

## Practice Plan



Group: **Midget Major**

Session Length: **75 mins**

**Focus: Skill Development**

Start Time: 8:30pm

Level: **MIDG**      Date: **12/22/09**

End Time: 9:45pm

Prepared by: **KM**

Equipment:

- Sweet Hands
- Attack Triangles
- Pucks
- Cones

Notes:

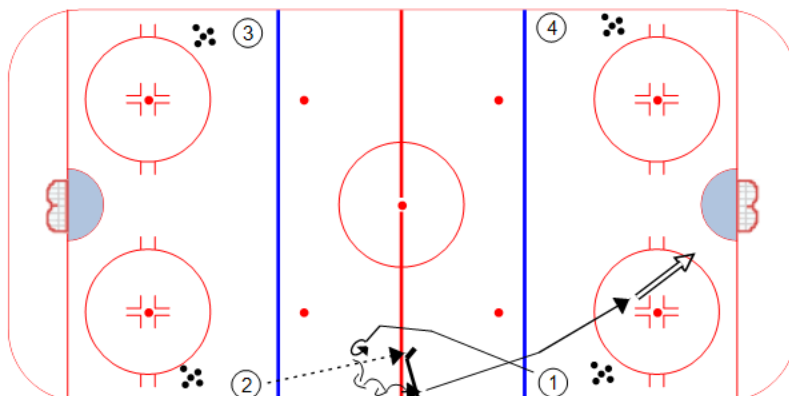
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Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Simple Open Up & Accelerate Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

F1 begins by skating toward the middle, then pivoting to face F2. F1 keeps stick in the middle of the ice, giving F2 a good target. F2 passes to F1. F1 accelerates with the puck and drives in to shoot.



### Key Points :

Pivoting

Acceleration w/ Puck

Buying Space

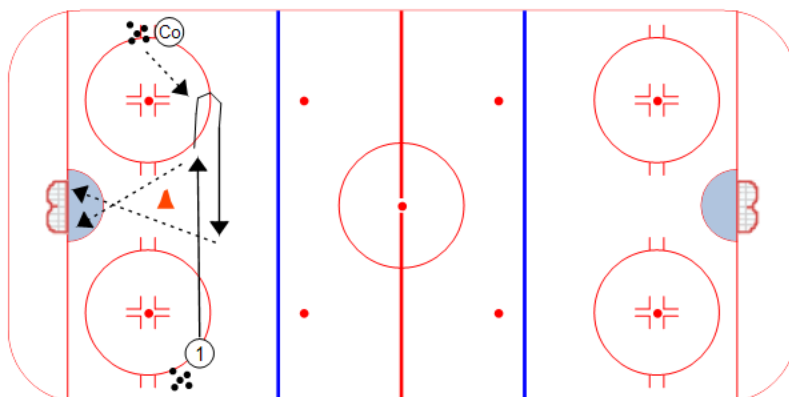
Passing

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Against the Grain Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

F1 skates straight across the slot and takes a shot to the opposite side of the net as the player is moving toward. F1 continues forward and gets a pass right away from Co, then drives back and performs a similar shot going the opposite direction.



### Key Points :

Cross-Body Shooting

Heads Up

Scoring Opportunities