	Practice Plan
A The Level Com	

Group:	Midget Major
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Hockey Share	Session
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Session Length: 60 mins Focus: Defensive Responsibility

	Start Time:	8:30pm	Level: MIDO	Date: 0	2/11/10
Equipment:	End Time:	9:30pm	Prepared by	KM	
	Notes:				
	All 1/2 Ice				

...drills taken from 2/9/10 practice due to snow storm

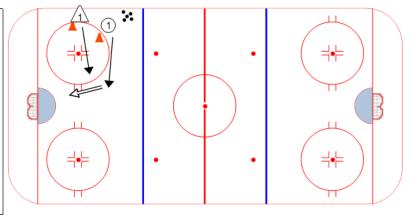
Length	Start Time	Drill name - Activity	Categories	Notes
5	8:30pm	Criss-Cross Passing	Passing	Goalies Stretch
5	8:35pm	2 Cone Warmup	Skating/Goalie Warmup	Feet moving, head up
10	8:40pm	3 on 3 Cone Pass	Small Area Game	
10	8:50pm	Circle Top 1 on 1	1 on 1	Play Rebounds, Box Out in Front ***Extra shot from point***
10	9:00pm	Wing Responsibility	D-Zone	Proper point pressure - D, quick releases F2 - play rebound/tip!
10	9:10pm	Front of Net Battles - 1 on 1	1 on 1	3 shots from point, Defensive players - no sticksbox out, take body
10	9:20pm	Quick Zone Entry 2 on 1	2 on 1/Zone Entry	D - properly play 2 on 1O - quick plays, attack the net.

Drill no. :	Duration :	Minutes	From :	To :	
Title: Circle Top 1 on 1	Content elements:		Compone	ents :	

Description

F1 starts with a puck about one step off the wall. D1 starts against the wall. On the whistle, both players leave playing 1 on 1. Play continues until puck is out of play, goalie freezes the puck, or a goal is scored.

Note: Use cones to prevent cheating at the start



From:

To:

Key Points: 1 on 1 Angling Quick Shots Net Front Battles

Minutes

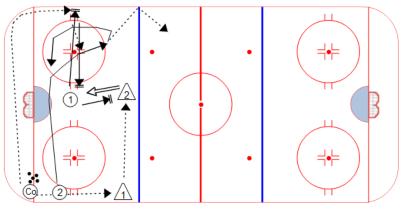
Title: Wing Responsibility Content elements: Components:

Duration :

Description

Drill no. :

Co wraps a puck around the boards. F1 stops the puck. F2 curls through the middle for a pass. F1 passes to F2. F2 skates with the puck and uses the glass to get the puck into the NZ. F1 returns to weak-side wing position in slot. Co passes a new puck to D1. D1 passes to D2. F2 curls back to the front of the net for a tip/rebound. F1 pressures D2 (insideout). D2 shoots.



Key Points: Wing D-Zone Responsi Chip Puck Out Breakout Passes Point Shots

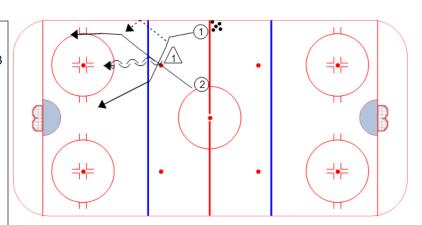
Drill no. : _____ Duration : ____ Minutes From : ____ To :

Title: Quick Zone Entry 2 on 1 Content elements: Components:

Description

F1 starts with a puck on the red line. F2 starts without a puck on the red line near the edge of the center circle. D1 starts with good gap to F2. On whistle, all 3 players begin. F1 chips the puck around D1 off the wall and criss-crosses with F2. F2 picks up the puck. Play continues 2 on 1.

Variation Note: Add a backchecker to create a 2 on 2



Key Points: 2 on 1 Zone Entry Offensive Creativity Defensive Positioning