Hockey Practice Plan

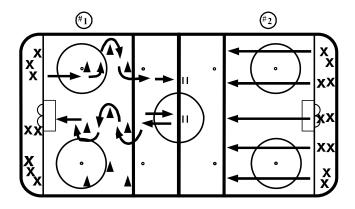
Objectives: To learn, practice and reinforce skills

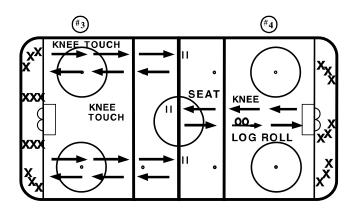
Date:
Practice: #7
Level: 8-and-Under (Mite)

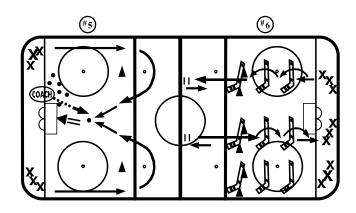
Skill Work	Competitive	Team Systems (Optional)	Fun/Modified Scrimmages
X Skating	Drills	Positional Play	Tag Games
X Puck Control	X Skill Races	Breakout	X Relay Races
Passing	1 on 1	Lanes	3 on 3 scrimmage
Shooting	2 on 2	Off. Triangle	4 on 4 scrimmage
Checking	Time Skills		5 on 5 scrimmage
X Agility	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

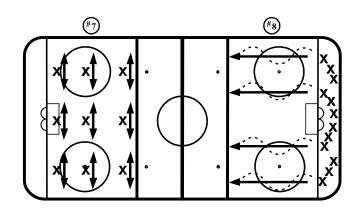
Time	Drill	Emphasis
5 mins.	Three Lines - three cone triangle - inside edges - relay race - up and back	
5 mins.	2. Three to four Lines - forward acceleration race to blue line	
5 mins.	Three to four Lines - agility - alternate knee touch - relay race, alternate knee top of circle - touch blue line	
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	

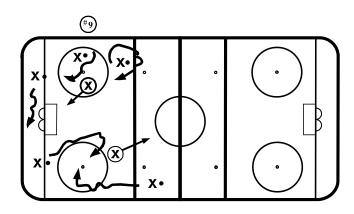
74 Practice Plans

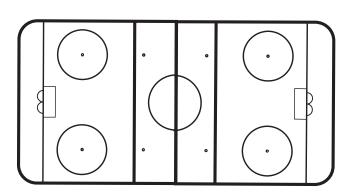












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