



Practice Plan

Group: **Midget Major**

Session Length: 60 mins

Focus:

Start Time: 8:30pm

Level: MIDG Date: 12/03/09

End Time: 9:30pm

Prepared by: **KM**

Equipment:

Notes:

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

[illegible]

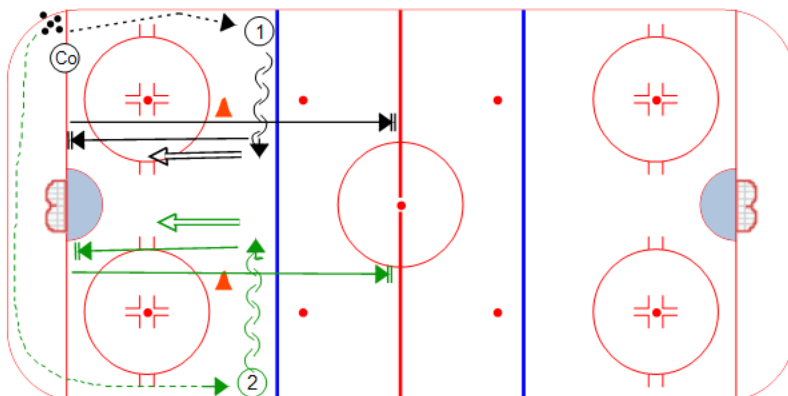
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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