Practice Plan

Group: **Midget Major**

Session Length: **45 mins**

Focus: **System Recap**

Start Time: **8:00pm**

Level: **MIDG** Date: **03/04/10**

Equipment:

End Time: **8:45pm**

Prepared by: **KM**

Notes:

LAST PRACTICE OF THE SEASON

Length	Start Time	Drill name - Activity	Categories	Notes
5	8:00pm	4 Corner Passing	Passing/Warmup	Goalies Warmup
15	8:05pm	PP/PK	Special Teams	Varied Pressure
10	8:20pm	D-Zone Review	D-Zone	D players on stomach
10	8:30pm	Forecheck Review	Forecheck	O-Zone & NZ
5	8:40pm	3 x 0, 3 Puck Relay Race	Fun	