## **Hockey Practice Plan**

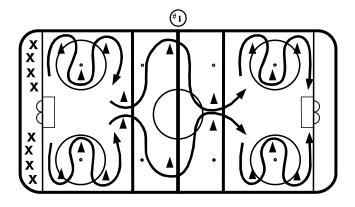
**Objectives:** To learn, practice and reinforce skills

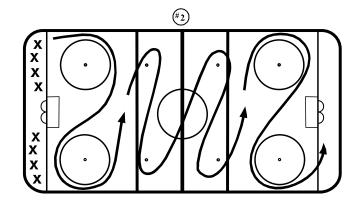
Date:	
Practice: #17	
Level: 8-and-Under (Mite)	

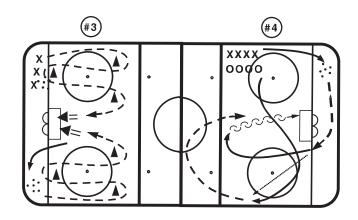
Skill Work X Skating	Competitive Drills	<b>Team Systems (Optional)</b> Positional Play	Fun/Modified Scrimmages Tag Games
X Puck Control X Passing X Shooting Checking Agility	Skill Races 1 on 1 2 on 2 Time Skills	Breakout Lanes Off. Triangle	Relay Races  X 3 on 3 scrimmage  4 on 4 scrimmage  5 on 5 scrimmage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

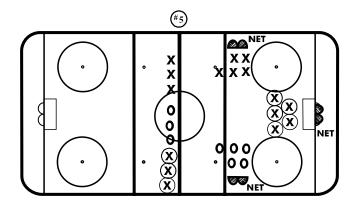
Time	Drill	Emphasis
5 mins.	Two Lines - relay skills - control turns on first and last three sets of cones - crossovers on middle three cones	
6 mins.	Two Lines - relay skills - over and under crossovers on circles - zig-zag control turns on middle dots	
6 mins.	One Line - continuous - three cone control turns and shoot - pick up puck in opposite corner and continue	
6 mins.	4. Two Lines - 1 on 1 - breakout pass - comeback into zone 1 on 1	
12 mins.	5. Three net hockey game - divide into 3 teams - can score on either of 2 opponent's goals while defending own goal	
12 mins.	6. 3 on 3 - three pucks on each side - competition race - all three players must touch puck before shooting on net. Continue to shoot until score - then go back for second puck (different player must get puck) - first team to score all three pucks wins	

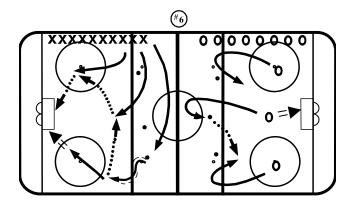
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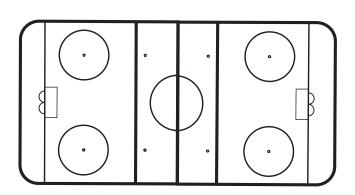












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