Practice Plan



Session Length:	75 mins	Focus: Tempo / Flow
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Group: Midget Major

		77111113	Focus.	Tempo / Flow				
	Start Time:	7:20pm	Level:	MIDG	Date:	01/19/10		
Equipment:	End Time:	8:35pm	Prepa	red by:	KM			
	Notes:							

Length	Start Time	Drill name - Activity	Categories	Notes	
5	7:20pm	Lap Warmups	Warmup	Crossovers, Passing	
5	7:25pm	Open Up & Accelerate	Passing/Goalie Warmup	Accelerate out!	
5	7:30pm	4 Corner Passing	Passing	COMMUNICATION!!!	
10	7:35pm	3 on 3 w/ QB	Small Area Game	Crash net. Find a responsibility Defensively 40 second shifts, change on the fly	
10	7:45pm	NZ Timing & Support	Timing	To occord office, change on the ny	
10	7:55pm	NJ Flow Drill	Timing		
10	8:05pm	Cross Lane Attack	Breakout/Rushes	Crisp breakout passes, D gap control	
10	8:15pm	3 on 3 Cross Ice w/ QB	Small Area Game	30 second shifts, change on the fly	
5	8:25pm	Timed 60 second drill	Testing		
5	8:30pm	Six Second Dots	Sprints	By Lines, Goalies get 7 seconds	

Drill no. :	Duration : _	Minutes	From :	To :
Title: NZ Timing and Su	pport Drill Category #1 :	Neutral Zone	Category #	2: Transition
Desc	ription			
On the whistle, ① skates pass to ② who provides ② makes a return pass to ① takes a shot on the ⑤	Both ends at the same time up with a puck and makes a support in the neutral zone. and follows up the ice. as 2 turns back up the ic fter the shot, 1 turns to 3 nakes a long pass to 2.		202	G G G G G
Key points :				
Drill no. :	Duration:	Minutes	From :	To :
Title: Cross Lane Attac	Content eleme	ents:	Compor	nents :
Desc	<u>ription</u>			
On the whistle, D3 begins does an escape turn behir for a quick breakout pass of 1 and 2 head around their facing the puck. F3 curls pass on the breakout. D1 and D2 skate in to the their appropriate gap and	respective circles, always ow and cuts for a second tops of the circles to set			
Key Points : Alw	ays Face Puck	Gap Control	3 on 2	Escape Turns