



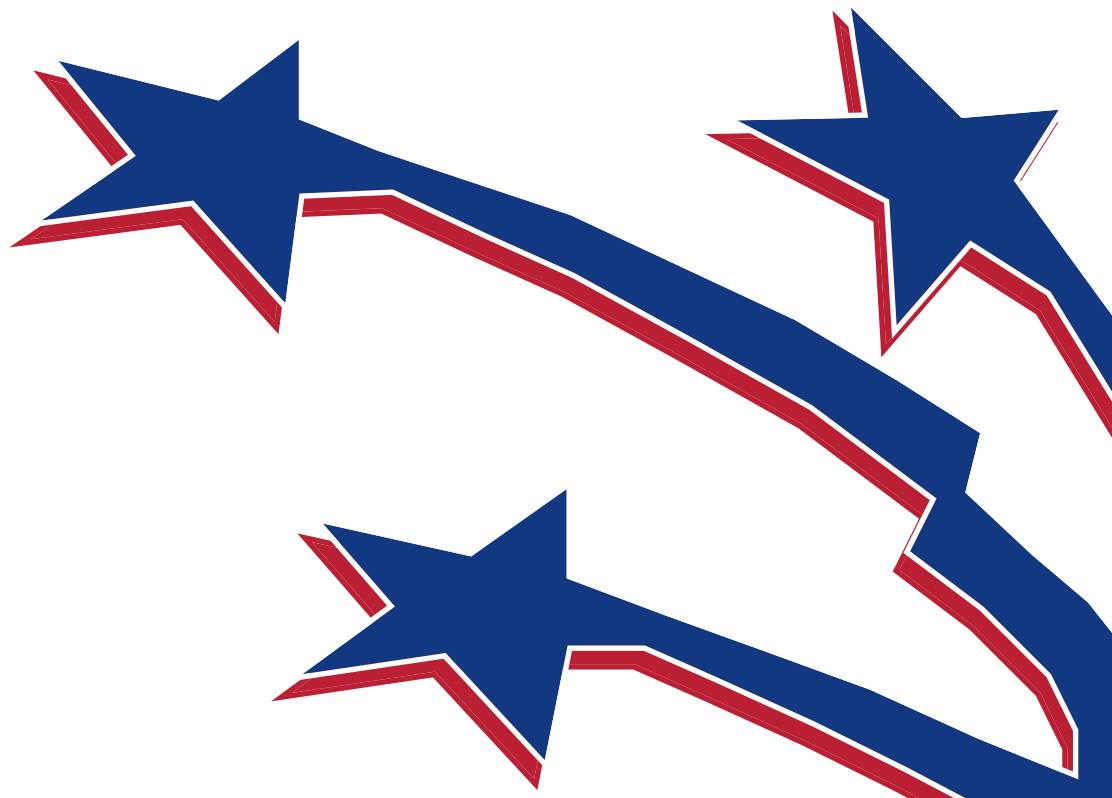
## 8 & UNDER

## MITE

# Practice Plan Manual

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A Publication Of The USA Hockey Coaching Education Program



The USA Hockey  
Coaching Education  
Program Is Presented By



Practice Plan Manual For

# 8 & UNDER

## (Mite)

**Philosophy**

Areas of Development  
Practice Plans  
Drills

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Practice Plan Manual For 8 & Under (Mite)

LEGEND




























	Coach		Forward Skate
	Player		Forward Skate With Puck
	Defense		Passing
	Offense		Forward Stroke
	Forward		Gliding, Two Feet
	Wing		Backward Skate
	Left Wing		Backward Skate With Puck
	Right Wing		Edge Control
	Backcheck		Deking
	Goal		Log Rolls On Ice
	Glove		Jumping
	Stick		Shooting
	Cone		Stop
	Puck		

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Dedication

This manual is dedicated to the memory of Walter Yaciuk, one of the founders of the Coaching Education Program. Walter devoted much of his time and energy to the development of youth hockey and to the grass roots coaches. In giving of so much of himself, Walter Yaciuk has helped thousands of coaches develop their skills, and realize their goals.

INTRODUCTION

OBJECTIVES

- ❖ Enjoyable introduction and experience in ice hockey
- ❖ Provide a healthy environment for fun and learning
- ❖ Teach the basic fundamental skills
- ❖ Stress participation, fun, and skill development
- ❖ Development of communication at the players’ level of learning
- ❖ Introduction to games and player achievement program

PHILOSOPHY

Enjoyment and recreational benefits are the major focus of new guidelines for youth hockey issued by the Board of Directors of USA Hockey. Registered teams play in the classifications of 8 & Under (Mite), 10 & Under (Squirt), 12 & Under (Pee Wee), 14 & Under (Bantam), 16 & Under (Midget), and 18 & Under (Midget), prompting the Youth Council of USA Hockey to emphasize the educational and recreational values of ice hockey.

The USA Hockey recommended guidelines for youth hockey encourage a noncompetitive environment in which children and youth can learn the basic skills without the distractions that are often associated with an overemphasis on winning. Mastery of the fundamental skills and the fun of playing are essential to the development of a lifelong interest in hockey. Programs must be conducted to accommodate the number of new players who wish to play hockey and to reduce the number who become disenchanted and drop out.

These voluntary guidelines are directed at children’s programs, but they must be implemented by adults if they are to influence youth hockey programs.

THE COACH

Your impression upon these youngsters is profound. How they relate to the game of hockey depends upon you. Your role is vital and heavy with responsibility.

The Coach . . .

- Plays a prominent role in the lives of these youngsters
- Their actions and attitudes help to shape the views of the youngsters
- At times, plays a more important role than the child’s parents
- Is a teacher
- Is a leader
- Is a role model

Coach’s Codes of Conduct

- Hockey is fun
- Honest representation and skills should decide final outcome of games
- Both players and opponents are to be respected and complemented
- Rules and regulations are to be viewed as mutual agreement in spirit and trust
- Officials are to be viewed as honest arbitrators
- Winning is a consideration, but not the only one, nor the most important one
- Hockey is for all to enjoy
- Set an example of good behavior

Teach team players to:

- Play for the love of the game
- Respect their opponent
- Work for the good of the team
- Accept the officials’ decisions and respect their judgment
- Play within the rules of the game
- Be generous in victory and graceful in defeat
- Always conduct themselves with honor and pride
- To play the game is great, to win the game is greater, to LOVE the game is the greatest

RECOMMENDED PROGRAM

- ❖ Sharing ice; each practice should conclude with a scrimmage (approximately 20 minutes of play, cross-ice, simultaneously)
- ❖ Three practices to every game
- ❖ We recommend one hour practice sessions; youngsters are easily fatigued
- ❖ Games should be played cross-ice, especially in the case of new players being introduced for the first time (for players who have mastered the basic fundamentals, the entire rink length may be used)
- ❖ Starting times for games should be no later than 7:00 pm
- ❖ We encourage and recommend the implementation of in-house programs
- ❖ Emphasize recreation and fun. Travel of greater than 10 miles from the program site should be limited and the recommended number of games per season should be a maximum of 20 games
- ❖ Program should provide equipment on loan
- ❖ Emphasis on skill, developing and learning the fundamentals
- ❖ Smaller goals (optional, but recommended)
- ❖ We recommend that as many of the youngsters who wish to try, be given the opportunity to play all positions
- ❖ Players should be given ample opportunity to develop to the limits of their potential, regardless of their abilities.
- ❖ Scoring records and statistics should be de-emphasized
- ❖ Awards should be inexpensive and based on significant achievements

PROGRAM

A. On-Ice Training

- Emphasize the fundamentals
- Introduction to skating
- Introduction to passing and receiving
- Introduction to puckhandling
- Introduction to shooting
- Emphasize sharing and cooperation by organizing groups
- Use of more than one coach
- Fun games
- Cross ice/small game activities

B. Off-Ice Activities

- Encourage the players to participate in all sports year-round
- Set up a floor hockey game once a week if possible
- For this age, exercises that improve dexterity, agility and group participation are important
- Emphasize fun

PHYSICAL PREPARATION

- ❖ Daily physical education
- ❖ Emphasis on development of speed combined with agility
- ❖ Development of flexibility
- ❖ Group games which do not require a high degree of organization, such as chasing, skating and running, which all involve the use of the big muscles.
- ❖ Select activities which permit all of the players to participate and achieve some measure of success and satisfaction. Praise and encouragement are important to these players.

