



## Practice Plan

Group: **Midget Major**

Session Length: **60 mins**

### Focus: System Corrections

Start Time: 8:30pm

Level: **MIDG**      Date: **12/10/09**

End Time: 9:30pm

Prepared by: **KM**

Equipment:

Notes:

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[illegible]

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

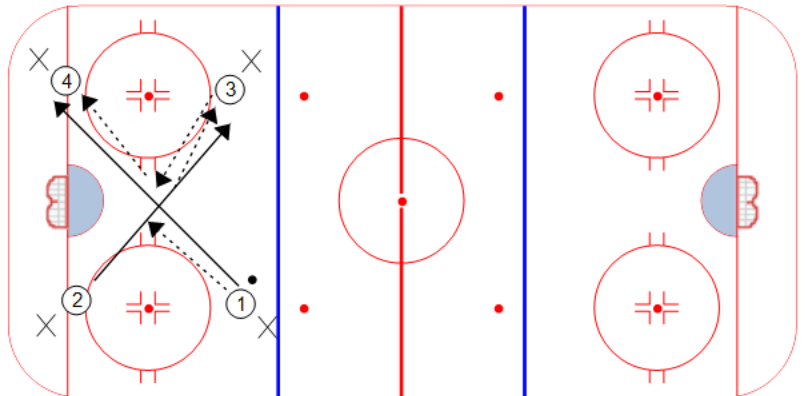
Title : Criss Cross Passing Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

1 starts with a puck. 2 skates across toward 3. 1 gives 2 a pass. 2 passes to 3. 1 skates across toward 4. 3 gives 1 a pass. 1 passes to 4. 3 skates across toward 2. 4 passes to 3. 3 passes to 2.

Drill is continuous.

Note: after you pass the puck, you go.



Key Points : ☐ Passing ☐ Communication ☐ Mental ☐ High Tempo

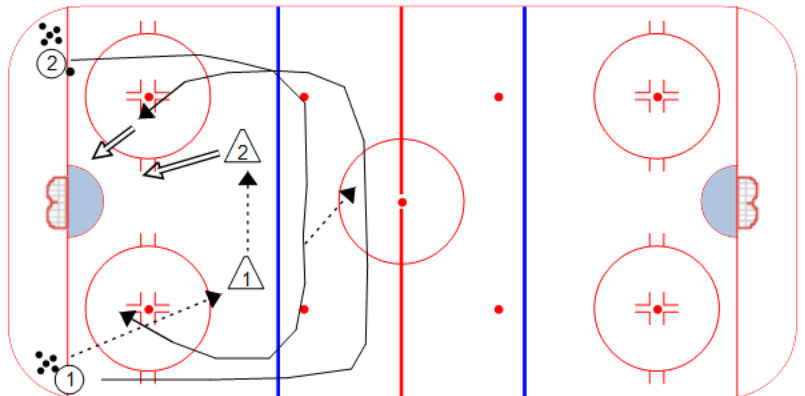
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Criss Cross Point Shot Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

F1 begins drill by passing to D1. D1 passes to D2. D2 takes a quick shot on net.

F1 & F2 curl thru the neutral zone (F2 starts with puck). F2 leaves a drop pass for F1. F1 & F2 enter the zone (on-sides) and go in 2 x 0.



Key Points : ☐ Zone Entry ☐ Quick Point Shots ☐ Drop Passes ☐ Criss-Crossing

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

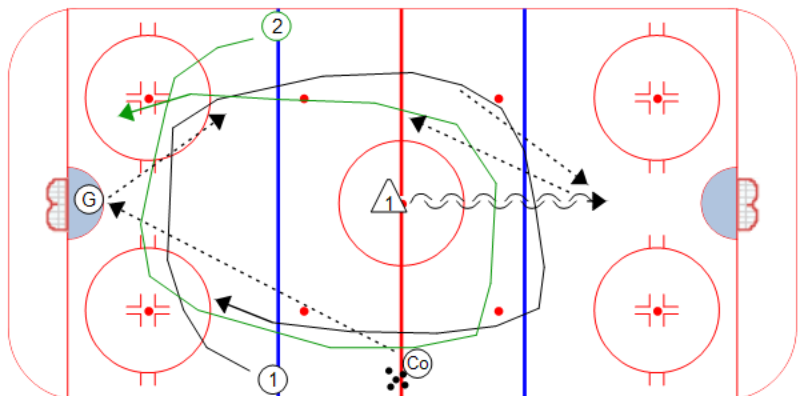
Title : Goalie Breakout Regroup Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

Co dumps puck in on G. G controls puck. 1 & 2 swing deep into the zone and criss-cross. G passes to 1 or 2. D1 begins backwards - puck carrier passes to D1. F1 & F2 criss-cross again, D1 passes back to one of the two forwards. Forwards attack 2 on 0. Attack with speed!

Variations:

- 1) Use 2 Defensemen for regroup (work on d to d passing)
- 2) Add Defensemen to play 2 x 1 or 2 x 2 rush back after the regroup
- 3) Add D on both sides, 2 regroup, attack far end



Key Points : ☐ Goalie Passes ☐ Regrouping ☐ Low Swing ☐ 2 on 0