

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: _____

Practice: #14

Level: 8-and-Under (Mite)

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

Time	Drill	Emphasis
5 mins.	1. Two Lines - 1 on 1 crossovers behind cone - race to puck and shoot	
5 mins.	2. Two Lines - 1 on 1 figure 8 control turns on cones - race to puck and shoot	
5 mins.	3. Two Lines - 1 on 1 D and F - F pass to coach, receives return pass to 1 on 1	
5 mins.	4. Group - three breakout passes and shoot - after passing, follow pass to next station	
5 mins.	5. Group - three player offensive triangle - pass - follow pass and shoot	
5 mins.	6. Two Lines - 1 on 1 angling from net - puck carrier tries to score	
10 mins.	7. Group - pom-pom pull away with land mines - players must avoid being tagged or running into cones	
10 mins.	8. 5 on 5 modified scrimmage - change every 45 seconds on the fly - leave puck lie - next group play where puck is left	

