Practice Plan



Session Length: 6	30 mins	Focus:	Skill Development
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Group: Midget Major - OFFENSE

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	Start Time:	3:00pm	Level:	MIDG	Date:	02/27/10
Equipment:	End Time:	4:00pm	Prepa	red by:	KM	
	Notes:					
	Puckmasters (20' x 4	0' Synthetic Rink)				

Length	Start Time	Drill name - Activity	Categories	Notes
5	3:00pm	Basic Skating Introduction	Warmup	Allow skaters to get used to synthetic icebasic strides, stops, backward, crossovers
5	3:05pm	Tight Turns Around Punching Bags	Skating / Goalie Warmup	Do not swing punching bags
10	3:10pm	Swinging Bag Drills	Skating	Basic weaving / heads-up play with swinging punching bags
10	3:20pm	3 Pass Give & Go One-Timer	Passing/Shooting	
5	3:30pm	***WATER BREAK***		(Bags Up)
10	3:35pm	Swinging Give & Go	Passing	Opposite CornersPivot open to pass
10	3:45pm	2 on 0 Down & Back	Passing/Rushes	Creativity
5	3:55pm	2 on 2 w/ QB	Small Area Game	Other players are QB

Drill no. :	Duration :	Minutes	From :		To :
Title: Skating Drills - Bags	Content elements:		Components :		
<u>Description</u>				_	
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Key Points :					
Drill no. :	Duration :	Minutes	From :		To :
Title: 3 Pass Give & Go 1-Timers	Content elements:		Co	mponents :	
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Key Points :			_		_
Drill no. :	Duration :	Minutes	From :		То :
Title: 2 on 0 Down & Back	Content elements:		Co	mponents :	
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