Hockey Practice Plan

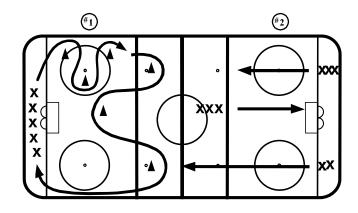
Objectives: To learn, practice and reinforce skills

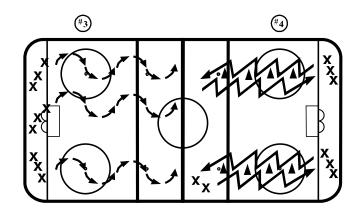
Date:	
Practice: #4	
Level: 8-and-Under (Mite)	

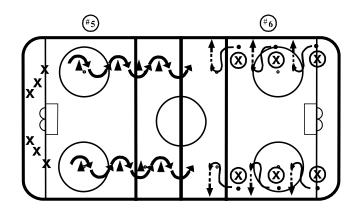
Agility Miscellaneous	Skill Work X Skating X Puck Control X Passing Shooting Checking Agility	Competitive Drills Skill Races _X 1 on 1 2 on 2 Time Skills	Team Systems (Optional) Positional Play Breakout Lanes Off. Triangle	Fun/Modified Scrimmages Tag Games Relay Races 3 on 3 scrimmage 4 on 4 scrimmage 5 on 5 scrimmage Miscellaneous
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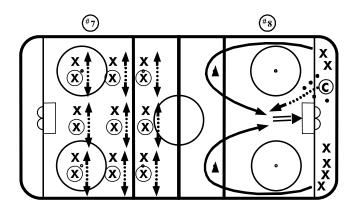
Time	Drill	Emphasis
5 mins.	1. Two Lines - six cones - inside edge, forward crossovers	
5 mins.	Three Lines - 10 and two o'clock start - live accelerations - race	
5 mins.	3. Three Lines - backward three pumps	
5 mins.	4. Four Lines - two sets - four cones, pulls two direction on cones	
5 mins.	5. Two Lines - four cones - zig-zag pulls on cones	
5 mins.	6. Two Lines - stationary pull and pass against boards, look, slide, glide, point	
5 mins.	7. Partner - pass and receive stationary - three feet apart - cup and give	Good passes
5 mins.	8. Two Lines - race competition - 1 on 1 around cone - puck chase	
10 mins.	9. Modified Game - 3 on 3 (half ice), spread fire hose on red line	Fun

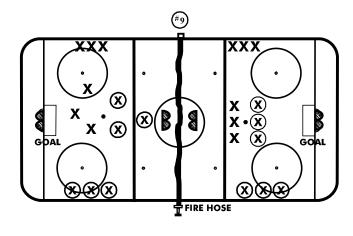
68 Practice Plans

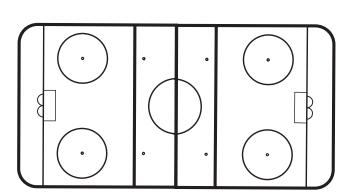












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