Practice P	lan
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Session Length:	60 mins	Focus:	Skills		
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Group: Midget Major

The control of the co	ocssion Length.	60 mins	_ Focus:	Skills		
	Start Time:	8:30pm	Level:	MIDG	Date:	12/30/09
Equipment:	End Time:	9:30pm	Prepa	red by:	KM	
	Notes:					

Length	Start Time	Drill name - Activity	Categories	Notes
10	8:30pm	Edges / Skating Warmup	Warmup	360's, Transition 360's, Backward 360
10	8:40pm	Basic Passing	Passing	
40		2 Stations:  1) Backhand (Jason) -Stationary -Moving 2) Tight Turns (Kevin)	Passing / Skating	

