Practice Plan



Session Length:	90 mins	Focus: Rushes/Special Teams
•	90 IIIII13	Focus: Rusnes/Special Team

Group: Midget Major & Minor

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	Start Time:	8:00pm	Level:	MIDG	Date:	01/21/10
Equipment:	End Time:	9:30pm	Prepa	red by:	KM/JM	
	Notes:					

Length	Start Time	Drill name - Activity	Categories	Notes
10	8:00pm	Edges/Basic Passing	Warmup	
10	8:10pm	4-Corner Passing	Passing/Goalie Warmups	
15	8:20pm	Small Area Games 1) 3 on 3 w/ QB 2) Cone Passing	Small Area Games	40 second shiftsone whistle for both ends Switch at 8:27pm
10	8:35pm	Cross-Lane Attack	Rushes	D - Gap Control, F - Creativity On ending whistle, forwards backcheck to the far blue line, defense backchecks to the red line. Extra players on the bench
20	8:45pm	PP/PK	Special Teams	Majors on one bench, Minors on the other Major PP: 5 on 4 Minor PP: 5 on 3
15	9:05pm	Get the Puck Out (Dump Option, 3 on 2)	Rushes	Aggressive forecheck
10	9:20pm	Around the World	Conditioning	