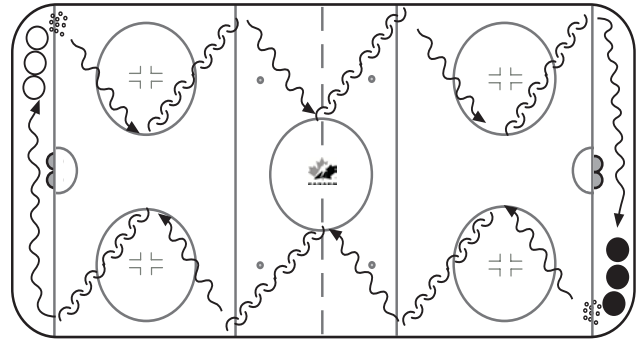




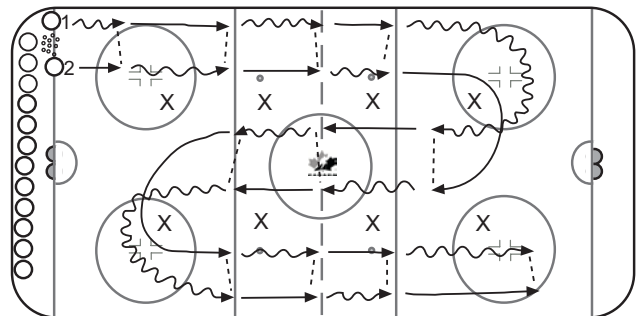
## Hockey Canada Skills Development Program

### Midget Practice Plan 1

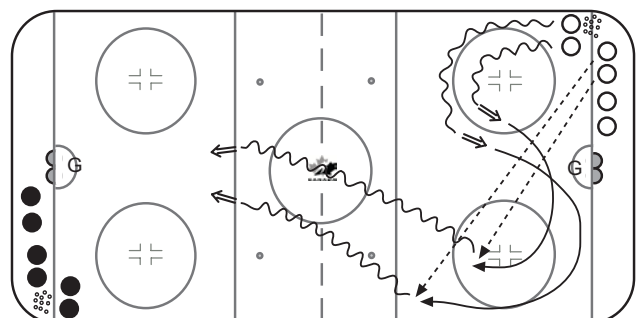
Time	Description
5	<b>Transitional Skate with Puck</b> <ol style="list-style-type: none"><li>1. Players with pucks at each end start on whistle</li><li>2. Forward skate to hashmarks</li><li>3. Pivot, backwards skate to blue line</li><li>4. Pivot, forward skate to centre circle</li><li>5. Pivot, backwards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



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



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

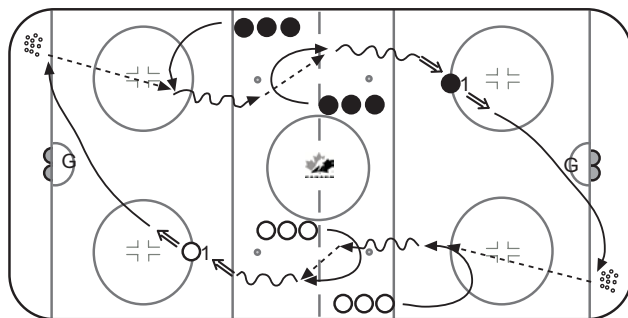




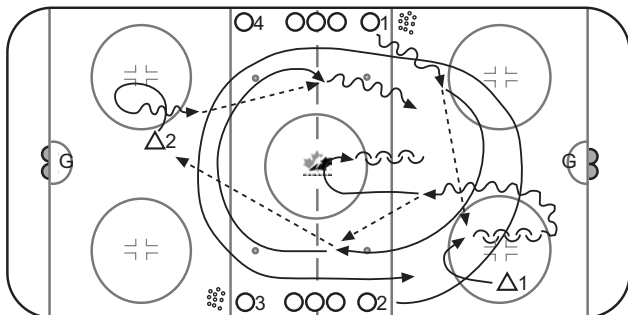
## Hockey Canada Skills Development Program

### Midget Practice Plan 1

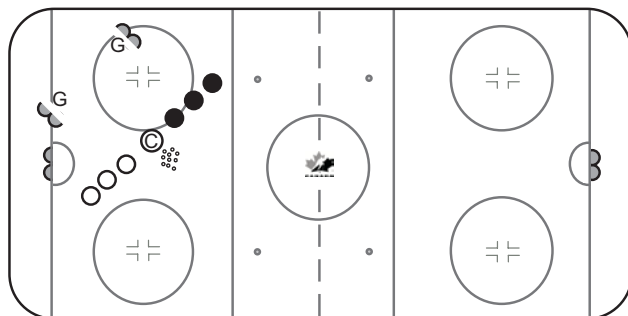
Time	Description
7	Swedish Shooting, Continuous
	<ol style="list-style-type: none"> <li>1. Position 01 &amp; ●1 at top of the circle, one at each end, divide players evenly into 4 lines</li> <li>2. 01 &amp; ●1 shoot, pick up pucks; 02 &amp; ●2 from blue lines cut into circles for passes from 01 &amp;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