PSYCHOLOGICAL PREPARATION

- ❖ Positive reinforcement; build confidence
- ❖ Stress group participation and sharing
- ❖ Be aware that some youngsters are experiencing uneven growth, causing poor coordination and lack of balance. Some are easily fatigued, but reluctant to admit it.
- ❖ Be concerned with the youngster, not the level of performance
- ❖ Support and protect the player in situations they are not prepared to handle

TECHNICAL PREPARATION

- ❖ Introduction to positional play
- ❖ Emphasis on basic fundamental skills of skating. Also stress puck control and shooting
- ❖ Introduce players to objectives of the game of ice hockey.
- ❖ Combine individual skills in competitive, challenging drills such as obstacle courses, relays
- ❖ Simple drills which require little explanation and can be completed in a short period of time
- ❖ Learn simple combinations in small groups
- ❖ Stress participation (eliminate down time)

EQUIPMENT

- ❖ Use small pucks/blue pucks
- ❖ Use six small goals (3 ft. x 3 ft.)
- ❖ Use small, portable boards to divide the rink at the blue lines
- ❖ Recommend lightweight protective equipment for the players

TACTICAL PREPARATION

Performance Areas	
<b>Offense</b> Position offense Offense in the defensive zone Offense in the neutral zone Offensive in the offensive zone Faceoffs	<b>Defense</b> Territorial defense One-man forechecking Backchecking (neutral zone) Basic defensive coverage Man short situations

SKILLS & ABILITIES

Suggested Emphasis for 8 & Under (Mite)

Performance Areas					
Skating	Puck Control	Passing & Receiving	Shooting	Checking	Goalkeeping
Edge control Ready position Forward start- right/left Forward stride Control stop Backward skating Backward stop Control turn Forward crossunder	Lateral (side to side) dribble Forward to backward dribble Attacking the triangle Forehand shift Backhand shift Change of pace	Forehand Backhand Flip	Wrist Shot Backhand  Receiving (stick)	Poke check Hook check Lift the stick check Covering	Basic stance Parallel shuffle Lateral T-guide Forward & backward movement Stick saves Body saves Glove saves Leg saves Stacking pads "V" drop Rebounds

PARENTS' CODE OF CONDUCT

- ❖ Players require a good example as opposed to criticism.
- ❖ Help make your child's participation rewarding for all participants.
- ❖ Be understanding and supportive of the coach and the officials. The coach is a volunteer giving his personal time, at his expense, to help provide a positive experience for your child.
- ❖ Support and assist the program in a positive manner
- ❖ The parent is the most important example to which a child can relate.
- ❖ Be everything you want your child to be.

Hockey Practice Plan

Objectives:

Date: \_\_\_\_\_  
Practice: \_\_\_\_\_  
Level: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Time	Drill	Emphasis
	1.  2.  3.  4.  5.  6.  7.  8.  9.  10.	



System/Drill \_\_\_\_\_

Description \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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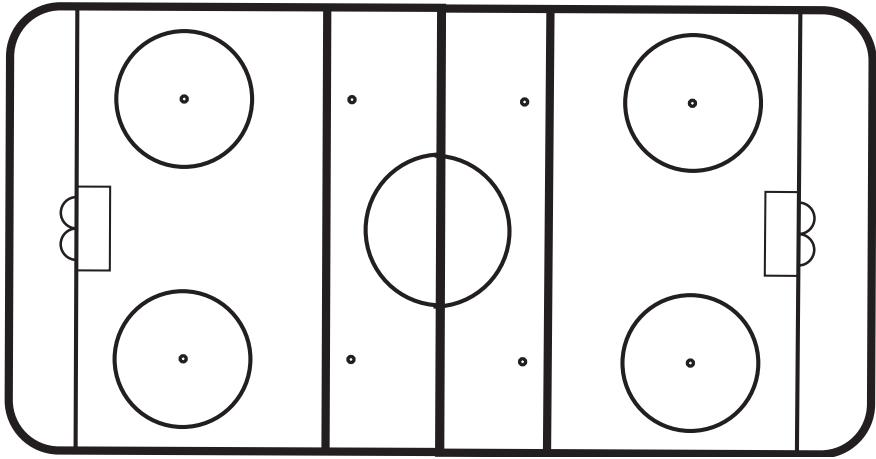
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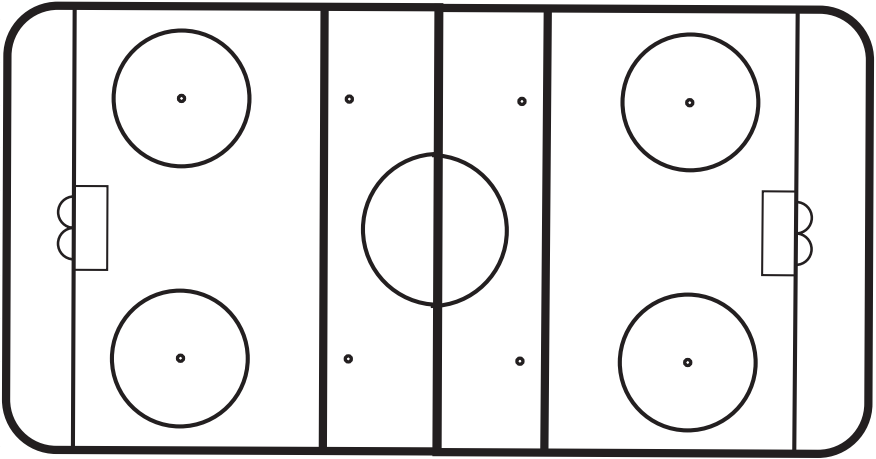
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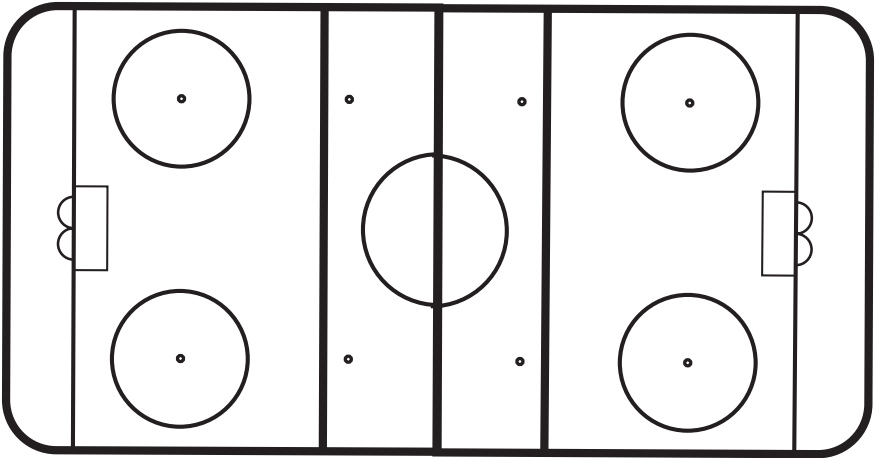
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# Introduction To Skating



## EDGE CONTROL

### KEY ELEMENTS

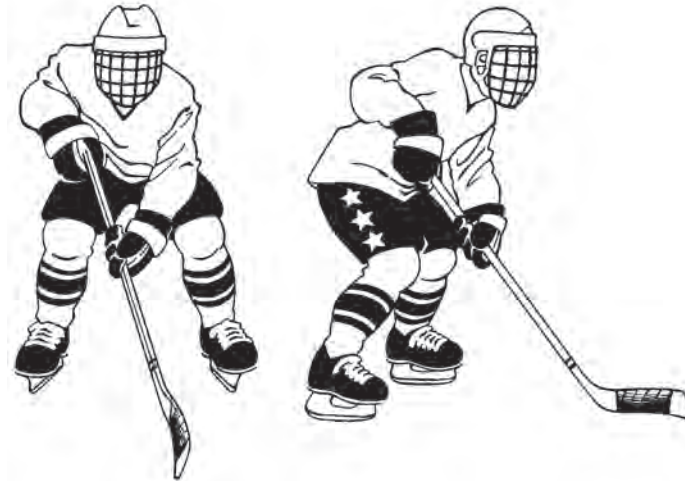
- The ankles control the edges
- Knee of glide foot is bent
- Weight on the correct edge (inside or outside)
- Distribution of weight from the ball of the foot back to just in front of the heel



