

# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #15 \_\_\_\_\_

**Level:** 8-and-Under (Mite) \_\_\_\_\_

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

Time	Drill	Emphasis
50 mins.	1. Skating - forward acceleration - 60 feet	
	2. Skating - backward acceleration - 60 feet	
	3. Skating - forward crossovers and control turns - 90 feet	
	4. Puck Control - push puck acceleration - 90 feet	
	5. Puck Control - control turns - 90 feet	
	6. Shooting - forehand - three pucks on faceoff dot  One point. puck hits bench (lay bench on side in front of net)  Two points. raise puck over bench into net  Do the skills test at least two times during season and record the players' progress.	

