

# Midget: Practices 13 & 14

1 of 2

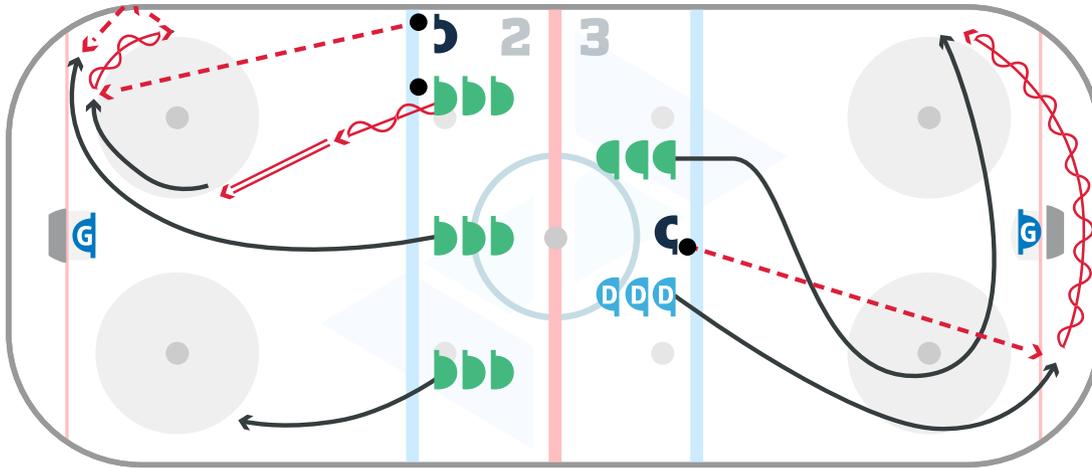
Time: 60 minutes | Theme: Cycling, forechecking, & two-on-ones | Equipment: Pucks & 12 cones

## 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. Four Lane Skating

Players skate down the full length of the ice four times working on various ABC fundamental skating skills in the straightaway. This segment's ABC fundamental skating skills are forward and backward c-cuts, striding, transitions, and knee touches.

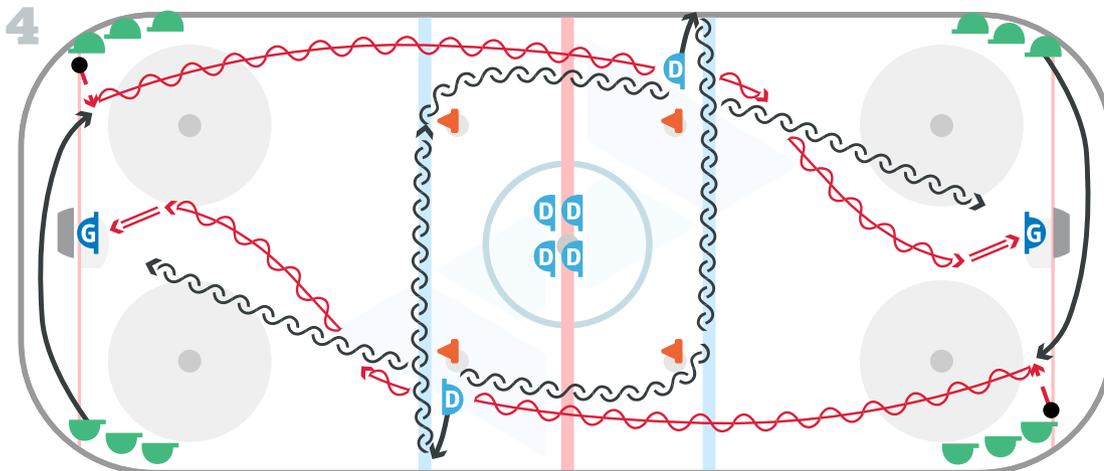


## 2. Three Player Cycle

Player one takes a long shot on net and receives a pass from the coach while round the the bottom of the circle. The puck is cycled back down into the corner for the second player who has the option of shooting, passing to the high first player, or passing back-door to the third player.

## 3. Forecheck Angle

The coach dumps a puck into the zone where the first player skates the puck behind the net and attempts to carry the puck out of the zone. The second player tries to angle the puck carrier and steal the puck to gain a scoring opportunity.