## THE READY POSITION

### KEY ELEMENTS

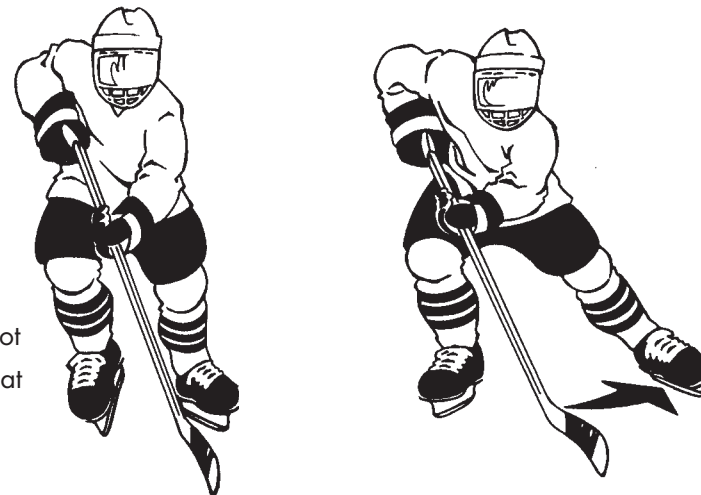
- Skates are shoulder width apart
- Weight is on inside edges of the skates
- Buttocks are lowered
- The back is straight and the head and chest are up
- Shoulders are level and aligned over the knees and shoulders
- The hands are close together on the stick
- The stick is on the ice in front of the body
- Hardly any weight is on the stick



## FORWARD STRIDE

### KEY ELEMENTS

- For power, push down on inside edge and out to side to full extension
- To help speed recovery, the skate must be kept low and recover back under the hip
- The knee is kept bent and weight is over the glide foot
- Keep a straight alignment of the trunk and thrust leg at full extension



## FORWARD START

### KEY ELEMENTS

#### Stationary Position

- Turn the toes of both skates out to position the blades at 45 degree angles
- Thrust off the inside edge of one skate to maximum extension
- With other skate, step forward
- Rapid, low leg recovery is essential



## FORWARD START

### KEY ELEMENTS

#### L Start (Change Direction)

- Stop on one skate, on inside edge
- Rotate chest and hips in direction of travel
- Place skates in a heel-to-heel position
- Thrust off the inside edge of back skate while stepping forward with front skate
- Push to full extension of the thrusting leg
- Rapid, low leg recovery is essential



## CONTROLLED HOCKEY STOP

### KEY ELEMENTS

#### Stop In Ready Position

- Rotate hips quickly to 90 degrees
- Stop on inside edge, both skates
  - front (lead) skate, pushing down on inside edge
  - back (trailing) skate, pushing down on outside edge
- Bend the knees
- Skates shoulder width for stability
- Weight should be equally distributed on both skates
- Stop in ready position



## ONE FOOT POWER STOP

### KEY ELEMENTS

#### Change Direction Stop

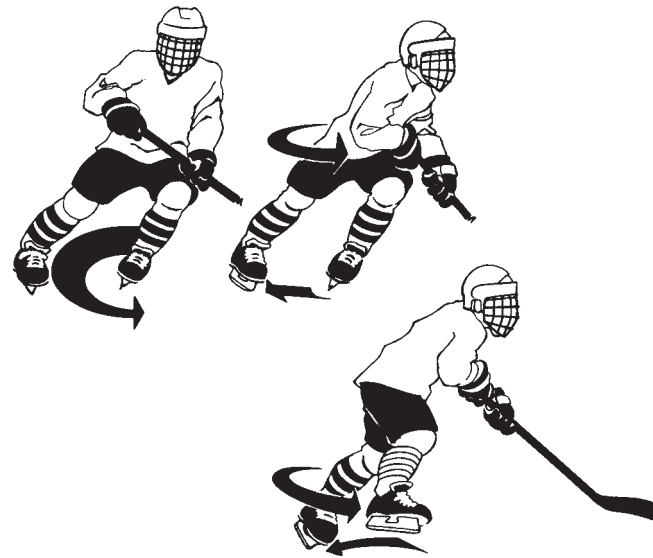
- Illustration — Stop on right skate
- Rotate hips to left
- Knee bent on right leg
- Weight on right leg
- Push inside edge of right skate into ice
- Pick up left skate and go heel-to-heel, at right angle to right skate



## CONTROL TURNS

### KEY ELEMENTS

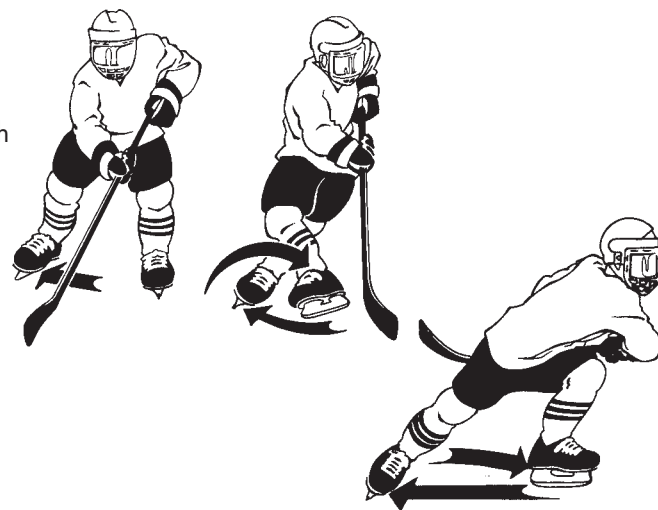
- Change direction quickly, by doing a tight turn
- Skates at least shoulder width apart
- Lead skate, transfer weight to outside edge
- Knee of lead skate bent over skate
- Trailing skate, thrust out with inside edge to full extension
- Rotate hips in direction of turn
- Upper body is erect, no leaning in direction of turn
- Do crossunder push of lead skate, behind trail skate when coming out of turn to accelerate



## FORWARD CROSSOVER

### KEY ELEMENTS

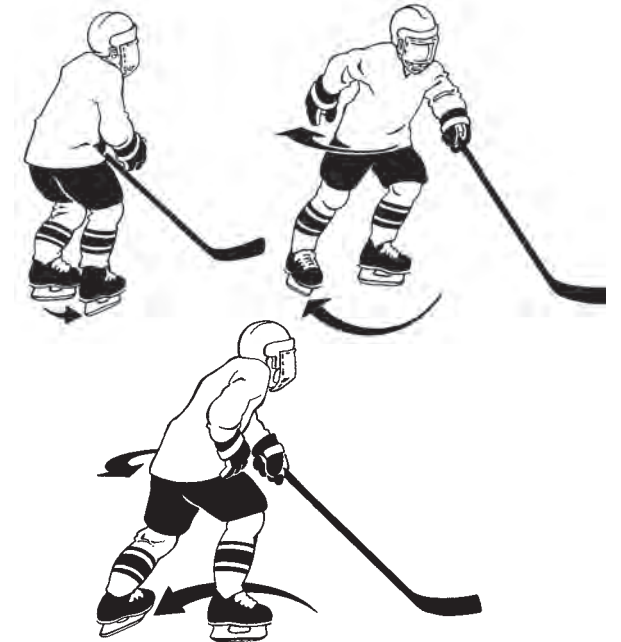
- Stress the importance of inside skate driving underneath (crossunder)
- Outside skate, push off inside edge, then pick up skate and crossover knee-over-knee with inside skate
- Inside skate, push under with outside edge as outside skate crosses over
- Knee of gliding leg is bent



## BACKWARD STRIDE

### KEY ELEMENTS

- Ready Position:
  - take bottom hand off stick
  - skates shoulder width apart
  - lower buttocks, head and shoulders erect
- Thrust off the inside edge with one skate in heel-out/toe-in arc
- Transfer weight to the glide leg at the completion of the thrust
- Make sure you have a full extension of the thrust leg
- Knee of the glide skate is bent
- Recover thrust skate to under the hip
- Chest and head are up throughout the skating motion



