

## **Practice Plan**

Group:	<b>Midget Major</b>
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Session Length: 75 mins Foci

Focus: Skill Development

Start Time:

Notes:

8:30pm Level:

MIDG

Date: 12/22/09

Equipment:

-Cones

-Sweet Hands -Attack Triangles -Pucks

End Time:	9:45pm	Prepared by:	KM

Length	Start Time	Drill flame - Activity	Categories	Notes
10		Basic Skating & Warmups	Warmup	Cross overs, puck in feet, partner passing, 1f 1b passing, weaving passing
7	8:40pm	Simple Open Up & Accelerate	Goalie Warmup/Skating	Accelerate with the puck
8	8:45pm	4 Corner Passing	Passing	Timing
10	8:55pm	Snake Bites	Skating/Puck Handling	NO STICKHANDLING - EMPHASIZE UNDER-HANDLING
10	9:05pm	Quick Shot Release Review (Circles)	Shooting	Forehand/Backhand     Forehand/Half-Pivot Forehand     Catch & Release/One-Timer
10	9:15pm	Against the Grain	Shooting	High Tempo
10	9:25pm	2 on 2 w/ QB	Small Area Game	
10	9:35pm	2 on 1 Cross-Ice	Small Area Game	

Drill no.	<b>:</b>	Duration :	Minutes	From		To :
Title: Simple Op	en Up & Accelera	Content elements:			Components	:
	<b>Description</b>					
to face F2. F1 ke giving F2 a good t	ing toward the midd eps stick in the mid arget. F2 passes t ne puck and drives i	dle of the ice, o F1. F1	# H	3		4
Key Points :	Pivoting	Δccelerat	ion w/ Puck	Bus	ing Space	Passing
noy i onito .	Tivoting	Accelerate	IOII W/ FUCK	Биу	ing Space	Fassing
	:	Duration :			:	To :
	:					То :
Drill no.	:	Duration :				То :
Drill no.  Title: Against the Against the opposite side toward. F1 continu	Description across the slot and of the net as the places forward and get an drives back and p	Duration:  Content elements:  takes a shot to ayer is moving s a pass right				То :