

Midget: Practices 15 & 16

1 of 2

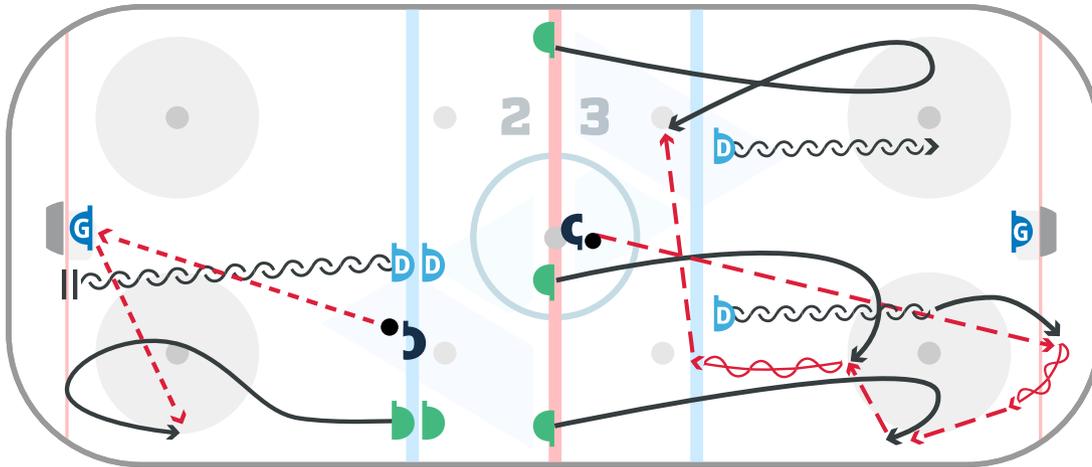
Time: 60 minutes | Theme: Goalies playing the puck & breakout options | Equipment: Pucks

Warm-up

Players are split into all five circles and skate randomly with pucks working on creative fakes and deceptions. On the whistle, players attempt to knock the puck off their nearest teammate's stick while maintaining control of their own puck. If a player loses their puck, they are out.

1. Burning Stick

The coach stands in front of a group of players and uses his stick to command the players where to skate (forward, backward, or side-to-side) testing their agility. Once they reach the far blue line, then the next group begins.

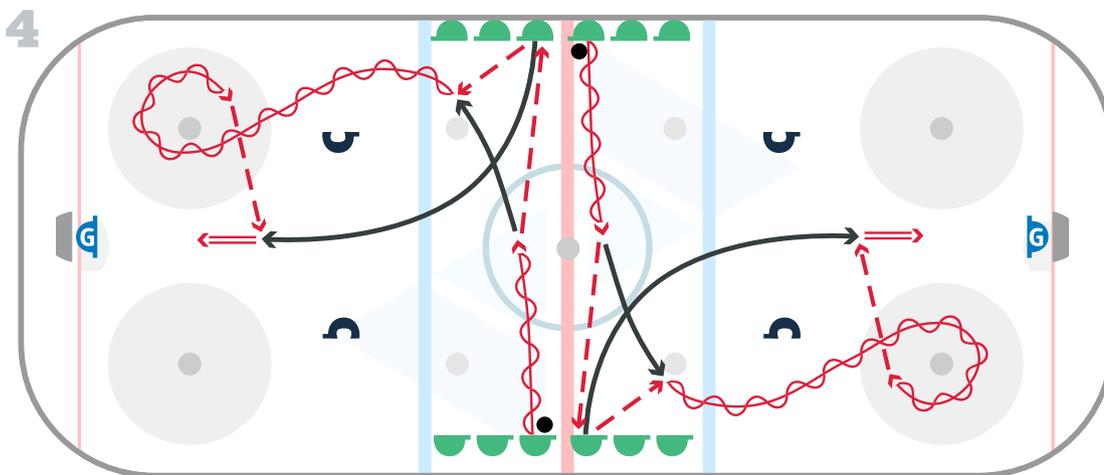


2. Goalie Outlet Pass

The coach dumps the puck on the net, and the goalie has to make an outlet pass to the forward who swings low along the boards. Meanwhile, a defenseman back pedals, touches the goal line, and defends against the forward, who regroups and attacks the net.