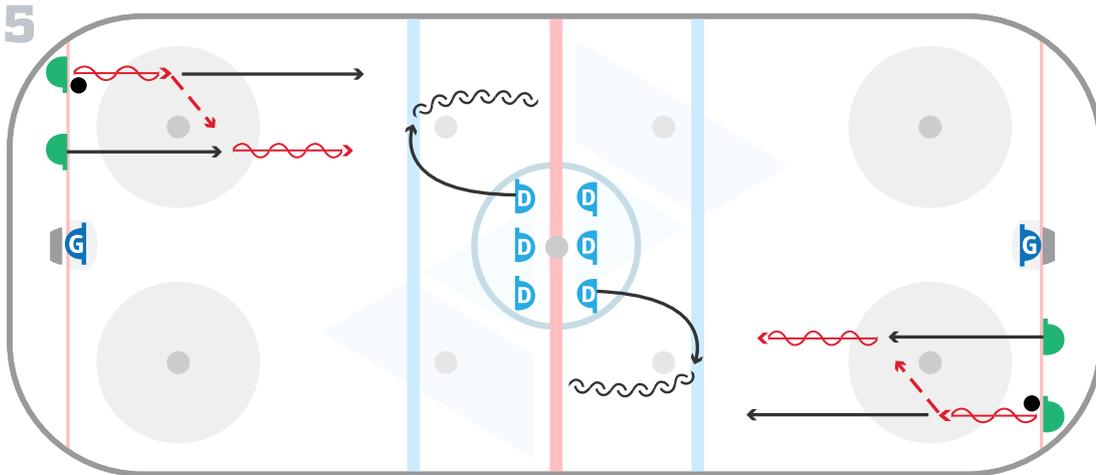
## 4. Olympic One-on-One

On the whistle, a forward leaves the corner, rounds the net, and receives a pass from the forward in the opposite line. Meanwhile, a defenseman skates to the boards, transitions from forward to backward, rounds the pylon, and the two players engage in a one-on-one rush down the ice.

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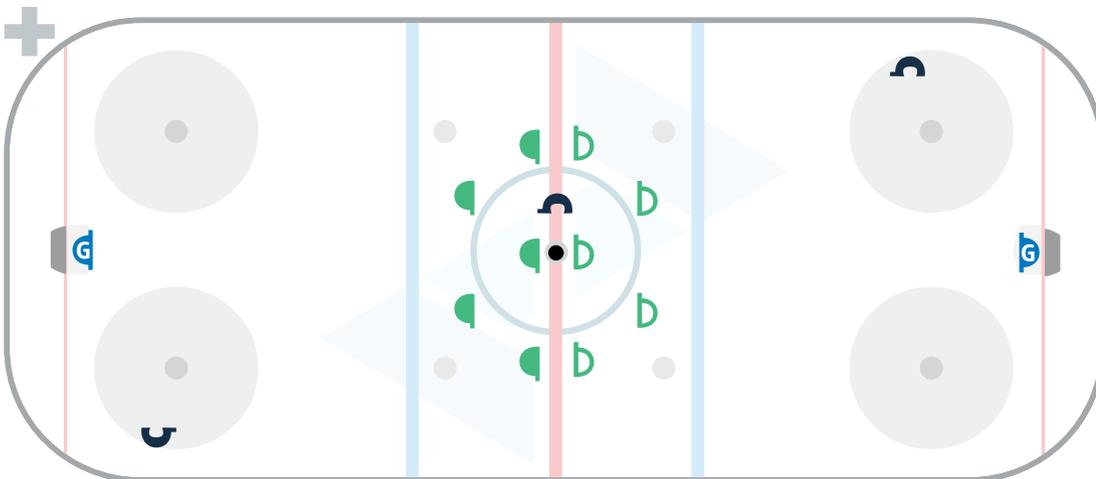
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## 5. Full Ice Two-on-One

Two forwards leave the corner with a puck and attack the far net. A defenseman will step out from the circle, gap up, and defend the two-on-one rush.



## + Controlled Scrimmage

Players will play a full-ice five-on-five scrimmage with the coach attentively watching and stopping the play whenever a breakdown occurs. This is an excellent opportunity for coaches to offer advice, which will benefit all the skaters.

### Legend

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