Practice Plan

Group: **Midet Major**

Session Length: **60 mins**

Focus: **Pregame**

Start Time: **8:30pm**

Level: **MIDG** Date: **11/05/09**

End Time: **9:30pm**

Prepared by: **KM**

Equipment:

Notes:

Length	Start Time	Drill name - Activity	Categories	Notes
5	8:30pm	Backwards Edges	Skating/Warmup	3 Lines
5	8:35pm	Cross Ice Drive Warmup	Goalie Warmup	Shots from above the tops of the circles
20	8:40pm	PP/PK	Special Teams	5 on 4, 5 on 3
10	9:00pm	Breakout, Regroup, 3 on 2	General Skills	
10	9:10pm	Continuous Regroup	NZ Regroup	Only use 1 D on each side...3 on 1 on the whistle
10	9:20pm	Free Time	Unstructured Ice	