

# Supermite West Maple Leafs Practice Plan

**Practice Time: 9:45-10:52**

**Location: Osseo East**

**Date: 12-15-2007**

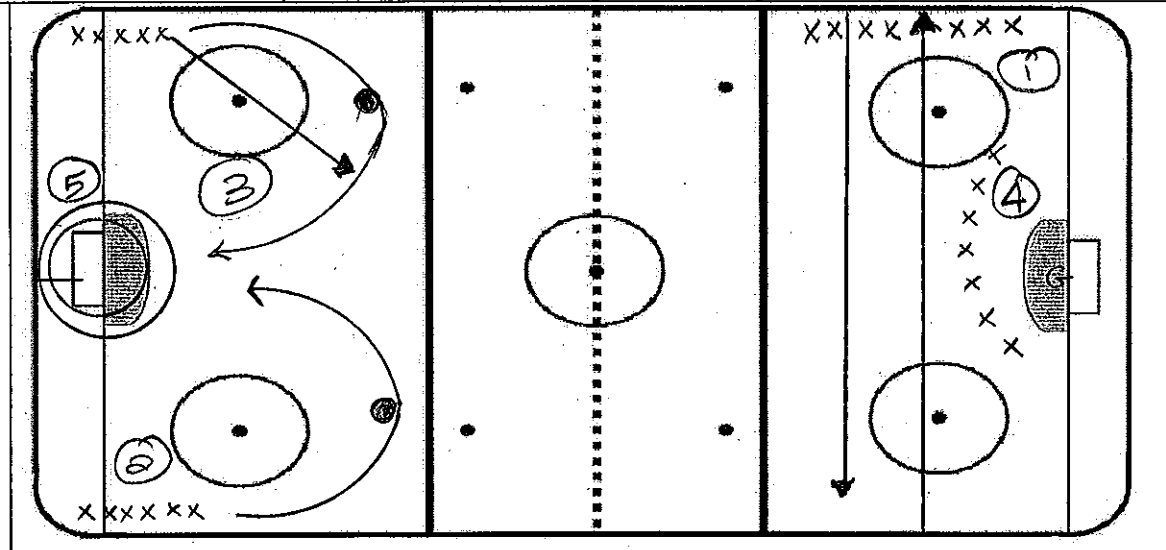
**Time**

**Line Drills – Tony Brumm** (6 Lines/4 kids per line) (coaches look for places to help out- pull a kid aside if they need further help)

**Start- 9:45  
End-10:05  
(20 Min)**

**Note: Use quick starts on all forward drills**

- Backward C's all the way down – (2 times)
- Backwards swizzles – (2 times)
- 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)
- Forward lightning drill (stops)– red/blue – far blue/red – all the way down stop facing bench (2 times)
- Forward lightning drill (power turns) – red/blue – far blue/red – all the way down facing stands (2 times)
- Inside Edges (2 Times)
- Outside Edges (2 Times)
- Tires 4-5 tires per line – Mohawk turns
- Forward sprint with puck stop at far goal line facing bench - (2 times) *(Turn backs)*



