Hockey Practice Plan

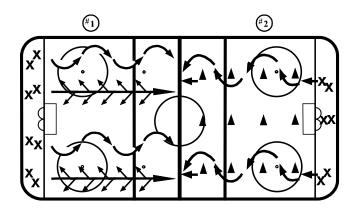
Objectives: To learn, practice and reinforce skills

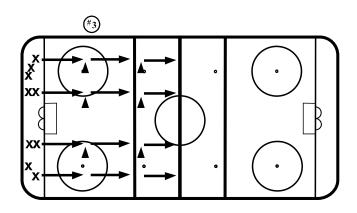
Date:
Practice: #2
Level: 8-and-Under (Mite)

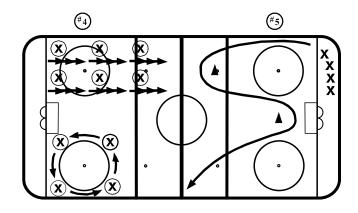
Skill Work X Skating	Competitive Drills	Team Systems (Optional) Positional Play	Fun/Modified Scrimmages _X_ Tag Games
_ X Puck Control	Skill Races	Breakout	Relay Races
Passing Shooting	_ X _ 1 on 1 2 on 2	Lanes Off. Triangle	3 on 3 scrimmage 4 on 4 scrimmage
Checking Agility	Time Skills		5 on 5 scrimmage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

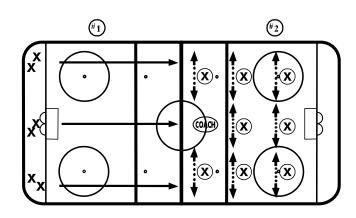
Time	Drill	Emphasis
5 mins.	1. Four Lines - review big C, push-touch, push-almost touch	Good strides
5 mins.	2. Three Lines - four cone rhythm skate, inside edges	
5 mins.	3. Four Lines - acceleration strides between two cones	
5 mins.	Two groups - stationary crossovers, crossovers on circle - knee up, 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	

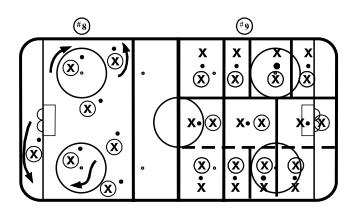
64 Practice Plans

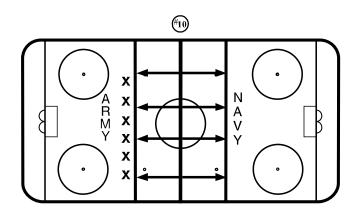












Practice Plans 65