

# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #16

**Level:** 8-and-Under (Mite)

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

Time	Drill	Emphasis
50 mins.	3 on 3 Continuous Play - half ice game	
	1. Roll a fire hose out across red line - two nets at each end	
	2. Start with players per team on ice. Remaining players sit on benches (one per team) on side boards	
	3. Play 30-45 second shifts - blow whistle at end of shift	
	4. No off-sides or icings	
	5. When goal is scored, the team scored on gets puck out of net and comes up ice; scoring team must move back over top of circle ( - - - - )	
	6. When whistle blows, leave puck where it lies, skate to bench and tag next player who immediately goes and plays puck	

