Hockey Practice Plan

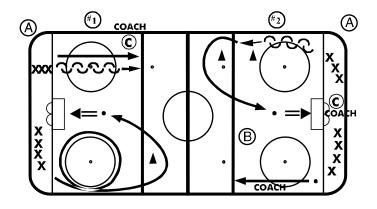
Objectives: To learn, practice and reinforce skills

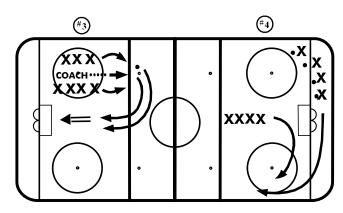
Date:		
Practice:	#6	
Level: 8-and-Under (Mite)		

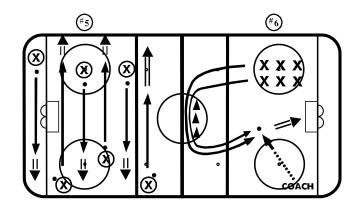
Skill Work	Competitive	Team Systems (Optional)	Fun/Modified Scrimmages
Skating	Drills	Positional Play	Tag Games
Puck Control	Skill Races	Breakout	Relay Races
Passing	_X 1 on 1	Lanes	3 on 3 scrimmage
X Shooting	2 on 2	Off. Triangle	X 4 on 4 scrimmage
X Checking	X Time Skills		5 on 5 scrimmage
X Agility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

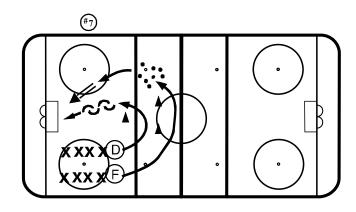
Time	Drill	Emphasis
5 mins.	Timed Skills - A. forward/backward acceleration; B. crossovers, control turn, shoot	
5 mins.	Timed Skills - A. backward, step-out forward, shoot; B. forward puck acceleration	
5 mins.	3. 1 on 1 - puck chase - out and back into the zone	
5 mins.	4. 1 on 1 - angle - stick under, stick lift	
10 mins.	5. Two Directions - movement wrist/sweep shot against boards	
5 mins.	6. 1 on 1 - crossovers around cones to puck chase and shoot	
5 mins.	7. 1 on 1 - D-F - pick up puck in neutral zone	
10 mins.	8. 4 on 4 - half ice, 45 second shifts, change on fly - play puck where it lies	

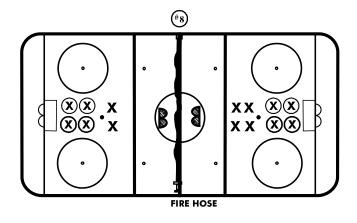
72 Practice Plans

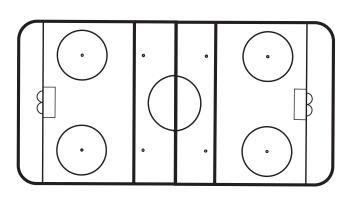












Practice Plans 73