Hockey Practice Plan

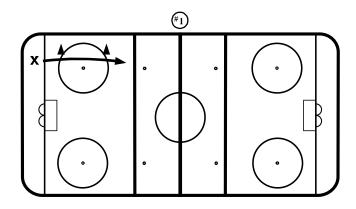
Objectives: To learn, practice and reinforce skills

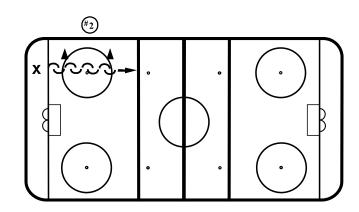
Date:	
Practice: #15	
Level: 8-and-Under (Mite)	

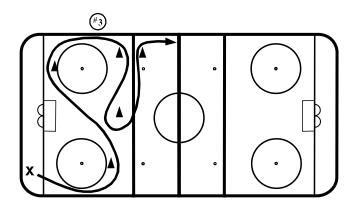
Skill Work	Competitive	Team Systems (Optional)	Fun/Modified Scrimmages
X Skating	Drills	Positional Play	Tag Games
X Puck Control	Skill Races	Breakout	Relay Races
Passing	1 on 1	Lanes	3 on 3 scrimmage
X Shooting	2 on 2	Off. Triangle	4 on 4 scrimmage
Checking	X Time Skills		5 on 5 scrimmage
Agility			Miscellaneous

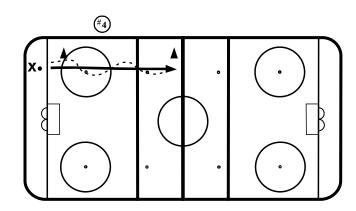
Time	Drill	Emphasis
50 mins.	1. Skating - forward acceleration - 60 feet	
	2. Skating - backward acceleration - 60 feet	
	3. Skating - forward crossovers and control turns - 90 feet	
	4. Puck Control - push puck acceleration - 90 feet	
	5. Puck Control - control turns - 90 feet	
	6. Shooting - forehand - 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.	

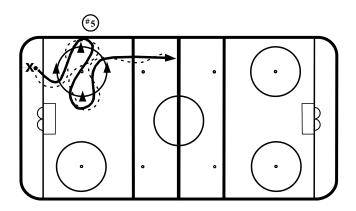
90 Practice Plans

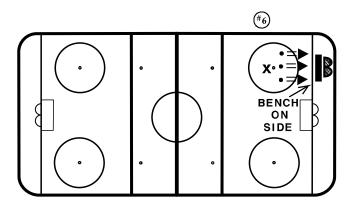












Practice Plans