Practice Plan



Session Length:	45 mins	Focus: Loosen Up/System
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Group: Midget Major

	Start Time:	8:45pm	Level:	MIDG	Date:	01/28/10
Equipment:	End Time:	9:30pm	Prepa	red by:	KM	

Liid Tiillo.	3.30pm	r repared by.	KIVI	
Notes:				
Dryland: Video Re	eview			

Length	Start Time	Drill name - Activity	Categories	Notes
5	8:45pm	Criss-Cross Passing	Passing	Neutral Zone Goalies: Warmup/Stretch
7	8:50pm	Extended 4-Corner Passing	Passing	Lines on hash marks
8	8:57pm	3 Man Weave	Rushes	
10	9:05pm	NZ 3 on 3	Small Area Game	New puck when puck crosses blue linenets on blueget open for passes
10	9:15pm	D-Zone Coverage Review	Systems	Players start on stomachsstop on whistle
5	9:25pm	Face Off Coverage Review	Systems	