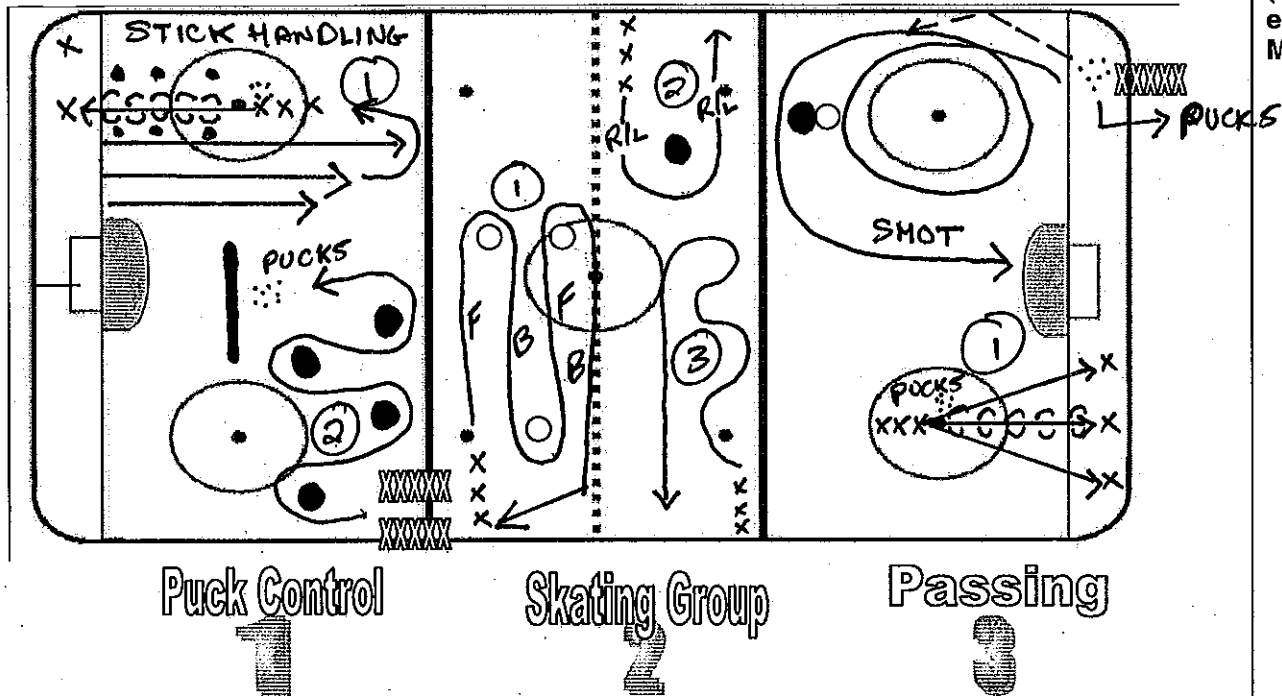


## Supermite West Maple Leaf/Kings Practice Plan

<p><b>Practice Time: 7:15-8:15</b>      <b>Location: Osseo West</b>      <b>Date: 12-01-2007</b></p> <p>A great move executed at average speed becomes a good move, while a good move executed at high speed becomes a great move!!</p>	<p><b>Time</b></p>
<p><b>Warm-ups - Tony Brumm</b>  <u>Full Ice Loops - without pucks</u>  <u>Between Blue Lines</u></p> <ul style="list-style-type: none"> <li>• <b>swizzles</b> (skates in and out working on inside edge)</li> <li>• <b>sprint</b> between blue lines (head up/two hands on stick/sticks on ice)</li> <li>• <b>backwards</b> (d's)</li> <li>• <b>backwards swizzles</b> (skates in and out working on inside edge)</li> <li>• <b>complete stop</b> and go other direction on whistle 3 hard strides</li> </ul>	<p><b>Start-7:15</b></p> <p><b>Start- (10 Min)</b></p>
<p><b>Line Drills – Matt/Hans</b> (6 Lines/4 kids per line) (coaches look for places to help out- pull a kid aside if they need further help)</p> <ul style="list-style-type: none"> <li>• Backward C's all the way down – (2 times)</li> <li>• Backwards swizzles – (2 times)</li> <li>• Full speed front to back at 1st blue line – back to front 2<sup>nd</sup> blue line all the way down stop facing stands. (2 times)</li> <li>• Forward lighting drill (stops)– red/blue – far blue/red – all the way down stop facing bench (2 times)</li> <li>• Forward lighting drill (power turns) – red/blue – far blue/red – all the way down facing stands (2 times)</li> <li>• Inside Edges (2 Times)</li> <li>• Outside Edges (2 Times)</li> <li>• Forward sprint with puck stop at far goal line facing bench - (2 times)</li> </ul>	<p><b>Start- 7:25</b> <b>(20 Min)</b></p>

3 groups – split by ability – simplify drills based on ability

Start-  
(8 min  
each - 24  
Min)



**Group 1 - Puck Control/Skating Drills**

- 1 - Stick handling in place side to side (head up) – Blue line and Back
- 2 - obstacle Course through tires with shot on net (both sides)

**Group 2 – Skating Drills**

- 1 - Transitional Lightning (forward/backward/forward/backward)
- 2 - Right Knee/Left Knee Power Turn – Two Foot/One Foot
- 3 – Inside outside edges with large pucks

**Group 3 - Passing**

- 1 – Back Fan - Players start on dot P1 skates backwards below circle P2 passes to P1 three times as he moves side to side.
- 2 - Circle Board Pass – Once around circle receive pass off boards from next player in line

**Game – Saddler Double Barrel**

6 Minutes

