

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: _____

Practice: #17 _____

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 checked="" type="checkbox"/> 1 on 1	<input checked="" type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input checked="" type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input checked="" type="checkbox"/> 3 on 3 scrimmage
<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

Time	Drill	Emphasis
5 mins.	1. Two Lines - relay skills - control turns on first and last three sets of cones - crossovers on middle three cones	
6 mins.	2. Two Lines - relay skills - over and under crossovers on circles - zig-zag control turns on middle dots	
6 mins.	3. 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	

