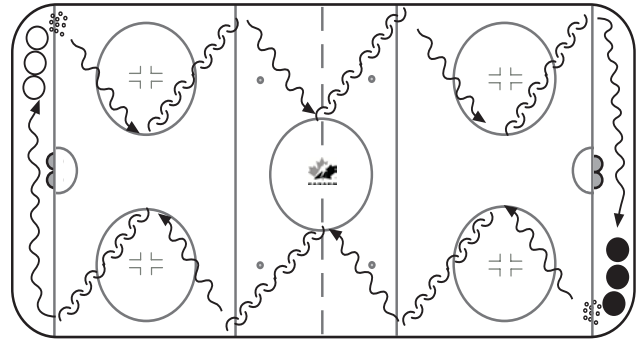




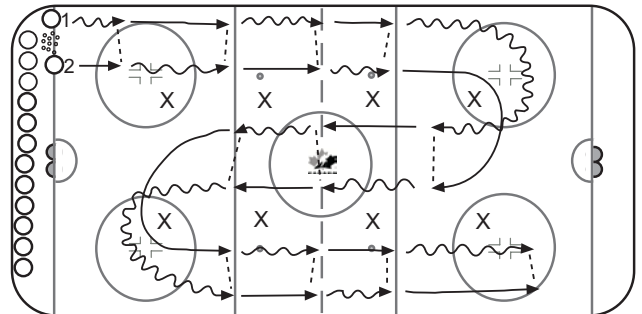
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Midget Practice Plan 1

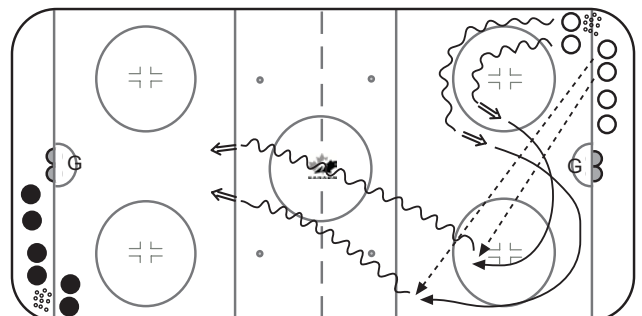
Time	Description
5	Transitional Skate with Puck
	<ol style="list-style-type: none"> 1. Players with pucks at each end start on whistle 2. Forward skate to hashmarks 3. Pivot, backwards skate to blue line 4. Pivot, forward skate to centre circle 5. Pivot, backwards to blue line 6. Forward to hashmarks and backwards to corner



Time	Description
8	Two – Man Touch Pass Sequence
	<ol style="list-style-type: none"> 1. Starting from corner, pairs of players one-touch pass down one wall, up the middle and down the other wall <p>VARIATIONS:</p> <ol style="list-style-type: none"> 2. Both players skate forwards X2 3. Both players skate backwards X2 4. One player forward, one player backwards



Time	Description
7	Portland Shooting
	<ol style="list-style-type: none"> 1. On the whistle, 2 players from each corner skate around top of circle 2. Take shot on net 3. Players curl around bottom of far circle 4. Receive rink-wide passes from next 2 players in line 5. Players continue down ice for long shot

