

Practice Plan

Group:	Midget Major	
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Session Length:	75 mins	Focus:	Flow/Re	Flow/Recovery	
Start Time:	7:50pm	Level:	MIDG	Date:	12/15/09

Equipment:	End Time:	9:05pm	Prepared by:	KM	
	Notes:				

Length	Start Time	Drill name - Activity	Categories	Notes
10	7:50pm	Up the Middle, Down the Side	Warmup	Stickhandling Moves, Long Strides, Transitions, Cross Overs
10	8:00pm	Extended 4 Corner Passing	Passing/Goalie Warmup	Lines on hash marks instead of blue lines
10	8:10pm	Continuous Regroup	Regrouping/Flow	1 Defenseman on each side, 3 on 1 on the whistle
10	8:20pm	NJ Flow Drill	Flow / Timing	
15	8:30pm	Power Play - 5 on 3	Special Teams	Coach pressure Goalies Push Puck Up Ice on Breakout
20	8:45pm	FREE TIME	Unstructured Ice	Players have the option of staying on the ice or leaving.