



Practice Plan

Group: **Midget Skills Night**

Session Length: **60 mins**

Focus: **Agility/Zone Entry**

Start Time: 8:30pm

Level: **MIDG** Date: **12/02/09**

End Time: 9:30pm

Prepared by: **KM**

Equipment:

- 4 Nets
- Border Guards

Notes:

[illegible]

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

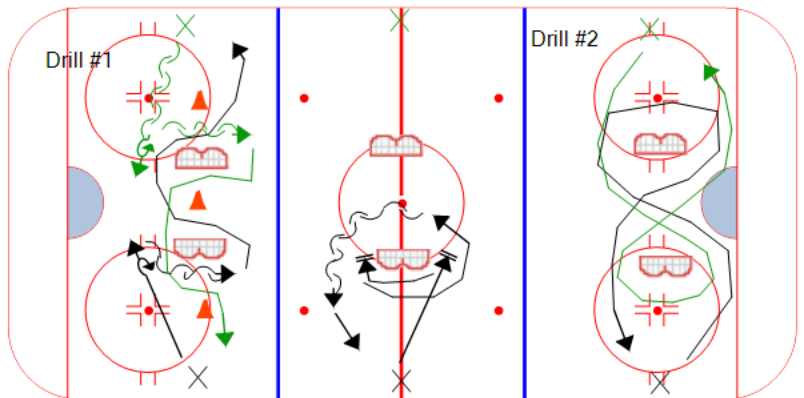
Title : Skating VGT - 12/02/09 Content elements: _____ Components : _____

Description

Drill #1: Skaters skate up to the side of the net, perform a D turn and move backwards laterally behind the net. Skaters pivot forward on the far side of the net, cut below the middle cone, around the net, and back around the end cone. Focus: heads up, quick feet

Drill #2: Skaters perform a figure 8 around the nets. Focus: quick feet, heads up, quick cross overs, acceleration out of the turns

Drill #3: Players perform a knee stop on one side of the net. Quick start out and perform knee stop on other side. Players then drive around then net always facing the far end. Focus: quick feet, quick starts from stops,



Key Points : ☐ Quick Feet ☐ Lateral Movement ☐ Acceleration ☐ Heads Up

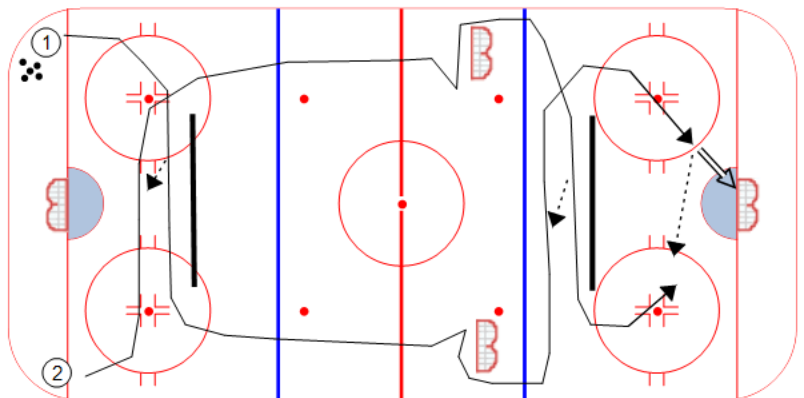
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : VGT Criss Cross Zone Entr Content elements: _____ Components : _____

Description

1 starts with a puck in the corner. 2 begins in the opposite corner. On the whistle, 1 and 2 criss-cross below the obstacle - 1 leaves a drop pass for 2. 1 and 2 drive up their respective sides of the ice and make a fake inside, then drive wide outside and criss cross inside the zone. 2 leaves a drop pass for 1. Both players drive around the obstacle and attack the net (wide) 2 x 0.

Note: Stay on-side!



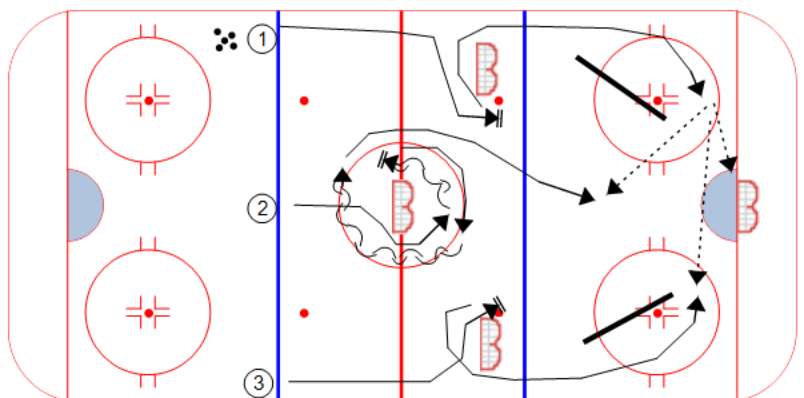
Key Points : ☐ Drop Passes ☐ Lateral Movement ☐ Driving the Net ☐ Criss-Crossing

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : VGT Depth Zone Entry Content elements: _____ Components : _____

Description

1, 2 and 3 all start on the whistle. 1 is the puck carrier. 1 and 3 skate up to the net in front of them and make a move to the inside, stop and peel back around the nets (board-side) and drive the zone. 2 skates up to the center net, pivots facing up ice, stops on the side of the net, quick starts back around the net always facing up ice, then attacks as the 3rd man (trailer). 1 and 3 must remain wide to work on attacking with depth.



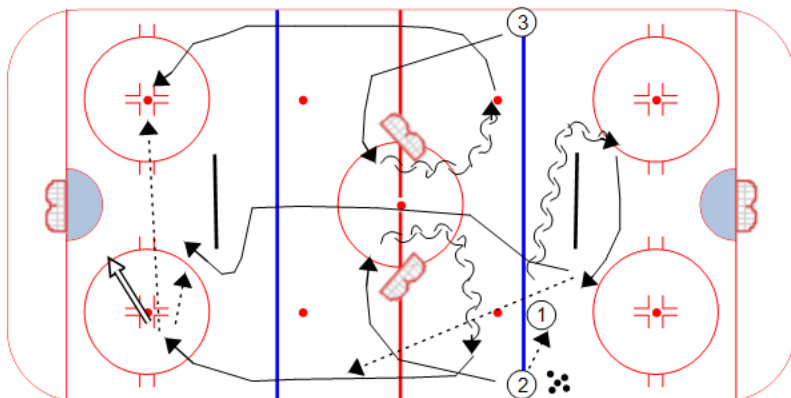
Key Points : ☐ Zone Entry ☐ Agility ☐ Acceleration ☐ Attacking w/ Depth

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : VGT Stretch Pass - D Enga Content elements: _____ Components : _____

Description

1 starts backwards and gets a pass from 2. 1 pivots around the barrier and moves quickly up ice. 2 and 3 circle their respective nets, always facing the puck carrier. 1 headmans the puck to 2 or 3. 2 & 3 enter the zone wide. 1 follows the play up as a trailer.



Key Points :

Headman Passes

Agility

Zone Entry

D Engage w/ Rush