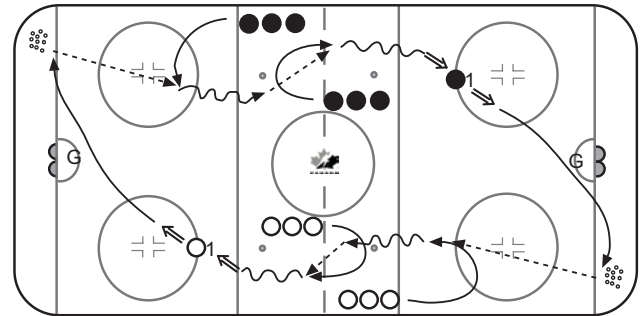




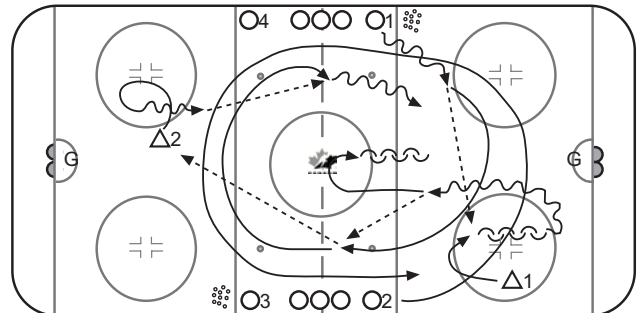
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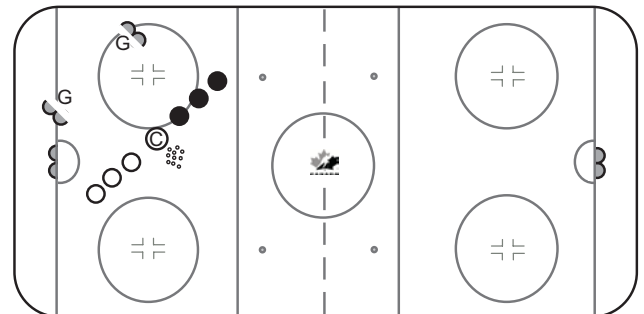
Time	Description
7	Swedish Shooting, Continuous
	<ol style="list-style-type: none"> 1. Position 01 & ●1 at top of the circle, one at each end, divide players evenly into 4 lines 2. 01 & ●1 shoot, pick up pucks; 02 & ●2 from blue lines cut into circles for passes from 01 & ●1 3. 03 & ●3 from centre line cut into zones for passes from 02 & ●2 4. 03 & ●3 shoot from top of circles



Time	Description
10	2 on 1, 2 on 2 Counter Attacks
	<ol style="list-style-type: none"> 1. On whistle, Δ1 to top of circle for pass from 01 2. 01 & 02 skate through circle tops for pass from Δ1 3. 01, 02, & Δ1 skate through NZ, Δ1 back peddles from red line returning to end zone 4. 01 or 02 passes to Δ2, Δ2 executes escape 5. 01 & 02 regroup with Δ2, attack 2-on-1 vs Δ1



Time	Description
10	Tight Area 2 on 2
	<ol style="list-style-type: none"> 1. Position nets in one corner 2. Play 2-on-2 in tight area 3. Change every 20 – 30 seconds 4. Players must tag up to change

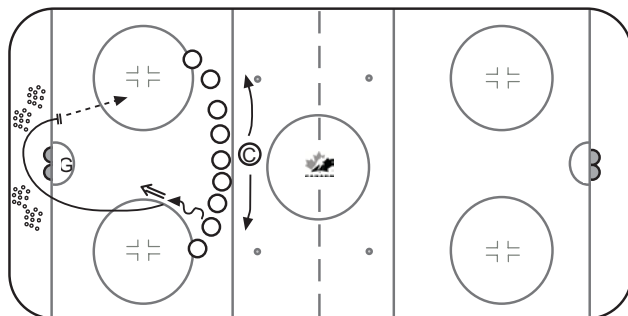




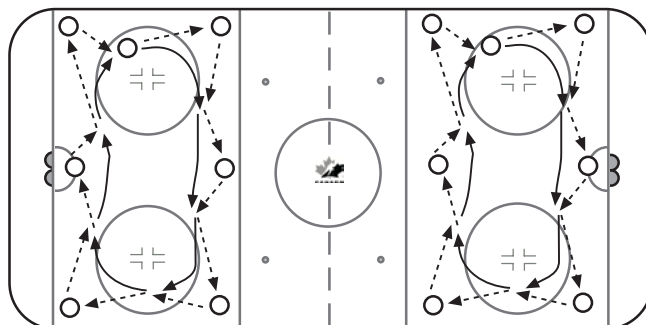
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Midget Practice Plan 2

