

# Hockey Practice Plan

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

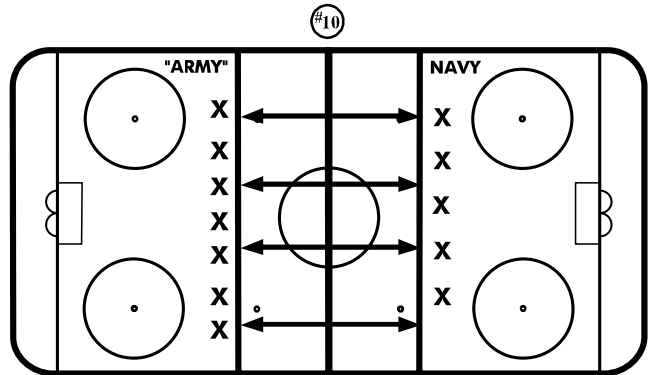
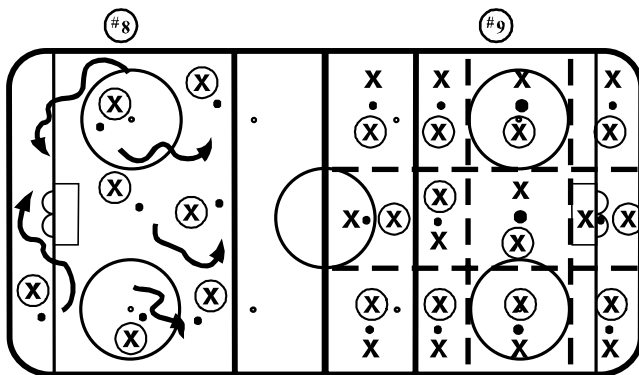
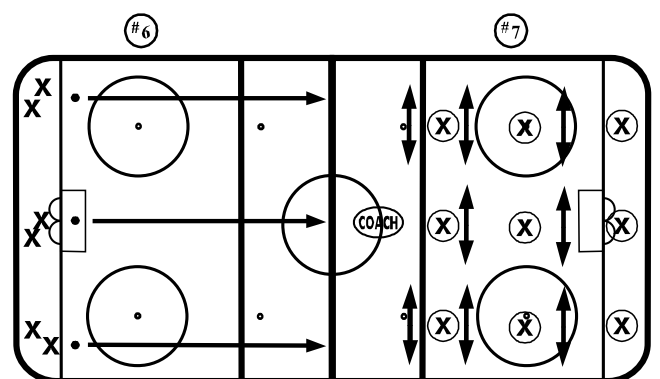
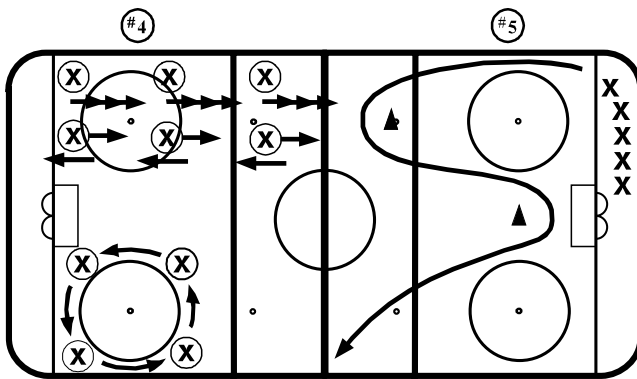
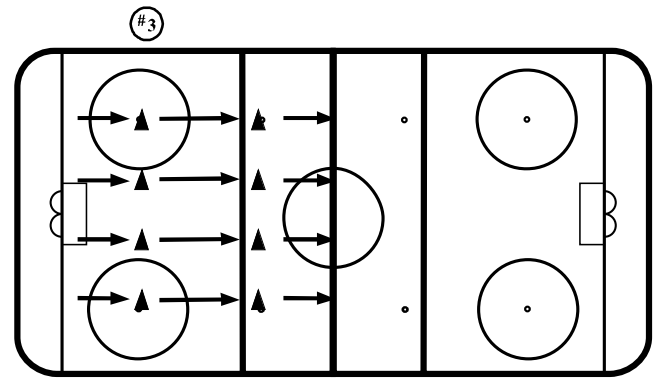
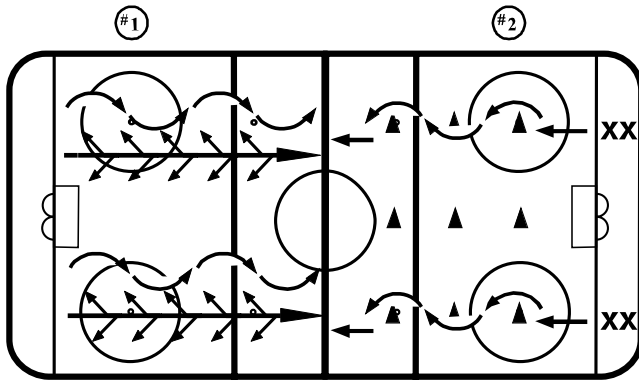
**Date:** \_\_\_\_\_

**Practice:** #8

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

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
<input checked="" type="checkbox"/> Skating		Positional Play	<input checked="" type="checkbox"/> Tag Games
<input checked="" type="checkbox"/> Puck Control	____ Skill Races	____ Breakout	____ Relay Races
____ Passing	<input checked="" type="checkbox"/> 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
____ Agility			____ Miscellaneous

Time	Drill	Emphasis
5 mins.	1. Four Lines - review Big C, push-touch, push-almost touch	
5 mins.	2. Three Lines - four cone rhythm skate, inside edges	
5 mins.	3. Four Lines - acceleration strides between two cones	Quick recovery
5 mins.	4. Two Groups - stationary crossovers, crossovers on circle - knee up, foot over	
5 mins.	5. One Line two cone, forward crossovers - no gliding	
5 mins.	6. Three Lines - review - puck control - one hand acceleration	
5 mins.	7. Three Lines - stationary stickhandling, split vision, dribble short and wide	
5 mins.	8. Spread - puck control jam the zone	
5 mins.	9. Pair Up - competitive 1 on 1 war	
5 mins.	10. One Line - tag game - Army-Navy	



# 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	