Hockey Practice Plan

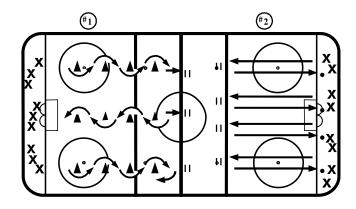
Objectives: To learn, practice and reinforce skills

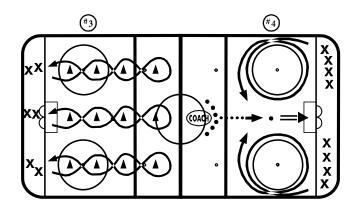
Date:
Practice: #9
Level: 8-and-Under (Mite)

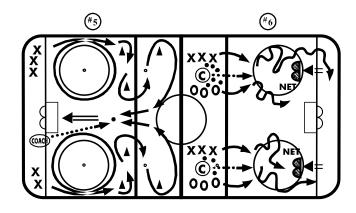
Skill Work X Skating	Competitive Drills	Team Systems (Optional) Positional Play	Fun/Modified Scrimmages Tag Games
X Puck Control Passing	X Skill Races X 1 on 1	Breakout Lanes	X Relay Races X 3 on 3 scrimmage
Shooting Checking _ X Agility	2 on 2 Time Skills	Off. Triangle	4 on 4 scrimmage 5 on 5 scrimmage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

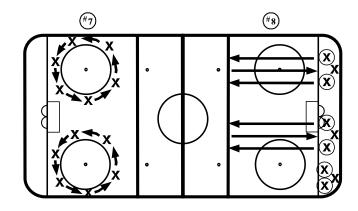
Time	Drill	Emphasis
2 mins.	 Three Lines - four cones inside edge zig-zag - relay race - up and back 	
2 mins.	Three to four Lines - push puck acceleration - relay race - up and back	
2 mins.	3. Three Lines - zig-zag cones with puck - relay race - up and back	
3 mins.	4. Two Lines - figure 8 circle crossovers - race to puck and shoot	
2 mins.	5. Two Lines - circle crossovers - three cone triangle, inside edge - race to puck and shoot	
5 mins.	6. Two Groups - 1 on 1 puck chase - net turn backwards - stay out until one player scores	
5 mins.	7. Three Groups - circle crossovers - musical pucks - four pucks - five players - on whistle dive in and get puck	
10 mins.	Five to six Groups - three player chariot race - two players pull with sticks - one player on knees - change places and return - must do three times	
10 mins.	9. Group Nine - tennis ball dodge ball - 20 tennis balls - hit other team's players	

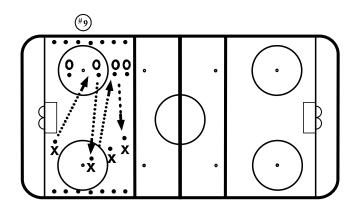
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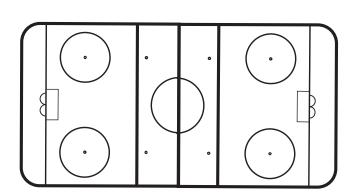












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