

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: _____

Practice: #9 _____

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 checked="" 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 checked="" 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
2 mins.	1. Three Lines - four cones inside edge zig-zag - relay race - up and back	
2 mins.	2. 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.	8. 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	

