## **Practice Plan**



Cossion Longth:			
Session Length:	60 mins	Focus:	Special Teams

Group: Midget Major

The state of the s	Coolen Length.	60 mins	Focus:	Special	Teams	
	Start Time:	8:30pm	Level:	MIDG	Date:	01/07/10
Equipment:	End Time:	9:30pm	Prepa	red by:	KM	
	Notes:					

Length	Start Time	Drill name - Activity	Categories	Notes
5	8:30pm	Criss Cross Passing	Warmup	
10	8:35pm	2 Cone Agility Warmup	Skating/Goalie Warmup	
10	8:45pm	2 on 1 Cross-Ice	Small Area Game	
5	8:55pm	PK Walk-Thru	Special Teams	
10	9:00pm	PP/PK	Special Teams	Full Ice
10	9:10pm	Quick Breakout & Regroup	Basics	3 on 11 D on each side
10	9:20pm	Admiral Drill	Backchecking/Skating	On whistle