3. Double Breakout Attack

Two defensemen breakout the same group of forwards twice: first with a quick up to the strong-side winger and second with a D-to-D pass to the opposite side winger. After the second breakout, the forwards regroup in the neutral zone and attack the defensemen three-on-two.

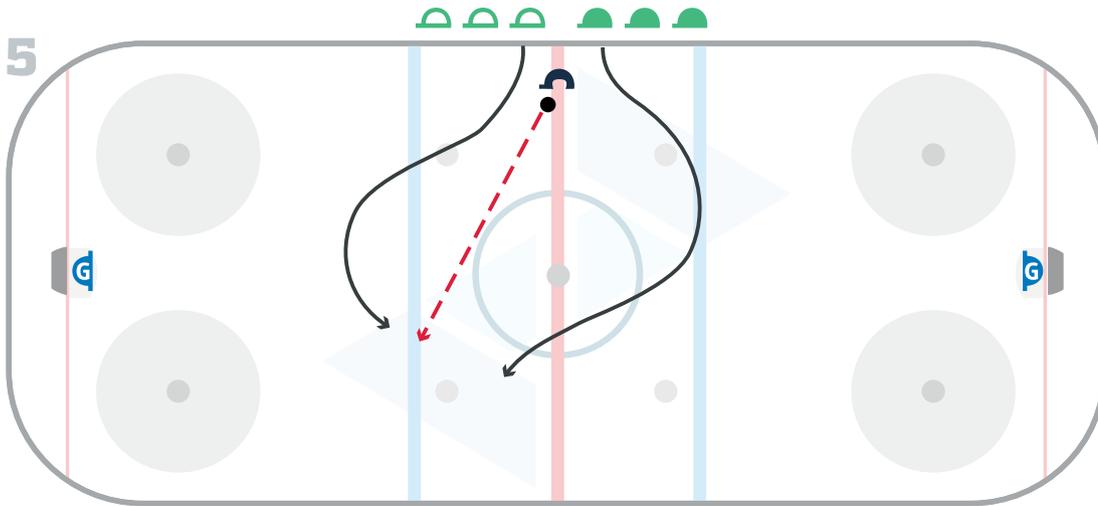


4. Net Drive Delay

Breaking across the ice, the first player receives a short pass, drives wide around the coach and executes a delay maneuver. After making the short pass, the second player times his route into the zone and receives a pass from the first player for a shot.

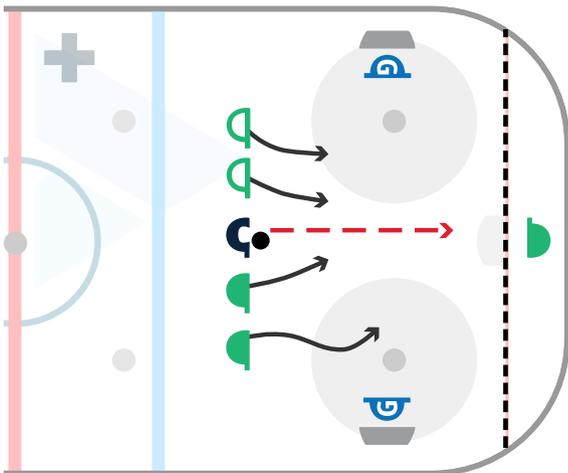
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5. Stampede Angle

Players are split into two teams and separated onto opposite benches. The coach says a number (one-four) corresponding to the number of players from each bench that exit the middle gate. A puck is spotted to one side indicating the offensive team while the defensive team must first touch their own blue line before attempting to angle the attacking team to the outside.



+ Cross-Ice Hockey Single Support

Play 2v2 for 40-second shifts going across ice in the end zone. Select a support player that may only roam below the goal line. Each team must first make a pass with the support player before attempting a shot on net. Add an incentive for the players to try harder such as push-ups for the losing team.

Legend

players		pilon		skate		pass	
coach		stick		skate backward		shoot	
		stop		skate with puck			