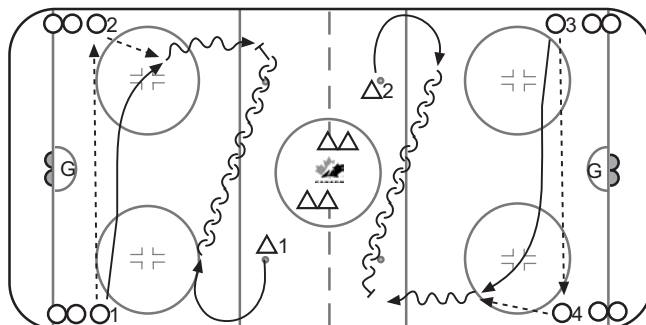
Time	Description
6	Find the Shooter <ol style="list-style-type: none">1. All players line up with sticks turned over2. O1 shoots, picks up puck behind net, while © selects next shooter3. Next shooter must be the only player in line holding stick in an open position4. O1 identifies and passes to next shooter



Time	Description
6	Warm- up, One-Touch Passing <ol style="list-style-type: none">1. Players in each zone2. One player circles zone, one-touch passing to each player including Goaltender3. Change direction4. Each player skates both directions 2 or 3 times



Time	Description
8	Olympic 1 on 1 <ol style="list-style-type: none">1. O1 passes to O22. O1 skates cross ice3. O2 returns pass to O14. D Pivots backwards, to play 1 on 1 with O15. Both ends at once

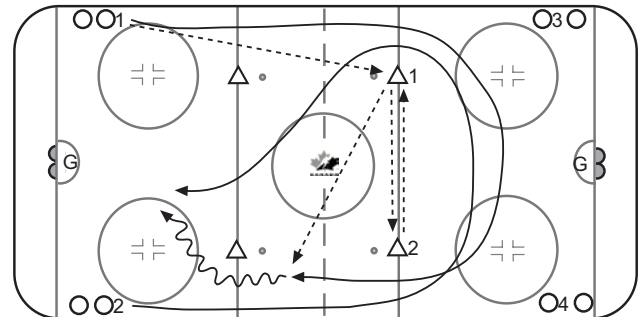




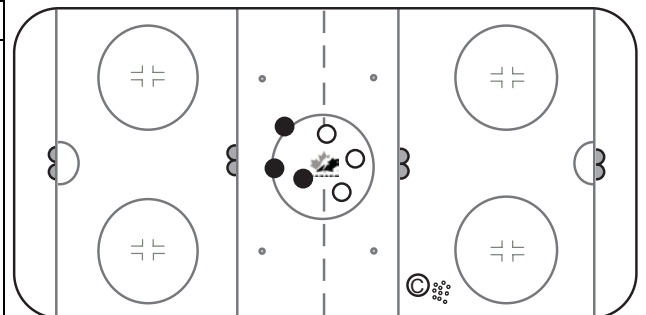
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Midget Practice Plan 2

Description	
7	Gordie "O" Net Drive
<ol style="list-style-type: none">01 passes to Δ1Δ1 one-touch passes back & forth with Δ201 & 02 skate around Δ1 & Δ2, crossing in end zoneΔ1 passes to 01 for wide drive, 02 supports mid-laneDouble drive to netBoth ends at once	



Time	Description
7	Neutral Zone 3 on 3
<ol style="list-style-type: none">Move nets to blue lineOn whistle, 3 players from each team jump in to get puckCoach spots additional pucks to keep players in middleChange after 30 seconds	



Time	Description
6	3rd Pass Shooter
<ol style="list-style-type: none">All players in large circle in NZ© passes to a player,Receiver passes to a 2nd player2nd Player to a 3rd player3rd player receives pass and leaves circle for shotContinue until all players have had a shotUse both goaltenders, alternating ends for shotsRepeat	