## BACKWARD STOP — SNOWPLOW

### KEY ELEMENTS

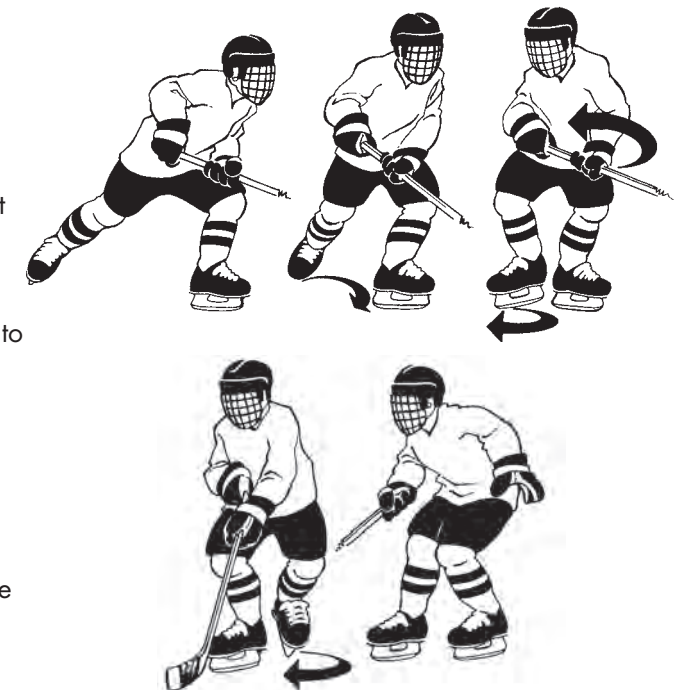
- Bend both knees
- Skates are shoulder width apart
- Toes out — heels in
- Weight on inside edges
- Slight forward body lean
- Hips, chest, shoulders facing straight ahead
- Player can easily move in any direction from this position



## FORWARD TO BACKWARD TURN

### KEY ELEMENTS

- Illustration — gliding on left skate
- Right skate is off the ice, rotate hip and chest to the right
- Place the weight over the left skate
- Turn right skate 180 degrees in opposite direction, heel to heel in parallel position with left skate
- Continue to rotate hips and chest 180 degrees to face backwards and put right skate down
- Pick up left skate and turn it around facing backwards
- When turning skates, pick skates up, don't scrape the ice by trying to just spin

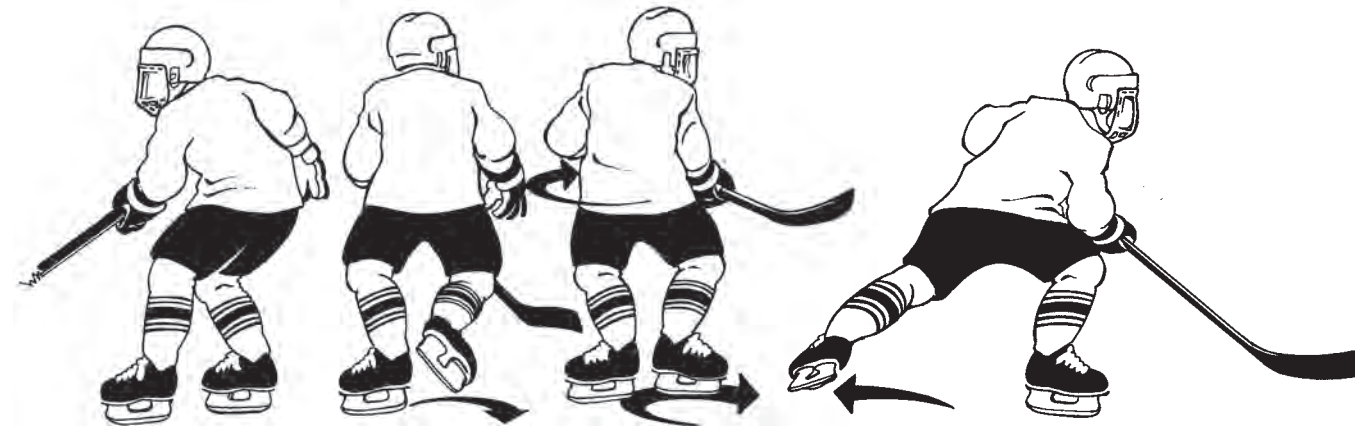




## BACKWARD TO FORWARD — “STEP OUT”

### KEY ELEMENTS

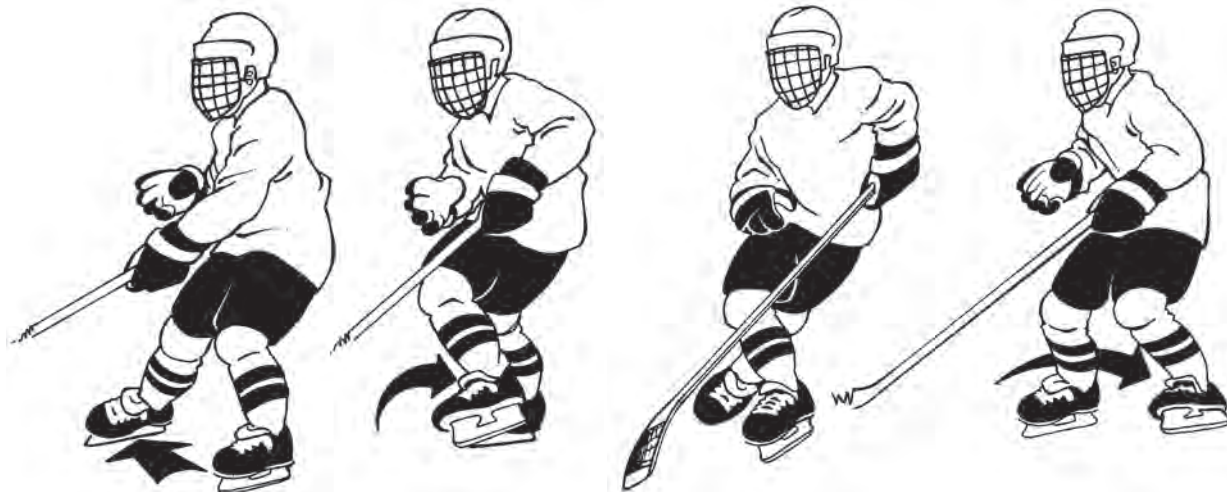
- Illustration — step out to right
- Rotate hips and chest to the right
- Place weight on inside edge of glide skate (left skate)
- Pick up the right skate and turn it 180 degrees so the toe of skate is now facing the opposite direction (heel to heel)
- As the right skate is put down, thrust off inside edge of left skate to full extension to accelerate



### BACKWARD CROSSOVERS

### KEY ELEMENTS

- Illustration — crossover to left
- Command: **PUSH**
  - thrust right leg to full extension, with inside edge
- Command: **CROSS**
  - Pick up right skate and crossover left skate
  - As right skate crosses over, roll left skate from inside edge over to outside edge to balance
- Command: **REACH**
  - After right skate crosses over, reach out (step out) sideways with left skate
- Keep chest and head erect, butt low



# Introduction To Puck Control

## THE STICK, GRIP & STANCE

### KEY ELEMENTS

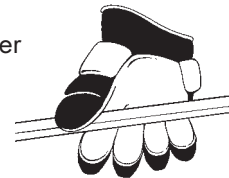
#### 1. Length of Stick — Standing on skates

- Should come just under chin and no lower than neckline



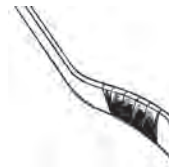
#### 2. Size of Shaft

- 12 & Under (Pee Wee), should use a junior shaft which is narrower
- 12 & Under (Pee Wee) and older may use an adult stick



#### 3. Blade of Stick

- Too often a player uses a blade that is too large, making it feel awkward and hard to control.



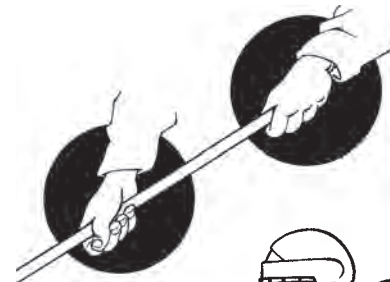
#### 4. Lie of Stick

- Skating styles determine the lie of a stick
  - Erect from waist up, requires a higher number lie
  - Bent over at waist requires a lower number lie



#### 5. Grip on Stick

- Hands six to 12 inches (elbow's length) apart on stick
- Stick grasped by the fingers
- Grip is correct when a V is formed by the thumb and forefinger on the top side of the shaft



#### 6. Basic Stance

- Stick in front of body, allowing elbows and arms to move freely
- Knees are bent
- Head, chest and eyes are up

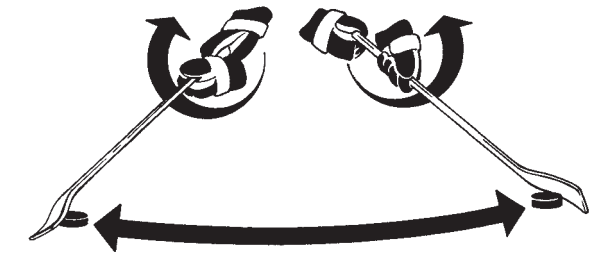


## BASIC FUNDAMENTAL SKILLS FOR STICKHANDLING

### KEY ELEMENTS

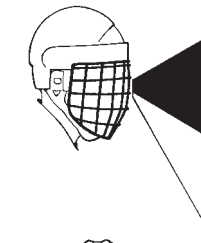
#### 1. Wrist Roll and Cupping the Puck

- When moving the puck side to side, it is essential for the wrist to roll.
- When the wrists roll, it enables the blade of the stick to cup the puck.



