Hockey Practice Plan

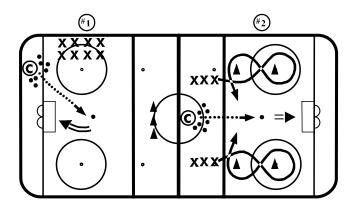
Objectives: To learn, practice and reinforce skills

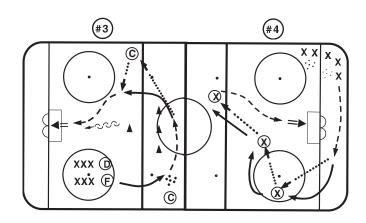
Date:
Practice: #14
Level: 8-and-Under (Mite)

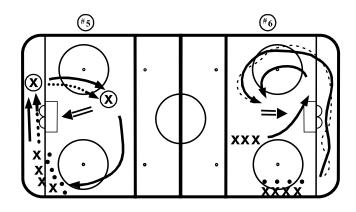
Skill Work	Competitive	Team Systems (Optional)	Fun/Modified Scrimmages
X Skating	Drills	Positional Play	X Tag Games
Puck Control	Skill Races	X Breakout	Relay Races
X Passing	_X _1 on 1	X _ Lanes	3 on 3 scrimmage
X Shooting	2 on 2	_ X _ Off. Triangle	4 on 4 scrimmage
X Checking	Time Skills		X 5 on 5 scrimmage
Agility			Miscellaneous

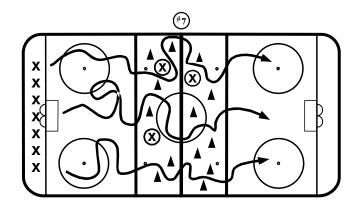
Time	Drill	Emphasis
5 mins.	1. Two Lines - 1 on 1 crossovers behind cone - race to puck and shoot	
5 mins.	Two Lines - 1 on 1 figure 8 control turns on cones - race to puck and shoot	
5 mins.	3. Two Lines - 1 on 1 D and F - F pass to coach, receives return pass to 1 on 1	
5 mins.	Group - three breakout 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	

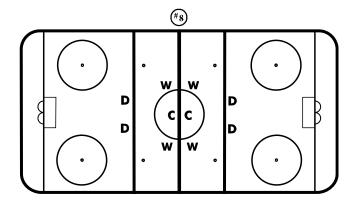
Practice Plans

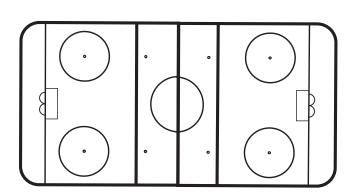












Practice Plans 89