

## **Practice Plan**

Group:	Midget	Major

Session Length:	60 mins	Focus:	Skills / Recovery
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Start Time: 8:30pm Level: MIDG Date: 12/17/09

End Time: 9:30pm Prepared by: KM

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Notes:			
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Length	Start Time	Drill name - Activity	Categories	Notes
5	8:30pm	Criss-Cross Passing	Passing/Warmup	Hard passes!
5	8:35pm	Quick Pivot Warmup	Goalie Warmup	Head up when shooting
10	8:40pm	Quick Release Shooting Review	Shooting	Focus on releases 1) Regular 2) Half-pivot shots 3) One-timers
10	8:50pm	Power Play: 5 on 3	Special Teams	Quick/hard puck movement
10	9:00pm	Breakout, Regroup, 3 x 2	Rushes	
10	9:10pm	Cross-Ice 2 x 1 Small Game	Small Area Game	
10	9:20pm	Free Ice	Unstructured Time	Players can leave if they'd like

Drill no. :_		Duration:	Minutes	From :		To :
Title: Criss Cross F	Passing	Content elemen	ts:	Co	omponents :	
<u> 1</u>	<u>Description</u>				-	
1 starts with a puck. 2 gives 2 a pass. 2 pastoward 4. 3 gives 1 a across toward 2. 4 p  Drill is continuous.  Note: after you pass to	sses to 3. 1 skat pass. 1 passes asses to 3. 3 pa	tes across to 4. 3 skates sses to 2.	X4 = + = X2 = + = X2 = + = X4	3×		<b>1</b>
Key Points :	Passing	Col	mmunication	Men	ital	High Tempo
Drill no. :_		Duration :	Minutes	From :		То :
Title: Quick Pivot V	Varmup	Content elemen	ts:	Co	omponents :	
1	<u>Description</u>				_	
						# # # #
Key Points :	Puck Contro	ol	Pivoting	Lateral Mo	ovement	Point Shots