

Practice Plan

Group: N	lidget	Maj	jor
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Session Length:	60 mins	Focus:	System Corrections
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Start Time: 8:30pm Level: MIDG Date: 12/10/09

End Time: 9:30pm Prepared by: KM

Notes:			

Length	Start Time	Drill name - Activity	Categories	Notes
5	8:30pm	Power Skating - Advanced Edges (Goalies Stretch)	Skating	Jumping Edges, Transition 360's, Backward 360's, Half Pivot 360's
5	8:35pm	Criss Cross Passing	Passing	Ted - Goalie Warmup Drills
5	8:40pm	Criss Cross Point Shot	Goalie Warmup	Quick release on point shots Early passes in zone
10	8:45pm	1 on 1, 2 on 2	1 on 1	D-side positioning, proper tie-up/puck clearing defensively
5	8:55pm	D-zone Coverage	Systems	Start on stomach, quickly identify
7	9:00pm	Goalie Breakout Regroup	NZ Regroup	
8	9:07pm	NZ Forecheck Walk-Thru	Systems	
10	9:15pm	Power Play	Special Teams	Work on quick, hard puck movement to open seams
5	9:25pm	3 on 3 w/ QB	Small Area Game	Compete!
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Drill no. :_____ Duration :____ Minutes From :____ To :____

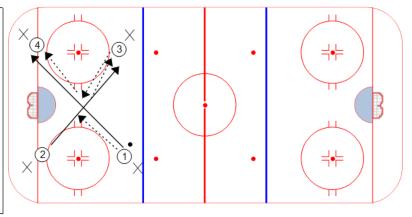
Title: Criss Cross Passing Content elements: Components:

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

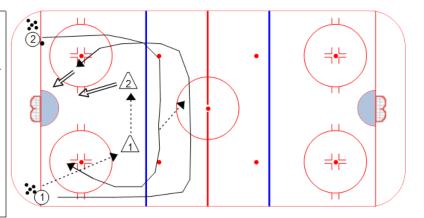
Drill no. :_____ Duration :____ Minutes From :____ To :____

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 :

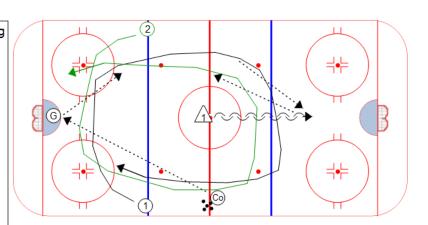
Title: Goalie Breakout Regroup Content elements: Components:

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 regroups, attack far end



Key Points : Goalie Passes Regrouping Low Swing 2 on 0