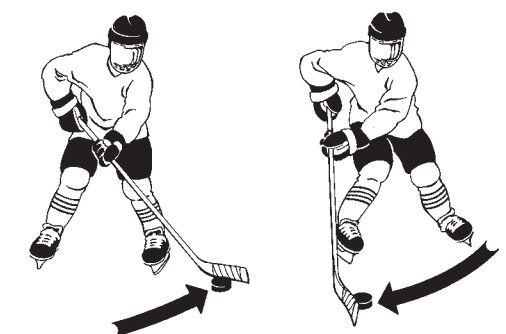
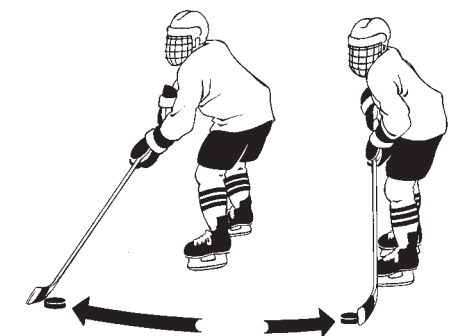
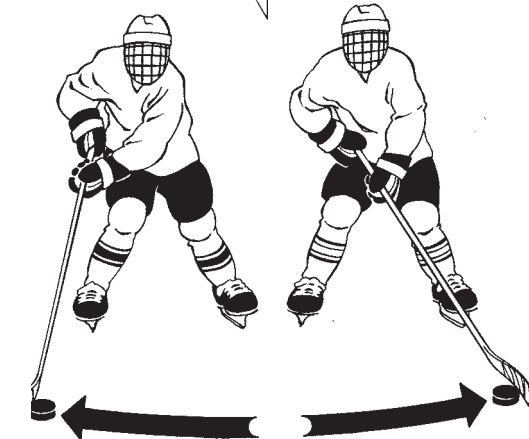
#### 2. Split Vision

- Also called peripheral vision, the ability to see the puck on the stick without looking directly at it
- Eyes are up, reading the options, indirectly see puck out of bottom of the eyes



#### 3. Basic Dribbling Skills

- Lateral Dribble
  - Begin with moving the puck shoulder to shoulder
  - Gradually move the puck to full range of extension, both to forehand and backhand side
- Front to Back Dribble
  - Move puck to side of body, do not turn body sideways
  - Puck moves forward/backward along side of body
  - Useful in protecting from stick check and setting up fake shot
- Diagonal Dribble
  - Movement of puck from front of body across diagonally to side
  - Use to set up a shot and to dangle puck in front for a quick pull back



## ACCELERATING AND PUCK PROTECTION

### KEY ELEMENTS

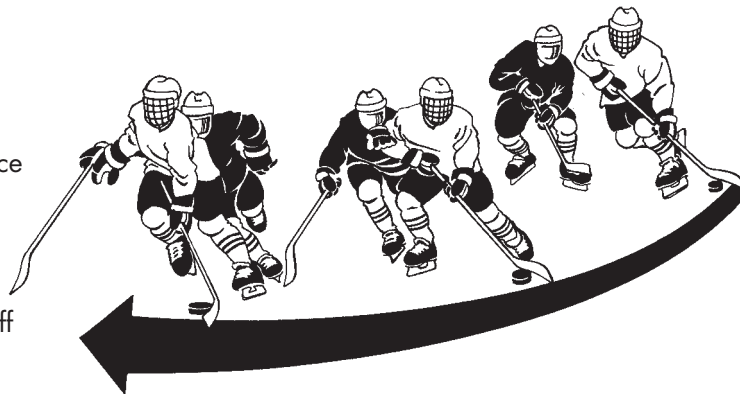
#### 1. Open Ice ACCELERATION

- Drop lower hand off stick
- By using only the top hand, players can skate with more speed.
- Extend arm and tilt blade pushing puck out front of body, not to side
- Have arm extended and hand holding stick below waist



#### 2. SHIELDING The Puck

- Keep the puck away from defender and place body between puck and defender
- Use a control turn technique to protect puck
  - Take bottom hand off stick to help ward off defender's stick



#### 3. OVERCOME RESISTANCE

- Accelerate in front of defender and take his angle of approach away
- This places the defender behind you and eliminates body and stick check situations



# Introduction To Passing & Receiving

## FOREHAND AND BACKHAND SWEEP PASS

## KEY ELEMENTS

## 1. Command: Look-Slide-Guide-Point

- Grip: lower hand is placed 10-14 inches from top of stick
- Blade of stick should cup the puck
  - Puck moves from heel to toe of stick for proper spin
- Head up, eyes focused on target
- Start pass near back skate and sweep it towards front skate for release
- After release, follow through with stick

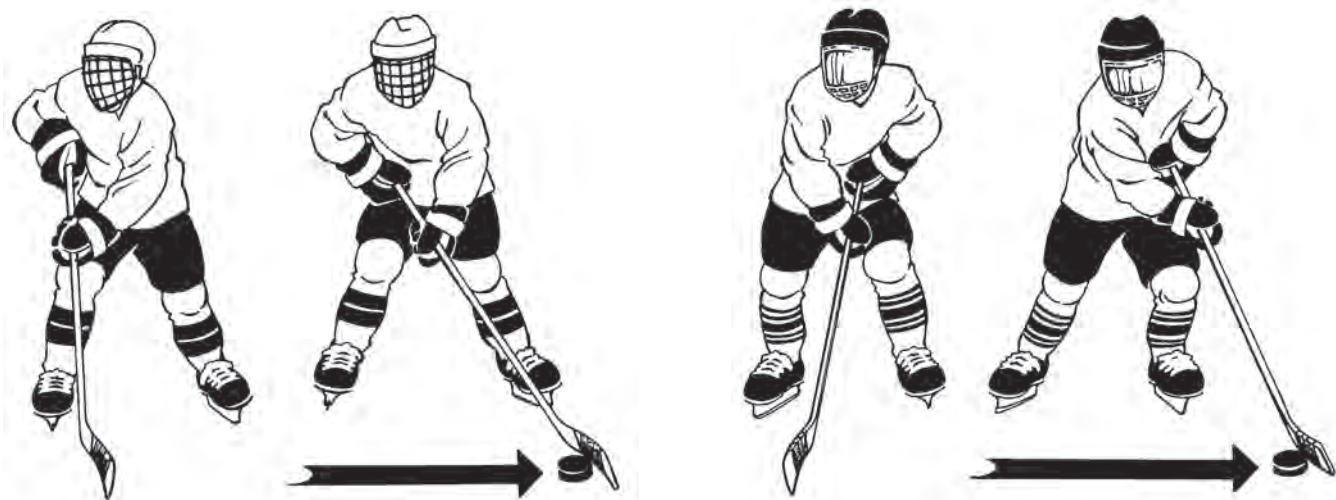


## PASS RECEPTION

## KEY ELEMENTS

## 1. Command: Right Angle - Cup &amp; Give

- Presentation: move blade of stick toward the puck in preparation for receiving
  - Blade is at a right angle to passing lane
- Blade should be cupped over the puck as contact is made
- The blade must give to maintain control of the puck
  - Giving with the puck is done by relaxing the wrists upon contact.



