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|---------|---------|
| Hock    | evShare |
| N-1-0-1 | The The |

## **Practice Plan**

| Group: | Midget | Major |
|--------|--------|-------|
|--------|--------|-------|

| HockeyShare Session Length: | 60 mins | Focus: Basics |
|-----------------------------|---------|---------------|
|-----------------------------|---------|---------------|

7:00pm Level: MIDG Date: 01/17/10 Start Time:

| Equipment:             | — End Time: | 8:00pm | Prepared by: | KM    |
|------------------------|-------------|--------|--------------|-------|
| -Rick O Shay<br>-Cones | End Time.   | олори  |              | TXIVI |
| -Pucks                 | Notes:      |        |              |       |
|                        |             |        |              |       |
|                        |             |        |              |       |
|                        |             |        |              |       |

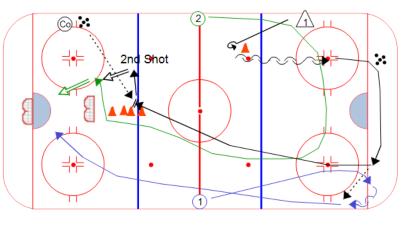
| Length | Start Time | Drill name - Activity                                  | Categories                  | Notes                 |
|--------|------------|--|-----------------------------|-----------------------|
| 5      | 7:00pm     | Quick Circles Warmup                                   | Skating / Warmup            | w/ Puck               |
| 7      | 7:05pm     | Open & Go  | Passing/Goalie Warmup       | Open Up - Use the Ice |
| 8      | 7:12pm     | 4 Corner Passing                                       | Passing                     | Communication         |
| 10     | 7:20pm     | 3 on 3 w/ QB   | Small Area Game             | Shoot the Puck!!      |
| 10     | 7:30pm     | Breakout Lateral Net Drive                             | Breakouts / Driving the Net | Quick shot release    |
| 10     | 7:40pm     | Offense: Pepper Drive<br>Defense: D to D Agility Skate | Position Play               | Eliminiate the tip    |
| 10     | 7:50pm     | PP/PK  | Special Teams               |                       |
|        |            |  |                             |                       |
|        |            |  |                             |                       |
|        |            |  |                             |                       |
|        |            |  |                             |                       |
|        |            |  |                             |                       |
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|        |            |  |                             |                       |
|        |            |  |                             |                       |
|        |            |  |                             |                       |
|        |            |  |                             |                       |

Drill no. : Duration : Minutes From : To :

Title: Breakout Lateral Net Drive Content elements: Components:

## Description

D1 starts forward and pivots backward around the cone, then pivots forward picking up a puck below the goal line. F1 swings into the zone for a breakout pass from D1 (always facing the puck). F2 swings through the middle, getting a pass from F1. F1 drives up ice to the net. F2 carries the puck up ice and drives around the high net - and takes a quick shot on net. Both players drive the net for a rebound. D1 follows the play up ice and stops at the blue line. Co passes D1 - D1 steps laterally and puts a shot on net. F1 & F2 screen/tip.



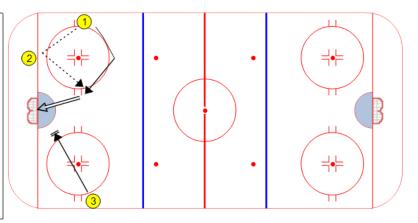
Key Points : Breakouts Driving the Net Screening Tipping

Drill no. : Duration : Minutes From : To :

Title: Pepper Drive Content elements: Components:

## Description

1 begins by passing puck to 2 and cutting around the top of the circle. 2 quickly returns the pass to one for a one-timer. 3 drives the net hard for a rebound.



Key Points : Give-and-Go Driving the Net Quick Passes Quick Shots

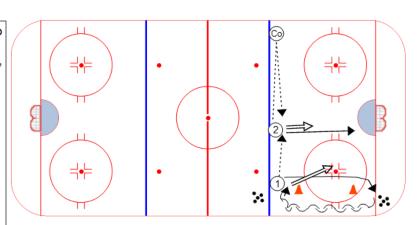
Drill no. : Duration : Minutes From : To :

Title: D to D Agility Skate & Tip Content elements: Components:

## **Description**

1 makes a quick D to D pass to 2. 2 passes to Co, Co returns the pass quickly to 2. 2 shoots and drives the net to screen/tip 1's shot. After 1 makes the first pass, he skates forward around the cones, picks up another puck, then skates backwards around the top of the cones and takes a shot.

1 should crash the net after his shot.



Key Points: D to D Passes Agility Tipping Screening