## **Practice Plan**



Session Length:	60 mins	Focus:	1 on 1 / Attack
_	oo iiiiis	FOCUS.	T ON T / ATTACK

Group: Midget Majors

			- Focus.	TOTI I / Attack		
	Start Time:	7:45pm	Level:	MIDG	Date:	02/18/10
Equipment:	End Time:	8:45pm	Prepa	red by:	KM	
	Notes:					

Length	Start Time	Drill name - Activity	Categories	Notes
5	7:45pm	Criss-Cross Passing	Warmup/Passing	
5	7:50pm	2 Cone Warmup	Skating/Goalie Warmup	
10	7:55pm	Top of Circle 1 on 1	1 on 1	
10	8:05pm	Pat's 1 on 1	1 on 1	
15	8:15pm	PP/PK	Special Teams	
10	8:30pm	Overspeed 2 on 0	Attack the Net	
5	8:40pm	Quick Pass Attack	Attack the Net	

Drill no.	:	Durat	ion :	Minutes	From :	To <u>:</u>	
Category #1:				Title: Pat's	1 on 1		
Category	#2:	1 on 1					
Content elements	<b>3</b> :			Compone	ents:		
Key points :			•	FE		G	Sommer Co.
				Discount and the con-			

## Description

This type of warm up drill can be used for pre-game warm up or a good half-ice drill at practice. The forward starts the drill by skating into the slot and receiving a pass from the defense in the corner. After the shot, the defense carries a puck around the net and passes to the same forward who has timed their curl to receive a flat pass from the defense. After receiving the pass, the forward skates outside the blue line and gives a pass to the second player in line. The forward then receives a pass back and attacks the defense 1 on 1. There are several important keys to this drill: (1) Forwards need to time their curl so they receive a flat pass from the defense (2) Defense need to skate around the net and stay inside the dots as they turn up ice and deliver the pass (3) Once they give the pass to the forward, the defense needed to get their feet outside the blue line.

Practice title: 021810		2/18/2010 2:19 PM		Page: 3 of 3		
Drill no. :	Duration	: Minutes	From :	_ To :		
Title: Overspeed 2 on 0	Content e	lements:	Components	::		
Desc	<u>cription</u>					
1 begins by cutting low int and cuts high across the z cuts up the wall and gives to 3. 2 swings to the far w from 3 and cuts up the mi attack the zone 2 on 0. Drill is continuous - 3 & 4 red line.	cone and gives 1 a pass a retrun pass to 2. 2 p vall and up ice, 1 gets a ddle of the ice. 1 and 2	s. 1 lasses lipass 2	(2)	3 4 X X X X X X X X X X X X X X X X X X		
Key Points :	Timing	Rushes	Quick Passing	2 on 0		
Drill no. :	Duration	: Minutes	From :	To :		
Title: Quick Pass Net Attack Content elements: Components:						
Desc	cription					
Co passes to one of the receives the pass (2 in thi another player who shoots looking for a rebound.	s diagram) passes to			=======================================		

**Quick Puck Movement** 

Rebounds

Rebound Control

**Key Points:** 

Driving the Net