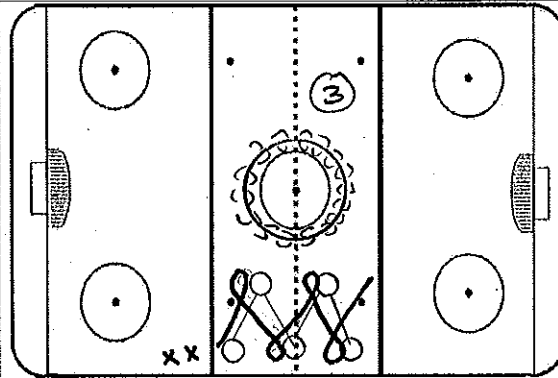
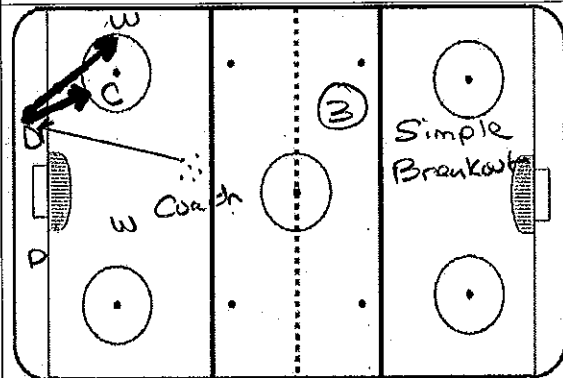
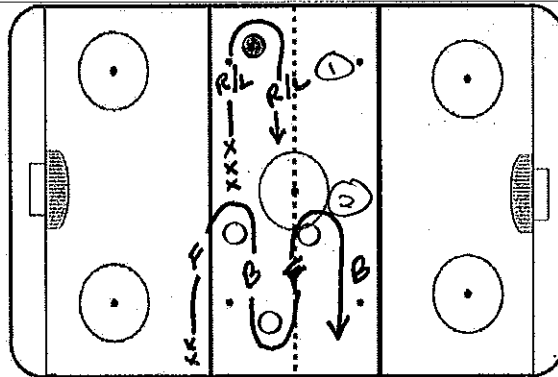
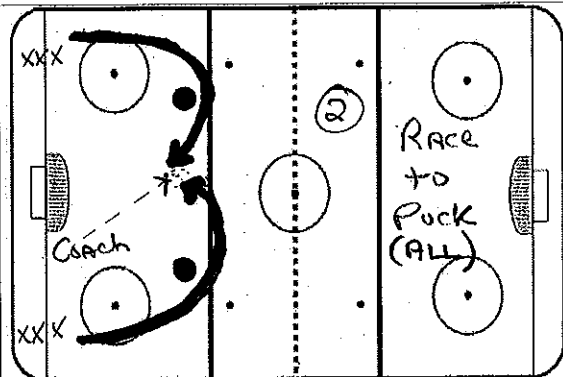
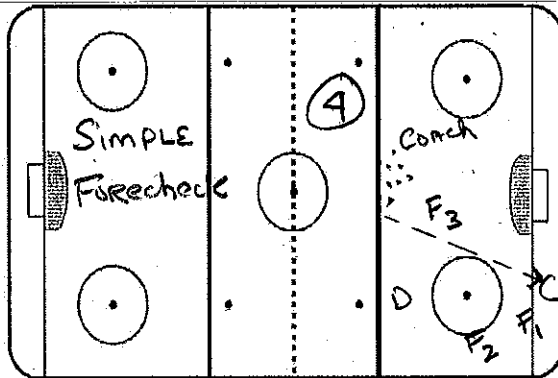
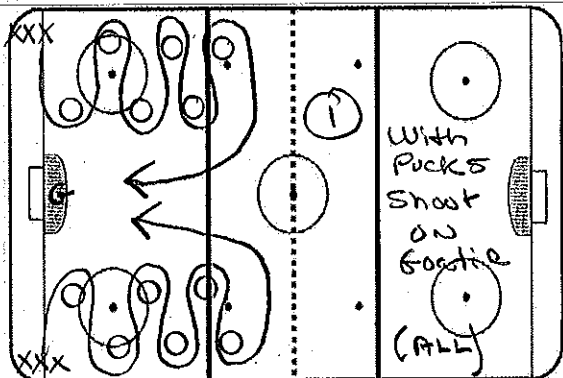
**Start-  
10:05  
End-  
10:20  
15 Min**

**Pregame - Warm-up for all season games**

- 1 – Side boards over and back twice
- 2 - Half Pretzel Shoot
- 3 - Half Pretzel Pass
- 4 - Half Moon Shoot
- 5 - Around Net twice
- 6 - Cheer

Skills - All Coaches

25 Minutes  
10:20-  
10:45  
Skills



Coach (D)

Skating  
① Right knee  
Left knee  
Cone  
② m-drill

Skating  
③ Backward  
crossovers  
= mohawk  
④ Stopping  
Inside/Outside

Simple Breakout -  
7 players

- ① Learn to communicate (I'm open)
- ② No when we have control of the puck.
- ③ Be ready to receive a pass stick on ice.

Simple Forecheck  
7 players

- ① F<sub>1</sub> - Disrupts play (Body)
- ② F<sub>2</sub> - Picks up puck
- ③ F<sub>3</sub> - In front of net  
F<sub>2</sub> - passes to F<sub>3</sub>

Emphasize - Moving feet - getting to the puck quick