	4 -	
Dro	OTION	Plan
		···

		com
76	HockeyShar	0
7	4	THE

Session Length:	60 mins	Facus
Coccion Longin.	ou mins	Focus:

Group: Midget Skills

	_					
	Start Time:	8:00pm	Level:	MIDG	Date:	01/11/10
Equipment:	End Time:	9:00pm	Prepa	red by:	KM	
	Notes:					

Length	Start Time	Drill name - Activity	Categories	Notes
5	8:00pm	4 Lines - Basic Passing	Passing/Warmup	Side by side, one forward & one backward, drop passes
7	8:05pm	Quick Circles	Skating	Russian Circle 1/2, Russian Circle Full, Backward 1/2, Backward Full
8	8:12pm	4 Corner Passing	Passing / Goalie Warmup	Communication!!! Feet moving
10	8:20pm	3 on 3 w/ QB (Circle Passing)	Small Area Game	Use D as QBQB's should shoot on netCRASH THE NET!!!
10	8:30pm	Snake Bites (Goalies w/ Ted)	Puck Control	Under handlingdrive the net, feet moving
10	8:40pm	Forwards: Low Cycle (Marc/John) Defense: Quick Shot Release (Kevin) Goalies: w/ Coach Ted	Positional Development	Forwards: Both players crash net, play rebound D: Quick releases
10	8:50pm	2 on 1 Cross-Ice (Circle Passing)	Small Area Game	Get open for passesmove the puck quick & hard