Practice Plan



Session Length:	60 mins	Focus: Skills	

Group: Midget Skills

) The same of the	Coosion Longan.	60 mins	Focus:	Skills		
	Start Time:	8:30pm	Level:	MIDG	Date:	01/27/10
Equipment:	End Time:	9:30pm	Prepa	red by:	KM/JM	
	Notes:					

Length	Start Time	Drill name - Activity	Categories	Notes
10	8:30pm	4 Lines - Power Skate	Power Skating/Warmup	Goalies w/ Ted
20	8:40pm	PP/PK	Special Teams	
20	9:00pm	2 Stations: 1) D-Zone Coverage 2) Tip Drill / Pepper Drive	Systems / Driving Net	
10	9:20pm	Small Area Game (3 on 3 w/ QB)	Small Area Game	