# Introduction To Shooting



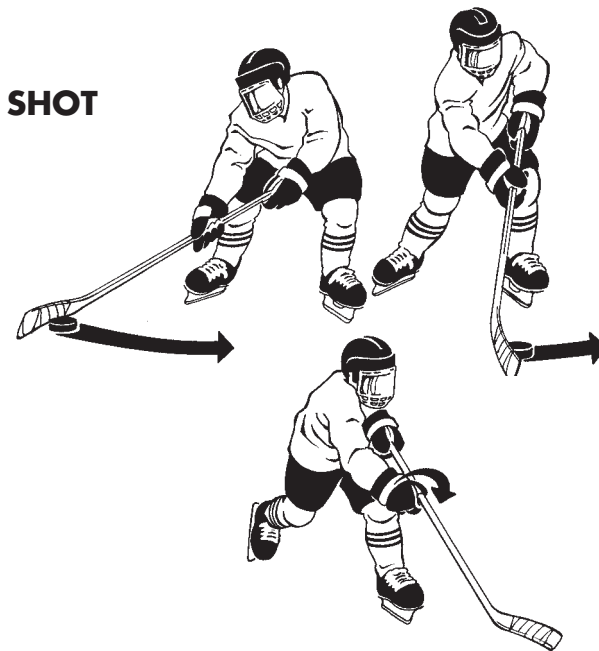
## BASIC INFORMATION ON MECHANICS OF SHOOTING

1. Puck should be placed in middle of blade
2. Base of Support - the puck in a position somewhere between the two skates
3. Release puck at 90 degree angle to the target
4. Lower arm provides the pushing action, upper arm provides the pulling motion
5. Upper body rotation is important in shooting
6. In shooting, the force exerted on the stick is downward and forward, propelling the puck forward
7. Strength in the shoulders, arms and wrists is important to shooting
  - With 12 & Under (Squirts) and lower ages, stress the techniques of shooting, they will have difficulty in strength for speed and power.
8. Follow through towards net, be ready for any rebound

### WRIST SWEEP SHOT

#### KEY ELEMENTS

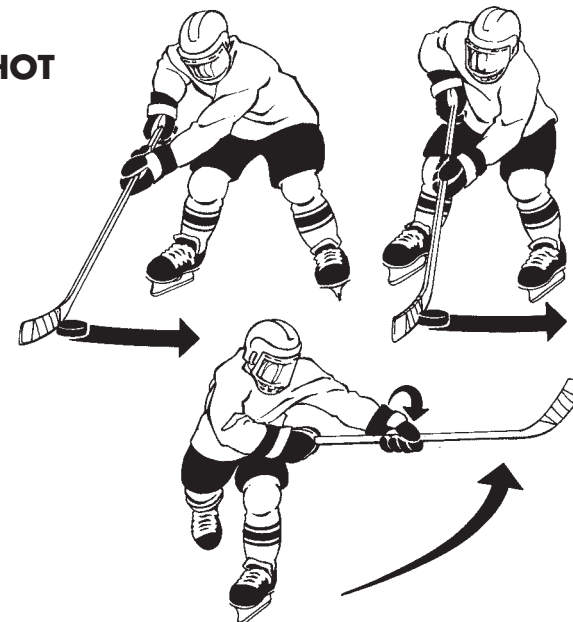
- Body turned at 45 degree angle to the target
- Hands are 12-15 inches apart on the stick
- Shot begins with puck at side of body and behind back foot
- Blade cupped over the puck
- Sweep the puck forward, transfer weight to front foot
- Puck movement from middle of blade towards toe
- Height of shot depends on how quickly the blade of stick is open at release and follow through



### BACKHAND SHOT

#### KEY ELEMENTS

- Hands 12-15 inches apart on the stick
- Puck at side of body and behind back skate
- Blade cupped over puck
- Sweep puck forward, weight transfer to front skate
- Upper body rotates quickly
- The stick blade rotation determines height of puck

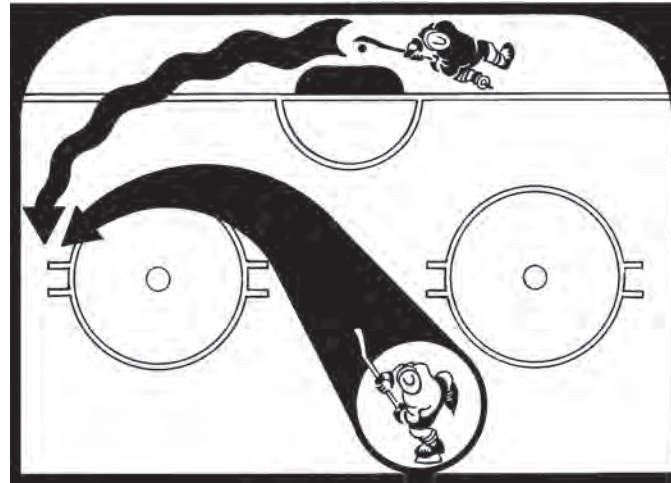


# Introduction To Body Contact (Angling, Stick Checking, and Contact Confidence)



## KEY ELEMENTS

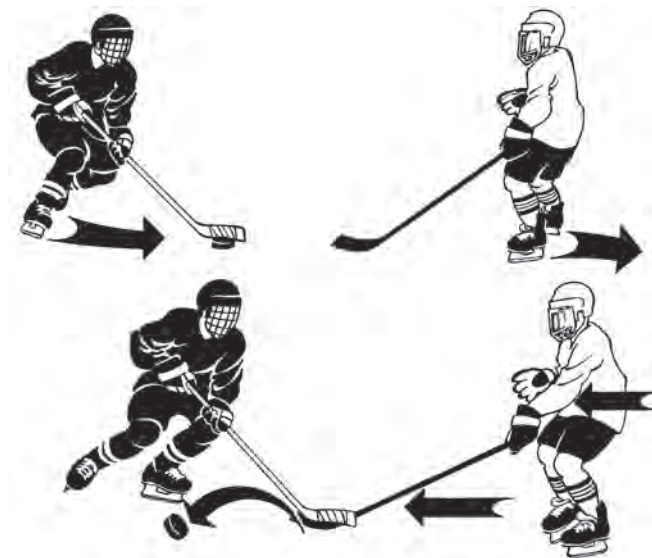
- The checker must learn to play the angles of pursuit
- Stick on stick and body on body
  - Try and play through opponent's hands
  - This allows you to get the puck while separating the puck carrier from the puck.
- Quick acceleration is important once the puck carrier is contained
- Continue to skate when close to the puck carrier — DON'T GLIDE!



## STICK CHECKS

### POKE CHECK KEY ELEMENTS

- Stick hand/arm is held close to body, elbow bent
- As attacker gets within range, quickly extend stick, making contact with the puck
- Defender must maintain good body position in front of attacker — DON'T LUNGE WITH BODY
- Finish check off by sliding stick between attacker's legs and making body contact



### HOOK CHECK KEY ELEMENTS

- Most useful when approaching opponent from behind
- Stick shaft is extended along the ice
- Stick side knee is bent
- Stick blade flat on ice
- Use hooking motion to take puck away



### LIFT THE STICK CHECK KEY ELEMENTS

- Approach the puck carrier from behind
- Skate with puck carrier
- Lift the stick as quickly as possible
- Bring stick down quickly and pull puck away



### STICK PRESS KEY ELEMENTS

- Close 1 on 1 coverage situations
- Defender places stick over lower part of opponent's stick and presses down hard
- Need upper body strength



## CONTACT CONFIDENCE/COVERING

### BACKCHECKING KEY ELEMENTS

- Use crossovers/crossunders to accelerate toward an opponent
- Maintain inside position to prevent pass reception
- Be even or slightly ahead of opponent
  - If behind opponent, keep skating hard
- Be close enough to opponent to allow occasional contact
- Continue to cover opponent until play is broken up



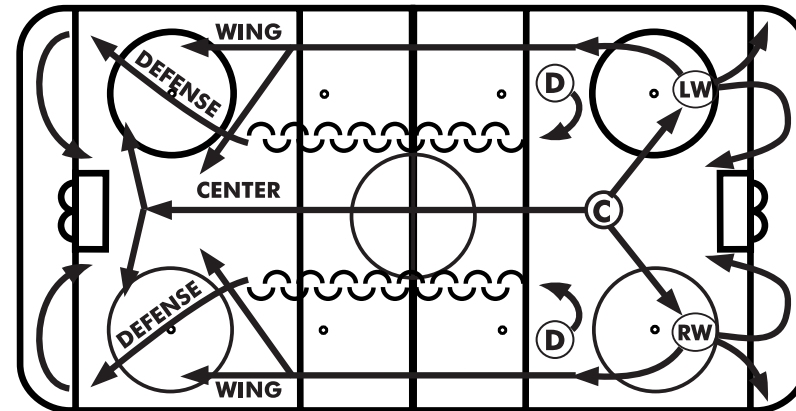
### CHECKING IN FRONT OF NET KEY ELEMENTS

