

# Hockey Practice Plan

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

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

**Practice:** #5 \_\_\_\_\_

**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 type="checkbox"/> Breakout	<input checked="" 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 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. Time Skill - one line forward crossovers on circle, control turns on dots	
5 mins.	2. Skill Race - two lines - circle crossovers, control - race to puck	
5 mins.	3. Skill Race - two lines forward to cone, backward to line, step out, race to puck	
5 mins.	4. Skill - two lines with pucks - over second back, two directions	
5 mins.	5. Skill Race - three lines with pucks - three player jam circles, control turn, race on dots	
5 mins.	6. 1 on 1 - four lines with pucks - fake and pull on stationary player	
5 mins.	7. Relay Race - two or three lines - pass and go relay race	
5 mins.	8. Keep Away - groups on circles - play keep away pass with player	
10 mins.	9. 3 on 3 width of rink - 45 second shifts - change on fly - play puck where it lies	

