

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: _____

Practice: #6 _____

Level: 8-and-Under (Mite) _____

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

Time	Drill	Emphasis
5 mins.	1. Timed Skills - A. forward/backward acceleration; B. crossovers, control turn, shoot	
5 mins.	2. 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	

