Practice Plan

Group: **Midget Skills**

Session Length: **60 mins**

Focus:

Start Time: **8:30pm**

Level: **MIDG** Date: **11/18/09**

End Time: **9:30pm**

Prepared by: **KM/JM**

Equipment:

Notes:

Length	Start Time	Drill name - Activity	Categories	Notes
20	8:30pm	Warmup / Edges	Skating	-High Leg Kicks (F/B) -Ad/Abductor Kicks -Groin Stretch -Dynamic Stretches -Alternating 1/2 Pivots -Edge Transitions -Cross Unders -Penguin Walks -1 Foot Hops -2 Foot Transition Jumps -Line Hops -Forward 360 Tight Turns -Backward 360 Tigh Turns -D Step Outs (Jason) -D Turn / Tight Turns -Forward Lat Mvmt. Variation (Jason)
30	8:50pm	STATIONS (10 min rotations) 1) Skating: Overspeed Station (Kevin) 2) Passing: Yo-Yo (Joe) 3) Shooting: Tip Drill/Scoring (Jason)		MM Offense mm Offense ALL Defense
10	9:20pm	3-Zone Game	Small Area Game	Divide players into equal teams in each zone. Should use every player.