Practice Plan



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

		70 111113	Focus.	Flow/High Tempo		
	Start Time:	7:50pm	Level:	MIDG	Date:	01/26/10
Equipment:	End Time:	9:05pm	Prepa	red by:	KM	
	Notes:					

Length	Start Time	Drill name - Activity	Categories	Notes
5	7:50pm	4 Lines - Skating	Warmup	Speed Shift, Pivots, Half-Pivots, One Foot Edges - ALL DRILLS WITH PUCK
5	7:55pm	Open, Catch, Accelerate	Warmup/Goalie Warmup	Stop in front of the net!!!
5	8:00pm	4 Corner Passing	Passing	Communication, Feet Moving
10	8:05pm	NZ 3 on 3	Small Area Game	Nets on blue lines - when a team puts the puck past the blue line, Co passes a new puck to other team. Pucks: In Ref's Crease Nets: On the Blue Lines
10	8:15pm	Double Regroup 2 on 1	Regrouping	F: Keep feet moving entire time - attack with SPEED!!! D - Move with the play, good passes
10	8:25pm	NZ Timing & Support	Timing	Shooters stop in front for rebound before getting 2nd pass!!!
10	8:35pm	Cross Lane Attack	Rushes	Add forecheck pressure
10	8:45pm	Tip Drill #9	Offensive Attack	D - Quick shot release F - Good tipping/screening position
5	9:00pm	Hard Lap Intervals	Skating	Nets at hash marks. G1: D+G, G2: F 3 hard laps, alternate5 times

Drill no. :	Duration :	Minutes	From :		То :
Title: Double Regroup 2 on 1	Content elements:		Cor	nponents :	
Description				-	
F1 begins the drill by passing to D1. backwards to the top of the far circles F1 skates to the far blue line, stops a from D1. F2 cuts up the far wall and the NZ getting a pass from F1. D2 for and pivots backwards. F2 passes to criss-cross and get a regroup pass from F2 head up ice 2 on 1 vs. D1. Defensive Rotation Note: D2 now be next group.	s with the puck. Ind gets a pass swings through bllows the play up D2. F1 and F2 rom D2. F1 and				2
Key Points : Regroupin	g Mov	vement	Timin	g	2 on 1
Drill no. :	Duration:	Minutes	From :		To :
Title: NZ Timing and Support Drill	Category #1 :	Neutral Zone	Catego	ory #2 :	Transition
Description					
**Drill starts on the whistle. Both ends On the whistle, skates up with a p pass to who provides support in t makes a return pass to and f takes a shot on the as tur and across the blueline. After the sho and receives a pass. makes a lor Shot on goal.	buck and makes a the neutral zone. bllows up the ice. ons back up the ice ot, 10 turns to 3	(3)(1) (4) (4) (4) (4) (4) (4) (4) (4) (4) (4		20 ×	GB (GB)
Key points :					
Drill no. :	Duration :	Minutes	From :		To :
Title: Ten Quick Tip Drills	Content elements:		Con	nponents :	
<u>Description</u>				-	
Drill 9: F1 passes to D1. F1 drives the passes to D2. D2 shoots. [Phase 2 slides to the far wall, D1 moves to the ice. F2 passes to D2. D2 passes to the front of the net. F1 stays in front shoots. Drill 10: F1 skates up with a puck, D1 wall without the puck. F1 leaves a dref1 continues around the top of the ci continues around the bottom of the cto F1. F2 drives back door. F1 quick pass to F2 for a shot.	- in GREEN] D2 e middle of the D1. F2 drives to for a screen. D1 drives down the op pass for D1. rcle. D1 ircle. D1 passes		Drill 9	Drill 10	

Key Points :