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



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

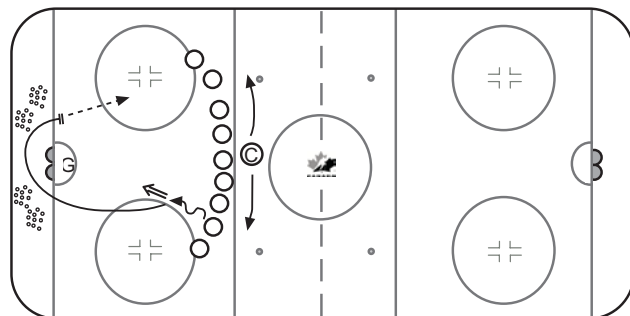




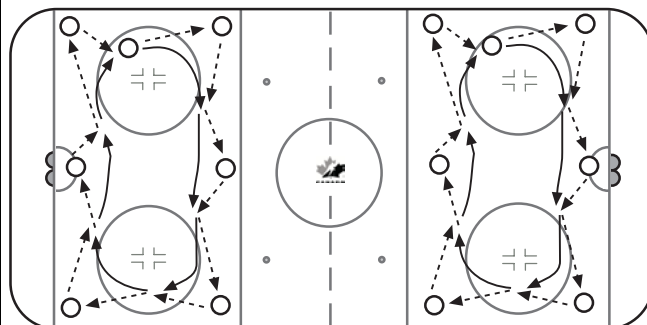
## Hockey Canada Skills Development Program

### Midget Practice Plan 2

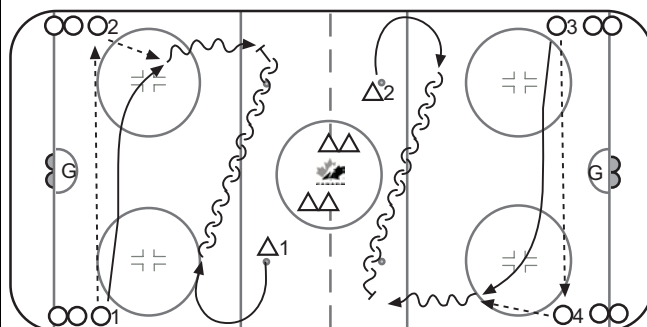
Time	Description
6	<b>Find the Shooter</b> <ol style="list-style-type: none"><li>1. All players line up with sticks turned over</li><li>2. O1 shoots, picks up puck behind net, while © selects next shooter</li><li>3. Next shooter must be the only player in line holding stick in an open position</li><li>4. O1 identifies and passes to next shooter</li></ol>



Time	Description
6	<b>Warm- up, One-Touch Passing</b> <ol style="list-style-type: none"><li>1. Players in each zone</li><li>2. One player circles zone, one-touch passing to each player including Goaltender</li><li>3. Change direction</li><li>4. Each player skates both directions 2 or 3 times</li></ol>



Time	Description
8	<b>Olympic 1 on 1</b> <ol style="list-style-type: none"><li>1. O1 passes to O2</li><li>2. O1 skates cross ice</li><li>3. O2 returns pass to O1</li><li>4. D Pivots backwards, to play 1 on 1 with O1</li><li>5. Both ends at once</li></ol>

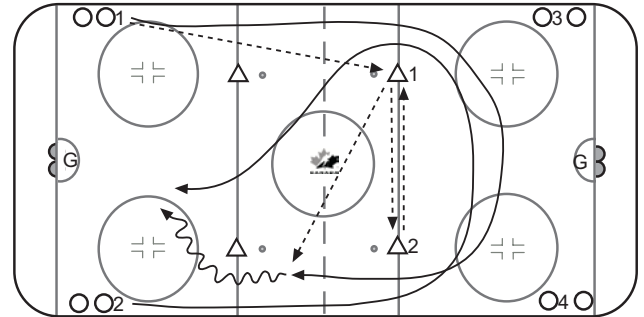




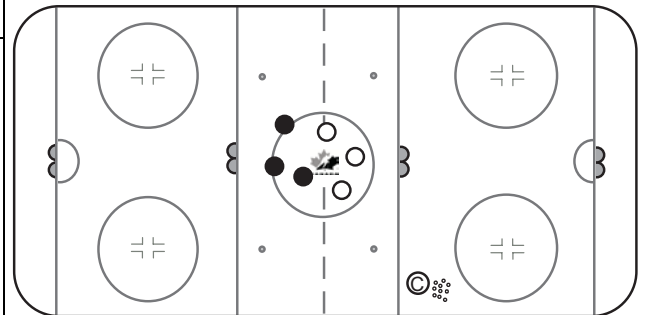
## Hockey Canada Skills Development Program

### Midget Practice Plan 2

Description	
7	<b>Gordie "O" Net Drive</b>
<ol style="list-style-type: none"><li>01 passes to Δ1</li><li>Δ1 one-touch passes back &amp; forth with Δ2</li><li>01 &amp; 02 skate around Δ1 &amp; Δ2, crossing in end zone</li><li>Δ1 passes to 01 for wide drive, 02 supports mid-lane</li><li>Double drive to net</li><li>Both ends at once</li></ol>	



Time	Description
7	<b>Neutral Zone 3 on 3</b>
<ol style="list-style-type: none"><li>Move nets to blue line</li><li>On whistle, 3 players from each team jump in to get puck</li><li>Coach spots additional pucks to keep players in middle</li><li>Change after 30 seconds</li></ol>	



Time	Description
6	<b>3<sup>rd</sup> Pass Shooter</b>
<ol style="list-style-type: none"><li>All players in large circle in NZ</li><li>© passes to a player,</li><li>Receiver passes to a 2<sup>nd</sup> player</li><li>2<sup>nd</sup> Player to a 3<sup>rd</sup> player</li><li>3<sup>rd</sup> player receives pass and leaves circle for shot</li><li>Continue until all players have had a shot</li><li>Use both goaltenders, alternating ends for shots</li><li>Repeat</li></ol>	

