Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

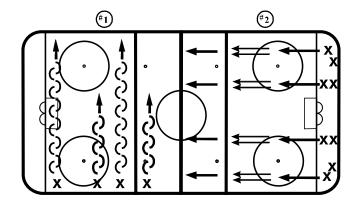
Date:
Practice: #1

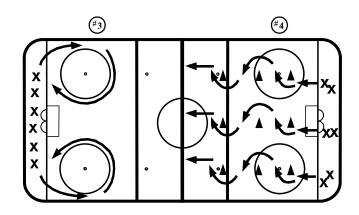
Level: 8-and-Under (Mite)

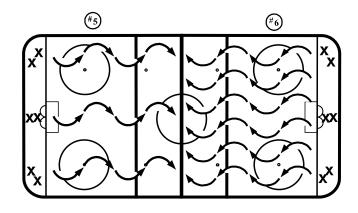
Skill Work X Skating Puck Control Passing Shooting Checking Agility	Competitive Drills X Skill Races 1 on 1 2 on 2 Time Skills	Team Systems (Optional) Positional Play Breakout Lanes Off. Triangle	Fun/Modified Scrimmages Tag Games Relay Races 3 on 3 scrimmage 4 on 4 scrimmage 5 on 5 scrimmage Miscellaneous
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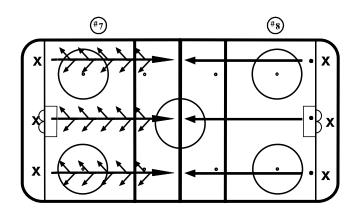
Time	Drill	Emphasis
5 mins.	1. Backward skate on side boards	Put into skills groups
5 mins.	Four Lines - Ready position, two foot glide, second one foot glide	
5 mins.	3. Two Lines - Inside edges on circles	
5 mins.	4. Three Lines - three cone triangle, inside edges - race	
5 mins.	5. Three Lines - Big 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

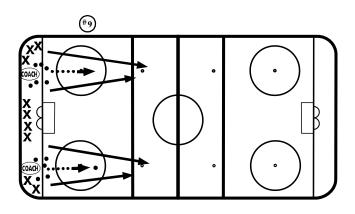
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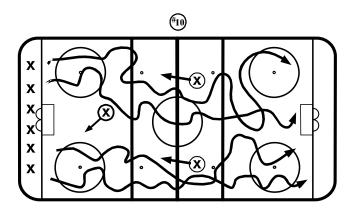












Practice Plans