

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: _____

Practice: #11 _____

Level: 8-and-Under (Mite) _____

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

Time	Drill	Emphasis
5 mins.	1. Two Lines - six cones - inside edge, forward crossovers	
5 mins.	2. Three Lines - 10 and two o'clock start - line accelerations - race	
5 mins.	3. Three Lines - backward three pumps	
5 mins.	4. Four Lines - two sets - four cones, pulls two directions on cones	
5 mins.	5. Two Lines - four cones - zig-zag pulls on cones	
5 mins.	6. Two Lines - stationary pull and pass against boards - look, slide, guide point	
5 mins.	7. Partners - pass and receive stationary - three feet apart - cup and give	
5 mins.	8. Two Lines - race/competition - 1 on 1 around cone - puck chase	
10 mins.	9. Modified game - 3 on 3 - half ice, spread fire hose on red line	