- Start on far post and adjust to play opponent
- Keep yourself between goal and opponent
- Keep one eye on puck location
- Be able to feel opponent with stick
- Have your stick in a position to control opponent's stick
- Position body to be able to move opponent out of a screening position





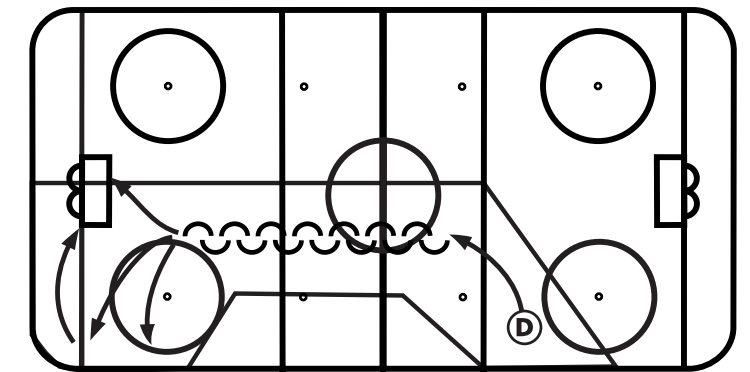
## TEAM PLAY – DEFENSE



**DEFENSE** - is the phase of the game during which the team is not in possession of the puck. It begins when the team loses possession of the puck and ends when the team regains control of the puck.

### KEY ELEMENTS

- Individual Skills
  - Checking the puck carrier, angling
  - Intercepting passes or cutting off passing lanes
  - Covering opponent
  - Block shots
- Team Skills
  - Carrying out lane responsibilities in all three zones
  - Pressure and outnumber opponent at puck
- Defense is a matter of pride
  - To take an oath that what has to be done will be done
- Give 100 percent
  - Effort and energy are a matter of will



**DEFENSEMEN — Defensive Responsibilities**  
**OFFENSIVE ZONE — Forecheck**

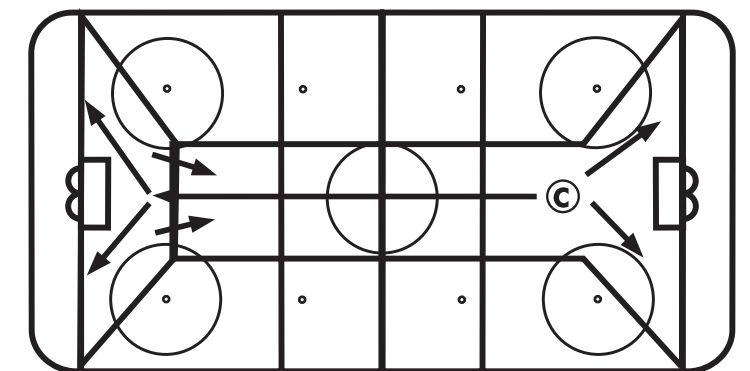
1. Defensemen hold the blue line until puck is between face-off dot and top of circle
2. Middle defenseman plays as free safety, keeping all five of the opponents in front of him

### **NEUTRAL ZONE — Backcheck**

1. Each defenseman plays the seam (imaginary line drawn through face-off dots), to the middle of the ice

### **DEFENSIVE ZONE — Coverage**

1. Force play to outside
2. Strong side defensemen on puck, block out puck carrier from going to the net
3. Weak side defensemen cover the front of the net, start on the weak side post



**CENTERS — Defensive Responsibilities**  
**OFFENSIVE ZONE — Forecheck**

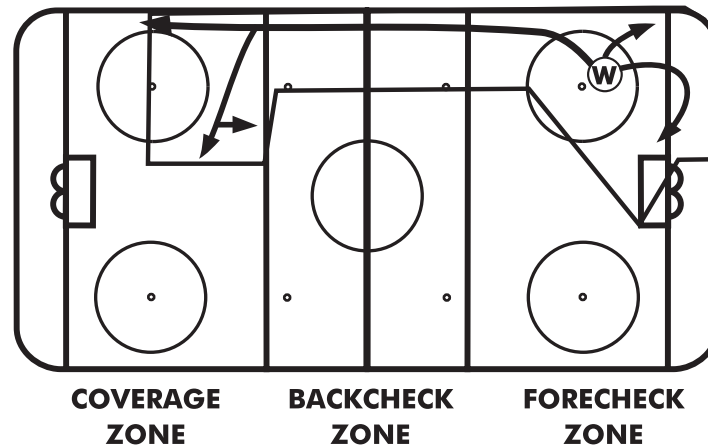
1. Backup the wing (first forechecker) who is covering the puck carrier

### **NEUTRAL ZONE — Backcheck**

1. Cover middle lane, force puck carrier to outside lane

### **DEFENSIVE ZONE — Coverage**

1. PUCK LOW
  - Cover front of net (below face-off dots)
  - Back up strong side defenseman in corner
2. PUCK HIGH
  - Cover slot (middle), from hash marks to top of circle



## WINGS — Defensive Responsibilities

### OFFENSIVE ZONE — Forecheck

1. Strong side wing forces puck carrier from an angle
2. Weak side wing plays on top of the circle inside of face-off dot
  - If puck moves to weak side, wing moves in on angle and takes puck carrier

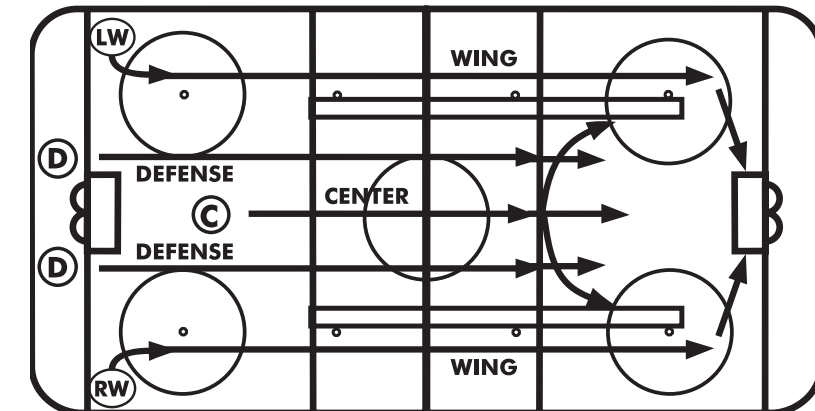
### NEUTRAL ZONE — Backcheck

1. Both wings backcheck the outside lane on their side
  - Always stay between the opponent and puck, inside position

### DEFENSIVE ZONE — Coverage

1. Backcheck the opponent all the way in to the defensive zone until play is forced into the corner
2. PUCK LOW
  - Strong side wing on boards between face-off dot and top of circle, cut off passing lane to point
  - Weak side wing covers slot (middle), from hash marks to top of circle
3. PUCK HIGH
  - Strong side wing covers board defenseman
  - Weak side wing covers middle defenseman

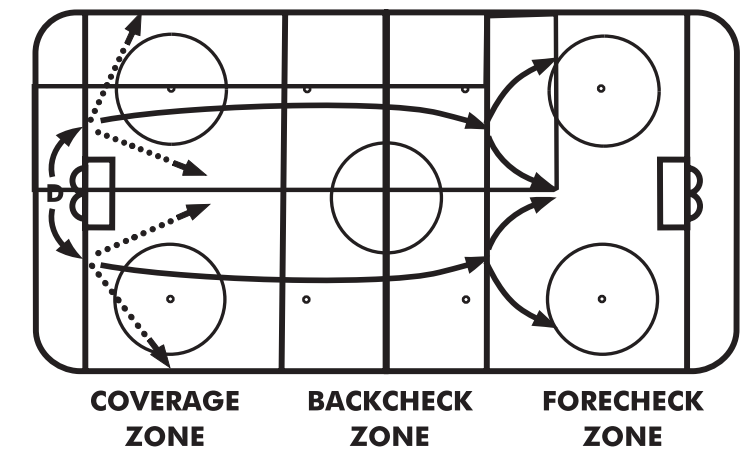
## TEAM PLAY – OFFENSE



**OFFENSE** - is the phase of the game when a team is in possession of the puck. The aim is to get the puck down the ice in a systematic way and into the opponent's net.

