

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: _____

Practice: #3 _____

Level: 8-and-Under (Mite) _____

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

Time	Drill	Emphasis
5 mins.	1. Three Lines - Review Big C, four cone rhythm skate - stick on ice - shift weight	Push
5 mins.	2. One Line - M 3 cone, forward crossovers - no glide	Buttocks low
5 mins.	3. Spread - backwards skate - stationary, move hands on hips	Quick recovery
5 mins.	4. Four Lines - backward strokes - push, extend, recover, etc.	
5 mins.	5. Group - control turns - stationary, C.T. on one and three cones	
5 mins.	6. Four Lines - stationary - side to side on inside edge, stop on whistle	
5 mins.	7. Groups - review - 1 on 1 puck race, stationary stick-handling jam	
5 mins.	8. Group - pulls on four cones - one way and two directions	
5 mins.	9. 1 on 1 all over the ice	
5 mins.	10. 3 on 3 across ice with three pucks	

