

Midget: Practices 27 & 28

1 of 2

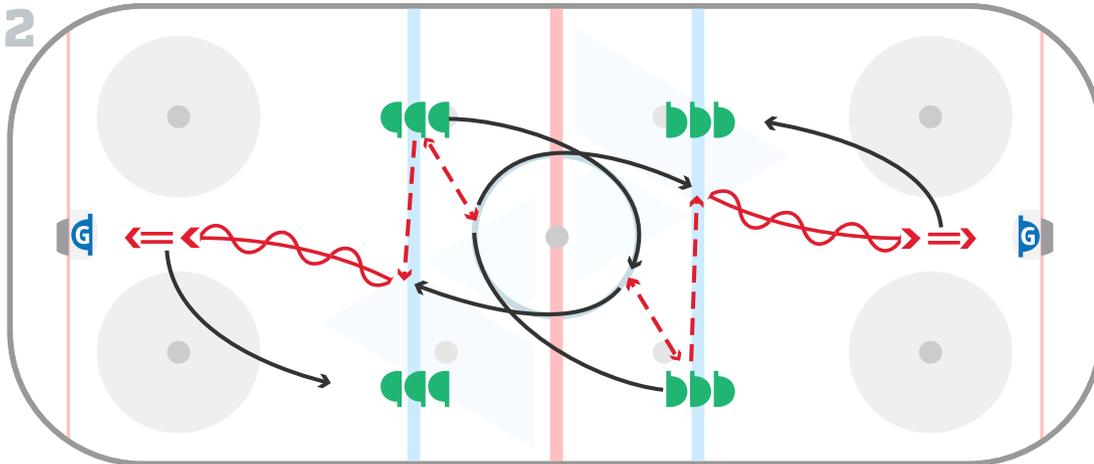
Time: 60 minutes | Theme: Attacking the net & special teams | Equipment: Pucks

Warm-up

Players skate laps around the ice with a puck; a whistle signals the players to make a tight turn towards the boards and accelerate in the opposite direction with three hard strides.

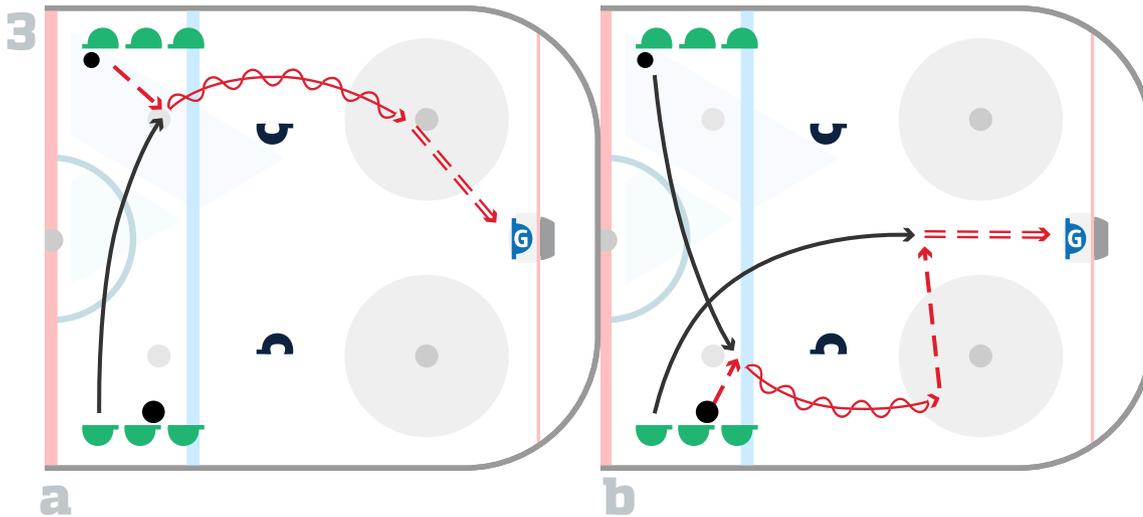
1. The Burning Stick

Coach will stand in front of a group of players and use 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. Four Dot Drills

Players line up on all four neutral zone face-off dots and run one of the different varieties of the four dot drills: give 'n' go, lateral turn, inside diagonal, and around the circle.



3. Net Drive Attack

Breaking across the ice, the first player receives a short pass and drives wide around the coach for a shot. The next player in line cuts across the ice performing the same pattern but will have the option to hit the trailer following up in the play for a shot.

