

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: _____

Practice: #7 _____

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 type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input checked="" type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input 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 checked="" type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

Time	Drill	Emphasis
5 mins.	1. Three Lines - three cone triangle - inside edges - relay race - up and back	
5 mins.	2. Three to four Lines - forward acceleration race to blue line	
5 mins.	3. Three to four Lines - agility - alternate knee touch - relay race, alternate knee top of circle - touch blue line	
5 mins.	4. Three Lines - agility - double knee drop, seat drop, log roll, relay race, up and back	
5 mins.	5. Two Lines - one cone - inside edge - race to puck and shoot	
5 mins.	6. Four Lines - agility - step over sticks - slide under cones - no sticks - up and back	
5 mins.	7. Four Lines - stationary stick handling - short and wide - split vision - count coaches fingers	
5 mins.	8. Four Lines - forward movement - dribbling - count coaches fingers - split vision	
10 mins.	9. Group - keep away with pucks - two players without puck, try and take away	

