Practice Plan



Session Length:	90 mins	Focus:	Systems	
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Group: Midget Major

			Focus.	System	15	
	Start Time:	7:00pm	Level:	KM	Date:	01/09/10
Equipment:	End Time:	8:30pm	Prepared b	red by:	KM	
	Notes:					

Length	Start Time	Drill name - Activity	Categories	Notes
5	7:00pm	Lap Drill Warmups	Warmups/Skating/Passing	Cross overs, Passing
7	7:05pm	Mini-Lightnings	Skating	Quick/Aggressive Starts (D - always facing far end)
8	7:12pm	4 Lines - Circle Skates	Skating	w/ Puckaround, pivots, russian circle
10	7:20pm	4 Corner Passing	Passing	
10	7:30pm	Cross Lane Attack	Rushes	D - Good Gap Control F - Accelerate w/ the Puck
20	7:40pm	PP/PK	Special Teams	Start In-Zone Sticks Upside- DownAggressive on PKLast 10 mins Full Ice
10	8:00pm	Regroup	NZ	Quick regroup drill w/ far blue option
10	8:10pm	Forecheck	OZ	Revert all to the same
10	8:20pm	3 on 3 w/ QB	Small Area Games	

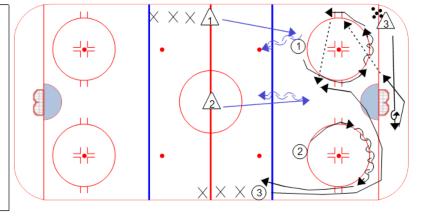
Drill no. :	Duration:	Minutes	From:	_ To :
Title: Cross Lane Attack	Content elements:		Components	:

Description

On the whistle, D3 begins skating behind the net and does an escape turn behind the net and turns up ice for a quick breakout pass to 1.

1 and 2 head around their respective circles, always facing the puck. F3 curls low and cuts for a second pass on the breakout.

D1 and D2 skate in to the tops of the circles to set their appropriate gap and play the rush 3 on 2.



Key Points: Always Face Puck Gap Control 3 on 2 Escape Turns