HOCKSEY?
Equipment:

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60 mins

Group:	Midget Major		
Focus:			

Start Time:	8:30pm	Level:	MIDG	Date:	12/03/09

End Time: 9:30pm Prepared by: KM

NI-4	
ivotes:	

First 30 mins - 1/2 ice Last 30 mins - Full ice

Session Length:

Length	Start Time	Drill name - Activity	Categories	Notes
5	8:30pm	Keep the Puck In / Point Shot	Warmup / Goalie Warmup	
10	8:35pm	Power Play	Special Teams	In-zone
8	8:45pm	1 on 1, 2 on 2, Point Shot	Defensive Positioning	D side, box out on rebounds
7	8:53pm	D-Zone Review (Start on Stomach)	Defensive Zone	
10	9:00pm	***CAPTAIN RUN DRILL #1***	Timing	Komets Timing Drill
10	9:10pm	***CAPTAIN RUN DRILL #2***	Timing	Get the Puck Out - Dump-in
10	9:20pm	Minnesota Mile	Conditioning	

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

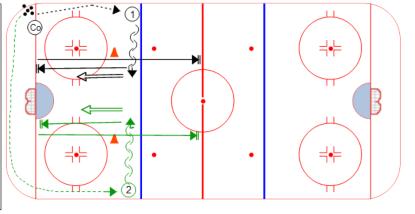
 Title : Keep the Puck In Warmup
 Content elements:

Components:

Description

Co flips a puck to 1. 1 controls the puck and moves laterally for a shot. After the shot, 1 skates hard to the goal line, stops, and skates hard to the center line and stops. 1 changes lines.

After 1 shoots, Co wraps a puck all the way around to 2. 2 controls the puck, moves laterally to the middle for a shot. 2 then skates hard to the goal line, stops, then sprints to the center line and stops. 2 changes lines.



Key Points : Puck Control Lateral Movement Skating Warmup Quick Point Shots