

## Practice Plan



Group: **Midget Major**

Session Length: **60 mins**

Focus: **Skills**

Start Time: 8:30pm

Level: MIDG Date: 12/30/09

End Time: 9:30pm

Prepared by: **KM**

Equipment:

Notes:

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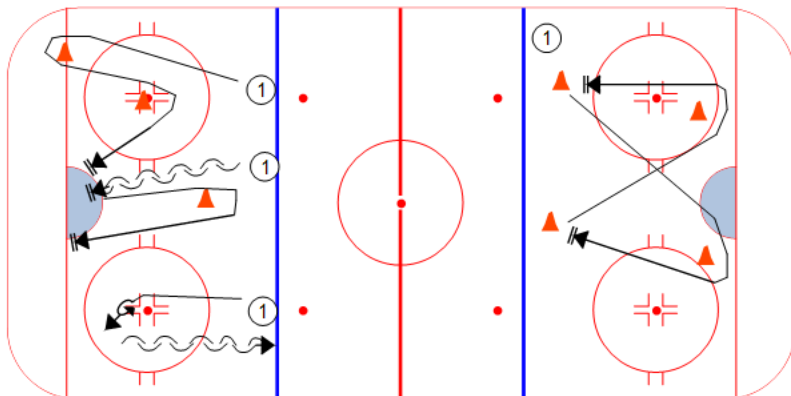
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Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_  
Title : Tight Turn Skating Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

3 Drills



**Key Points :**

Agility

Tight Turns

Stops

Quick Starts