

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: _____

Practice: #13

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 type="checkbox"/> Tag Games
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input checked="" 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 checked="" type="checkbox"/> Shooting	<input checked="" type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input checked="" type="checkbox"/> Checking			<input checked="" type="checkbox"/> 5 on 5 scrimmage
<input checked="" type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

Time	Drill	Emphasis
5 mins.	1. Two Lines - forward/backward at cones - race to puck and shoot	
5 mins.	2. Group - figure 8 control turns around gloves on ice with puck	
5 mins.	3. Group - five station - give and go, passing and shooting	
5 mins.	4. One Line - four station multiple shots - skate to each station, get a puck and shoot	
5 mins.	5. Three Groups - four to five players in a circle - bumper smash - skate backwards and bump players out of circle	
10 mins.	6. Two Groups - 3 on 3 race - must pass to coach before shooting - continue until one group scores	
5 mins.	7. One Line - skills course - forward crossovers - control turns - backward zig-zag with puck and shoot	
10 mins.	8. Groups - 3 on 0 - three pucks - must pass to all players before scoring - use stop watch to time how long it takes to shoot all three pucks in net - 5 on 5 scrimmage - change on fly every 45 seconds	

