

# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #1 \_\_\_\_\_

**Level:** 8-and-Under (Mite) \_\_\_\_\_

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
<input checked="" type="checkbox"/> Skating		Positional Play	<input checked="" type="checkbox"/> Tag Games
<input checked="" type="checkbox"/> Puck Control	<input checked="" type="checkbox"/> Skill Races	____ Breakout	____ Relay Races
____ Passing	____ 1 on 1	____ Lanes	____ 3 on 3 scrimmage
____ Shooting	____ 2 on 2	____ Off. Triangle	____ 4 on 4 scrimmage
____ Checking	____ Time Skills		____ 5 on 5 scrimmage
____ Agility			____ Miscellaneous

Time	Drill	Emphasis
5 mins.	1. Backward skate on side boards	Put into skills groups
5 mins.	2. Four Lines - Ready position, two foot glide, second one foot glide	
5 mins.	3. Two Lines - Inside edges on circles	
5 mins.	4. Three Lines - three cone triangle, inside edges - race	
5 mins.	5. Three Lines - Big C half circles, alternate edges	
5 mins.	6. Three Lines - Stationary shift weight two foot glide	
5 mins.	7. Three Lines - Push, touch, coast, push, touch, no coast push, almost touch	Good form
5 mins.	8. Three Lines - Puck control, one hand push, accelerating	
5 mins.	9. Four Lines - 1 on 1 puck race	
5 mins.	10. Tag game - pom-pom pull away	Have fun

