

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: _____

Practice: #12

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 checked="" type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input checked="" type="checkbox"/> 3 on 3 scrimmage
<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input checked="" type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

Time	Drill	Emphasis
3 mins.	1. Two Lines - forward - backward - forward - race to puck and shoot	
3 mins.	2. Two Lines - over and back with pucks - two directions - split vision - avoid contact	
3 mins.	3. Two Lines - pull with pucks - one direction on cones - shoot at cone race	
5 mins.	4. Two Lines - 1 on 1 puck chase out and back into the zone and shoot	
5 mins.	5. Two Lines - 1 on 1 backcheck first to puck - attacker shoots - backchecker carries puck out of zone	
5 mins.	6. Groups - circle pass keep away from player in middle	
10 mins.	7. Two Lines - zig-zag movement passing and shoot - pass-follow-pass	
10 mins.	8. Two Lines - two puck shoot competition - must continue until both pucks are in the net	
10 mins.	9. Group - 3 on 3 half ice - put fire hose across middle - 30 second shifts - score as many times as possible - coach slides puck out after a score	

