Hockey Practice Plan

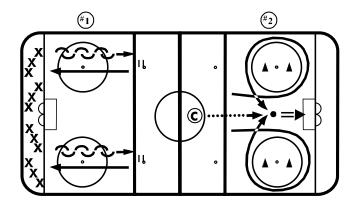
Objectives: To learn, practice and reinforce skills

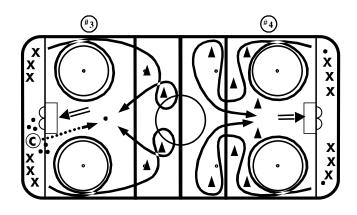
Date:	
Practice: #10	
Level: 8-and-Under (Mite)	

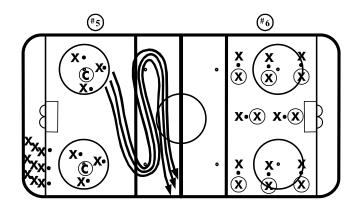
Skill Work	Competitive	Team Systems (Optional)	Fun/Modified Scrimmages
X Skating	Drills	Positional Play	X Tag Games
X Puck Control	X Skill Races	Breakout	X Relay Races
Passing	X 1 on 1	Lanes	X 3 on 3 scrimmage
Shooting	2 on 2	Off. Triangle	4 on 4 scrimmage
Checking	Time Skills		5 on 5 scrimmage
X Agility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

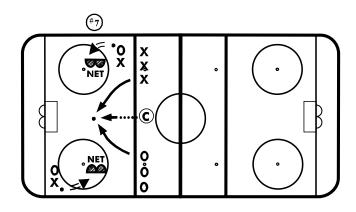
Time	Drill	Emphasis
5 mins.	1. Four Lines - backward and forward - relay race	
5 mins.	2. Two Lines - into zone crossovers - race to puck and shoot	
5 mins.	Two Lines - circle crossovers - two cone control turns - race to puck and shoot	
5 mins.	Two Lines - circle crossovers with puck - three cone control 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.	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	

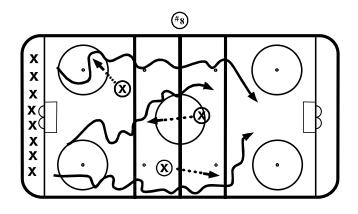
80 Practice Plans

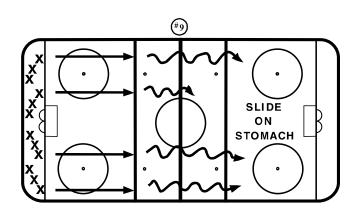












Practice Plans 81