# Practice Plan

Group: **Midget Skills**

Session Length: **60 mins**

Focus:

Start Time: **8:30pm**

Level: **MIDG** Date: **11/18/09**

End Time: **9:30pm**

Prepared by: **KM/JM**

Equipment:

Notes:

| Length | Start Time | Drill name - Activity | Categories | Notes |
|---|---|---|---|---|
| 20 | 8:30pm | Warmup / Edges | Skating | -High Leg Kicks (F/B)<br>-Ad/Abductor Kicks<br>-Groin Stretch<br><br>-Dynamic Stretches<br>-Alternating 1/2 Pivots<br>-Edge Transitions<br>-Cross Unders<br>-Penguin Walks<br>-1 Foot Hops<br>-2 Foot Transition Jumps<br>-Line Hops<br>-Forward 360 Tight Turns<br>-Backward 360 Tigh Turns<br>-D Step Outs (Jason)<br>-D Turn / Tight Turns<br>-Forward Lat Mvmt. Variation (Jason) |
| 30 | 8:50pm | STATIONS (10 min rotations)<br><br>1) Skating: Overspeed Station (Kevin)<br>2) Passing: Yo-Yo (Joe)<br>3) Shooting: Tip Drill/Scoring (Jason) | | MM Offense<br>mm Offense<br>ALL Defense |
| 10 | 9:20pm | 3-Zone Game | Small Area Game | Divide players into equal teams in each zone. Should use every player. |
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