	Practice Plan		Group:	Midget Major			
HockeyShare	Session Length:	75 mins	Focus:				_
	Start Time:	7:50pm	Level:	MIDG	Date:	12/29/09	
Equipment:	End Time:	9:05pm	Prepa	Prepared by: KM			_

Notes:

Length	Start Time	Drill name - Activity	Categories	Notes
10	7:50pm	Skating/Passing Warmup	Warmup	Crossovers, Pivots, Passing
5	8:00pm	Quick Circle Skating	Skating	w/ Pucksall 4 circles 1/2, Full, Pivot 1/2, Pivot Full
5	8:05pm	Simple Open & Accelerate	Passing	Goalie Warmup
5	8:10pm	4 Corner Passing	Passing	Feet moving, communication, hard passes
20	8:15pm	Power Play	Special Teams	Full IceCorner Switch Play.
10	8:35pm	Get the Puck Out 3 x 1	Breakouts	Dump the Puck
10	8:45pm	NJ Flow	Flow / Timing	Hard Passes, Feet Moving
10	8:55pm	2 on 1 Small Area Game	Small Area Game	Get Open