

Practice Plan

Group:	Midget Skills
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Session Length:	60 mins	Focus:	Skill Development

Equipment:	Start Time: End Time:	8:00pm 9:00pm	Level: MIDG Prepared by:	Date: <u>12/14/09</u>	_
	Notes:				

Length	Start Time	Drill name - Activity	Categories	Notes
15	8:00pm	Warmup / Power Skating	Warmup / Skating	-Dynamic Warmup Exercises -Long Strides -Basic Edges -Advanced Edge Transitions
10	8:15pm	Extended 4-Corner Passing	Passing	Hash marks instead of blue lines
30	8:25pm	STATION 1: (Kevin) 1) Circle Shot Progression 2) Quick Feed Shooting	Shooting	1) Basic 2) Half-Mohawk 3) One-Timer
		STATION 2: (Jason) 1) Criss-Cross Passing 2) Sweet-Hands / Snake Bite Course	Passing	
5	8:55pm	Dizzy Relay Race	Fun	

Drill no. :	Duration:	Minutes	From:		To :
Title: Criss Cross Passing	Content elements:			Components :	
Description	<u>on</u>				
1 starts with a puck. 2 skates ac gives 2 a pass. 2 passes to 3. toward 4. 3 gives 1 a pass. 1 p across toward 2. 4 passes to 3	1 skates across asses to 4. 3 skates	4 = 1	3 •		4+
Drill is continuous.		1			
Note: after you pass the nuck y	011 00		\	(i)	

Key Points : Passing Communication Mental High Tempo