

# Hockey Practice Plan

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

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

**Practice:** #2 \_\_\_\_\_

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

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
<input checked="" type="checkbox"/> Skating	<input type="checkbox"/> Skill Races	Positional Play	<input checked="" type="checkbox"/> Tag Games
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input 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. Four Lines - review big C, push-touch, push-almost touch	Good strides
5 mins.	2. Three Lines - four cone rhythm skate, inside edges	
5 mins.	3. Four Lines - acceleration strides between two cones	
5 mins.	4. Two groups - stationary crossovers, crossovers on circle - knee up, foot over	
5 mins.	5. One Line - two cones, forward crossovers - no gliding	
5 mins.	6. Three Lines - Review, puck control - one hand acceleration	
5 mins.	7. Three Lines - Stationary stickhandling: split vision dribble, short and wide	
5 mins.	8. Spread - puck control - jam the zone	
5 mins.	9. Pair Up - competitive 1 on 1 war	
5 mins.	10. On Line - tag game - Army-Navy	

