



Practice Plan

Group: **Midget Major**

Session Length: **60 mins**

Focus: **Skills / Recovery**

Start Time: 8:30pm

Level: **MIDG** Date: **12/17/09**

End Time: 9:30pm

Prepared by: **KM**

Equipment:

Notes:

[illegible]

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

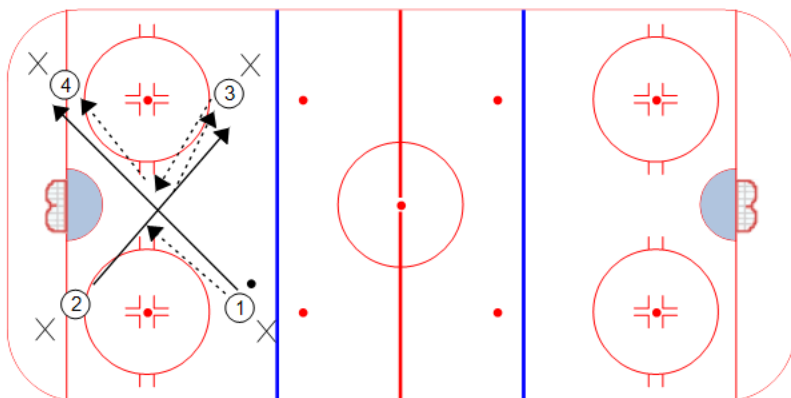
Title : Criss Cross Passing Content elements: _____ Components : _____

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

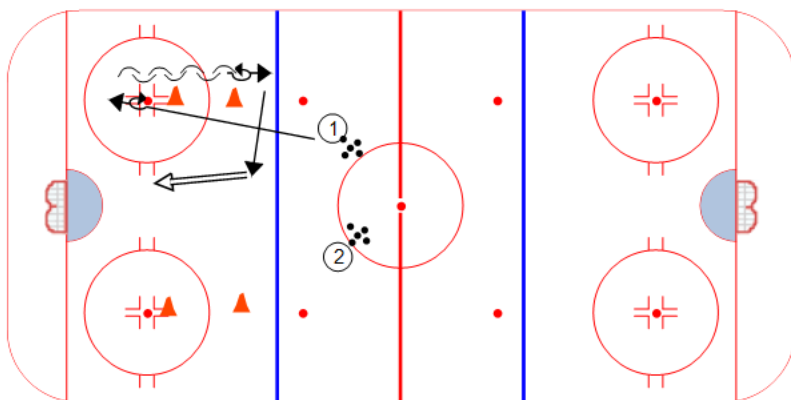
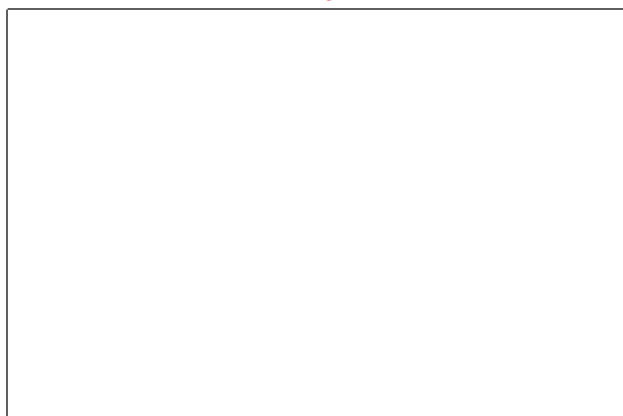
Mental

High Tempo

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

Title : Quick Pivot Warmup Content elements: _____ Components : _____

Description



Key Points :

Puck Control

Pivoting

Lateral Movement

Point Shots