Practice Plan



| Session Length: | 60 mins | Focus: High Tempo/Timing |
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Group: Midget Major

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|------------|-------------|--------|--------|-----------|--------------|----------|
| | Start Time: | 8:50pm | Level: | MIDG | Date: | 02/22/10 |
| Equipment: | End Time: | 9:50pm | Prepa | red by: | KM | |
| | Notes: | | | | | |
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| Length | Start Time | Drill name - Activity | Categories | Notes | |
|--------|------------|---------------------------|-----------------------|--|--|
| 5 | 8:50pm | Lap Warmups | Warmup/Skating | Cross-overs, Ovie Shuffles, Passing | |
| 5 | 8:55pm | 4 Corner Passing | Passing/Goalie Warmup | Communication, Stop in Front of Net Head shots = 50 pushups | |
| 10 | 9:00pm | 3 on 3 w/ QB | Small Area Games | 40 second shifts, change on the whistle, on the flyDefense are QB when resting | |
| 10 | 9:10pm | Overspeed 2 on 0 | Rushes | Keep feet moving the entire time - creativity | |
| 10 | 9:20pm | Open Up Escape Timing | Timing | Accelerate to the net after escape move & passplay rebounds | |
| 10 | 9:30pm | Continuous Regroup | Timing/Regroup | 1 D on each side | |
| 10 | 9:40pm | Basic Concentration [NEW] | Focus/Mental Training | Execute at top speed | |
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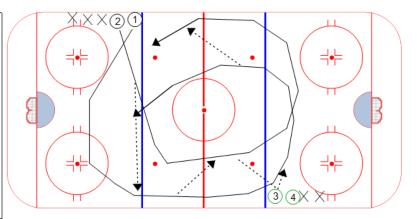
Drill no. : Duration : Minutes From : To :

Title: Overspeed 2 on 0 Content elements: Components:

Description

1 begins by cutting low into the zone. 2 starts after 1 and cuts high across the zone and gives 1 a pass. 1 cuts up the wall and gives a retrun pass to 2. 2 passes to 3. 2 swings to the far wall and up ice, 1 gets a pass from 3 and cuts up the middle of the ice. 1 and 2 attack the zone 2 on 0.

Drill is continuous - 3 & 4 leave after 1 & 2 clear the red line



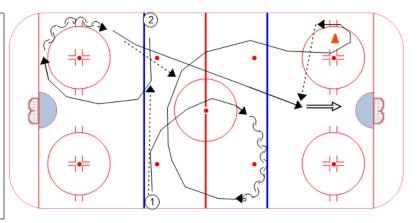
Key Points: Timing Rushes Quick Passing 2 on 0

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

Title: Open Up Escape Timing Dri Content elements: Components:

Description

On the whistle, 2 skates across the blue line. 2 gets a pass from 1. 2 continues into the zone pivoting arond the bottom of the circle and stepping forward again. 1 loops through the NZ always facing 2 (never turning back on the puck). 2 passes to 1. 1 heads up the far wall and performs an escape/delay around the cone. 2 continues to drive up ice. 1 passes to 2. 2 shots on net. 1 & 2 drive the net looking for rebounds.



Key Points : Timing Pivots Escape Turns Driving the Net

Drill no. : Duration : Minutes From : To :

Title: Basic Concentration Content elements: Components:

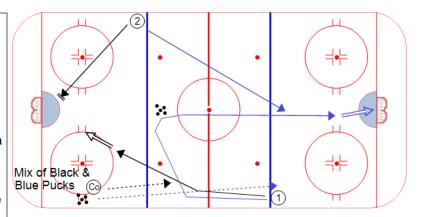
Description

Co begins with a mixture of black and blue pucks. F1 begins by skating toward Co. Co makes a pass to F1.

If Co passes a black puck, F1 drives in the zone and shoots on net. F2 drives to the net for a rebound or tip.

If Co passes a blue puck, F1 lets the pass go (does not touch the puck) and curls to the middle to pick up a new (black) puck and skates down ice for a shot. F2 backchecks F1.

Note: This drill is designed to force players to read the situation quickly and react accordingly. Drill should be



Key Points : Focus Concentration Decision Making Driving the Net