Pra	ctice	Plan
1 14	CHOC	ı ıaı



Group: Midget Major

Start Time:	8:30pm	Level:	MIDG	Date:	01/14/10
End Time:	9:30pm	Prepa	red by:	KM	
Notes:					
First 30 - 1/2 Ice Last 30 - Full Ice					
	End Time: Notes: First 30 - 1/2 Ice	End Time: 9:30pm Notes: First 30 - 1/2 Ice	End Time: 9:30pm Prepa Notes: First 30 - 1/2 Ice	End Time: 9:30pm Prepared by: Notes: First 30 - 1/2 Ice	End Time: 9:30pm Prepared by: KM Notes: First 30 - 1/2 Ice

Length	Start Time	Drill name - Activity	Categories	Notes
5	8:30pm	Criss Cross Passing	Passing/Warmup	Sprint!
5	8:35pm	2 Cone Warmup	Skating/Goalie Warmup	
10	8:40pm	3 on 3 w/ QB	Small Area Game	Shots from the point!
10	8:50pm	PP/PK	Special Teams	In-Zone Only
10	9:00pm	Continuous Regroup (3 on 1)	Regrouping	1 D on each side
10	9:10pm	Breakout, Regroup, 3 on 2	Basics	
10	9:20pm	2 on 2 Cross-Ice	Small Area Game	Get Open, Find Passing Lanes