

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: _____

Practice: #10

Level: 8-and-Under (Mite)

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

Time	Drill	Emphasis
5 mins.	1. Four Lines - backward and forward - relay race	
5 mins.	2. Two Lines - into zone crossovers - race to puck and shoot	
5 mins.	3. Two Lines - circle crossovers - two cone control turns - race to puck and shoot	
5 mins.	4. Two Lines - circle crossovers with puck - three cone control turns - accelerate and shoot between cones	
5 mins.	5. Three Lines - three against coach - inside circle to control turns on dots	
5 mins.	6. Partners - 1 on 1 war in confined area - 20 seconds	
10 mins.	7. Two Lines - 1 on 1 width of rink - three groups out at a time - stay put until one player scores	
5 mins.	8. Group - pom-pom pull away rocket launcher - IT players on knees (can't move)	
10 mins.	9. Four Lines - sliding contest - who can slide on stomach the farthest	

