. eeme). and | | | © REVI | |
| passes to D1. C obreakout. D1 passes behind C. RW retsteps to the middl LW heads up ice. The 3 x 0 rush cor RW should assum | & RW enter the zor ses to RW and cor turns the pass (give e and banks a head (per your team's brosists of C, LW, and the point position D Moveme | ne (timed) fintinues up ide & go) to D dman pass reakout sche ad D1. D2 a ns. | or the ce 1. D1 to C. eme). and | | Cove | ering for the D | Indirect Passing |
| passes to D1. Cobreakout. D1 passes to D1 passes to the middle LW heads up ice. The 3 x 0 rush cor. RW should assum. Key Points: Drill no. | & RW enter the zor ses to RW and cor turns the pass (give e and banks a head (per your team's brosists of C, LW, and the point position D Moveme | ne (timed) for tinues up ide & go) to D dman pass reakout school dD1. D2 ans. | or the ce 1. D1 to C. eme). and | | Cove | ering for the D | Indirect Passing To : |
| passes to D1. C obreakout. D1 passes behind C. RW retsteps to the middl LW heads up ice. The 3 x 0 rush cor RW should assum | & RW enter the zor ses to RW and cor turns the pass (give e and banks a head (per your team's brasists of C, LW, and the point position D Moveme D Moveme | ne (timed) for tinues up ide & go) to D dman pass reakout school dD1. D2 ans. | or the ce 1. D1 to C. eme). and | | Cove | ering for the D | Indirect Passing To : |
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