

Practice Plan



Group: **Midget Major**

Session Length: **60 mins**

Focus: Skills

Start Time: 8:30pm

Level: **MIDG** Date: **12/23/09**

End Time: 9:30pm

Prepared by: **KM**

Equipment:

Notes:

[illegible]

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

Title : 2 Cone Warmups

Category #1 : Warmup

Category #2 : Skating/Puck Control

Description

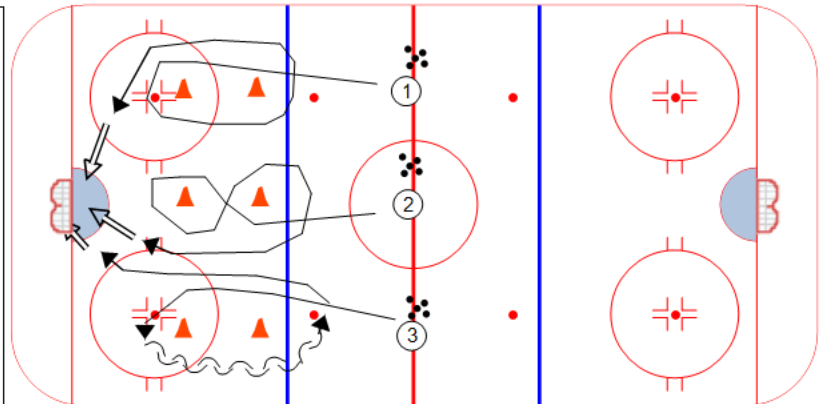
3 Options Shown

Players line up in 3 lines. One line goes at a time.

Option 1: Player skates forward around both cones, drives in and takes a shot.

Option 2: Player skates (forward) a figure-8 pattern around the cones, drives in and takes a shot.

Option 3: Player skates forward to the 2nd cone, pivots backward back to the first cone, then pivots forward, drives in and takes a shot.



Key points :

Agility

Footwork

Puck Control

Skating

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

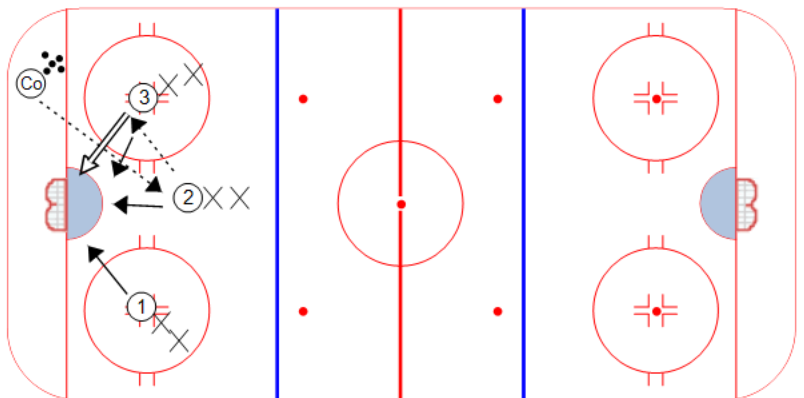
Title : Quick Pass Net Attack

Content elements:

Components :

Description

Co passes to one of the 3 players. Player who receives the pass (2 in this diagram) passes to another player who shoots. All 3 players crash the net looking for a rebound.



Key Points :

Driving the Net

Quick Puck Movement

Rebounds

Rebound Control

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

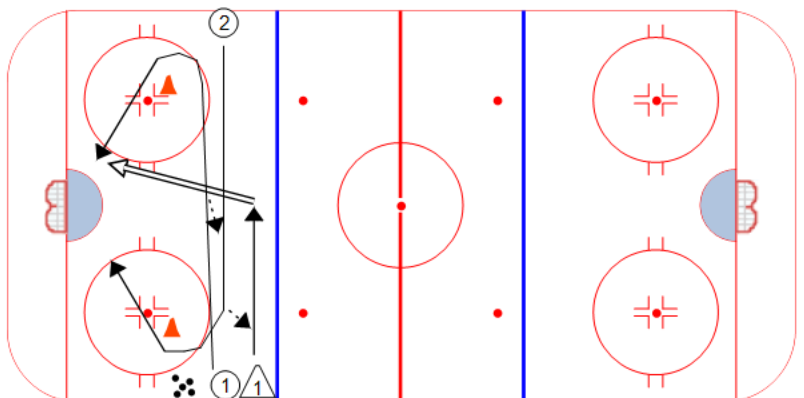
Title : Criss Cross Tip

Content elements:

Components :

Description

F1 leaves with a puck and leaves a drop pass for F2 while criss-crossing. F2 leaves a drop pass for D1 who moves laterally across the blue line. F1 & F2 drive the net around the cones. D1 looks for a tip to F1 or F2.



Key Points :

Lateral Movement

Drop Passes

Tipping

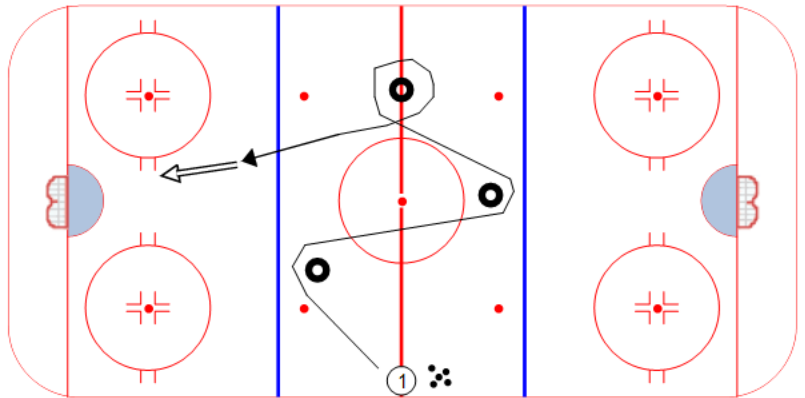
Attacking the Net

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

Title : Middle Puck Protection **Content elements:** _____ **Components :**

Description

Player begins with a puck and drives around each cone/tire/Attack Triangle protecting the puck each time. The player does a 360 around the final tire and drives in for a shot.



Key Points :

Puck Protection

Tight Turns

Driving the Net