### KEY ELEMENTS

1. Individual Skills
  - Carrying the puck (stickhandling)
  - Passing and receiving
  - Shooting
2. Team Skills
  - Teach an orderly method of moving the puck down the ice into attacking zone
  - Players must take a great deal of pride in their passing and receiving skills
  - Two quick passes when breaking out
  - Stay wide and move quickly through neutral zone
  - Set up offensive triangle in attack zone, set up 2 on 1 on defensive player



## DEFENSEMEN - Offensive Responsibilities

### BREAKOUT ZONE

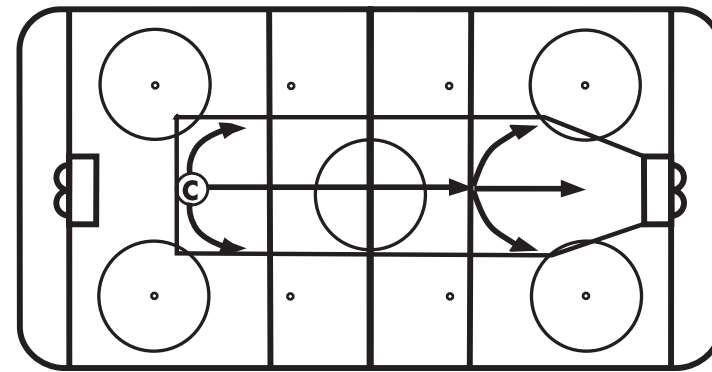
1. Move puck quickly up ice
2. Keep puck between the face-off dots when making breakout pass

### NEUTRAL ZONE

1. Strong side defenseman after making pass, follows up play inside the seams
2. Weak side defenseman is last player to leave the zone and moves up middle

### ATTACK ZONE

1. Strong side defenseman moves to top of circle
2. Weak side defenseman moves to just inside blue line



**COVERAGE ZONE**      **BACKCHECK ZONE**      **FORECHECK ZONE**

## CENTER - Offensive Responsibilities

### BREAKOUT ZONE

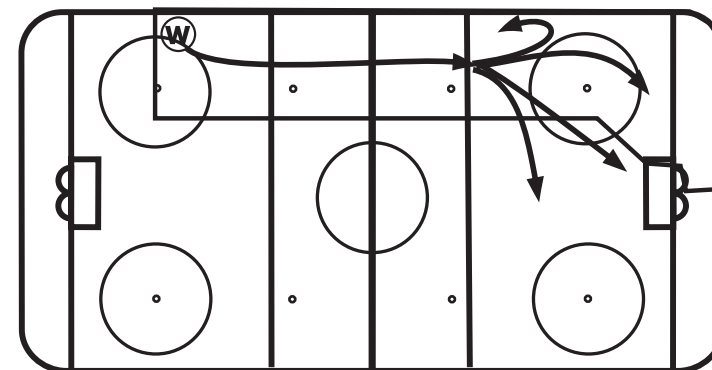
1. Center stays between the circle, close to the top of the circle
2. Always angle toward side boards when receiving pass

### NEUTRAL ZONE

1. Move up ice in the middle zone, between the seams

### ATTACK ZONE

1. Playmaker — usually passes to a wing
2. Without Puck
  - Trail the puck carrier at top of circle (or skate hard to front of net)
3. With Puck, Over Blue line
  - Stop in middle, just before top of circle, and pass to wing or shoot



**COVERAGE ZONE**      **BACKCHECK ZONE**      **FORECHECK ZONE**

## WING - Offensive Responsibilities

### BREAKOUT ZONE

1. Strong side Wing
  - Moves to stationary position against the boards, no higher than face-off dot
2. Weak side Wing
  - Move to dot when puck goes to other side
  - Move out of zone along seam

### NEUTRAL ZONE

1. Both wings should stay in outside lanes

### ATTACK ZONE

1. Puck carrier
  - Penetrate zone to top of circle, quickly
  - Options: go to net and shoot; pass back to trailer (center); pass to weak side wing in front of net
2. Weak side Wing
  - Stay wide when coming into zone
  - Skate into face-off dot and angle to net

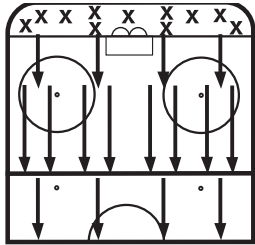
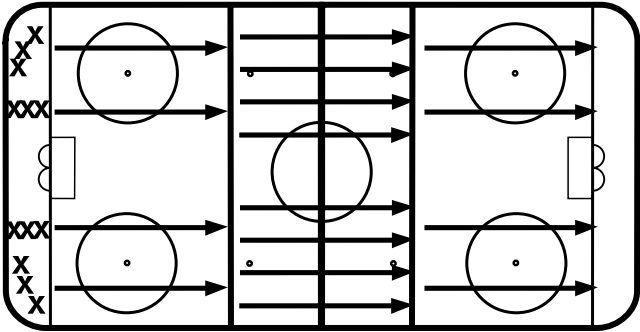
# Drills For Hockey



STANCE

READY POSITION and GLIDE

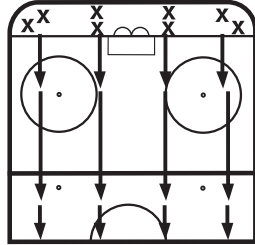
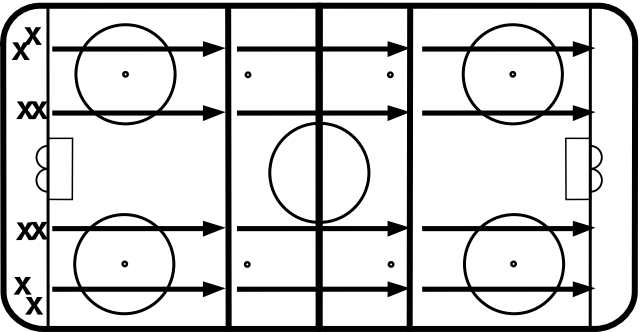
1. Form three to five lines and have players spread out
2. Get players into ready position
3. Demonstrate why knees need to be bent:
  - First have players legs straight and jump
  - Second have players bend knees and jump
  - With knees bent we have more power
4. Now have players skate up to line and glide in ready position.



STANCE and BALANCE

READY POSITION and ONE FOOT GLIDE

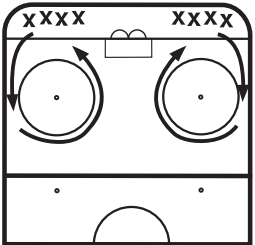
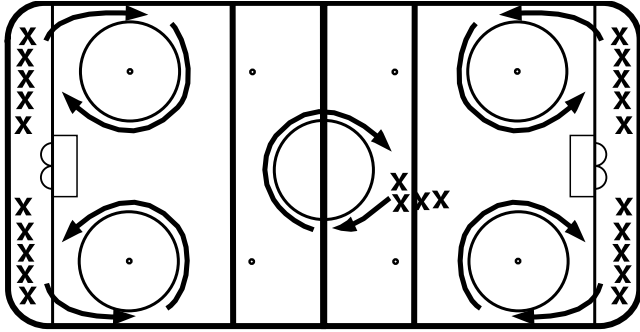
1. Form three to five lines
2. Players skate up to line and glide in ready position on one skate
3. Stress — stick on ice, no weight on stick, knee of glide foot bent



EDGE CONTROL

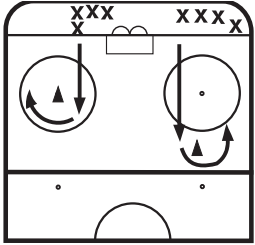
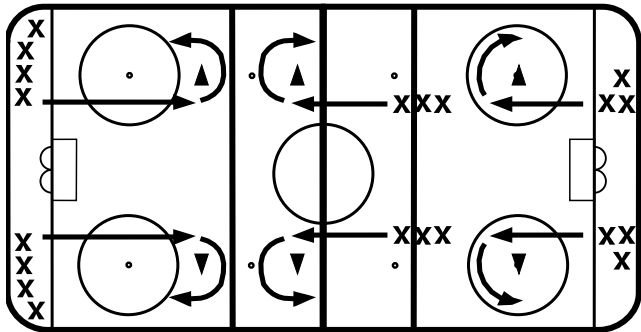
INSIDE/OUTSIDE EDGES ON CIRCLE

1. Form lines near each circle
2. Player takes two strides and glides around circle on one skate, inside or outside edge
  - Right inside edge, counter-clockwise
  - Right outside edge, clockwise
  - Left inside edge, clockwise
  - Left outside edge, counter-clockwise
3. Stress — glide skate, knee is bent
  - Two hands on stick, on the ice
4. Try and glide around the circle on one skate



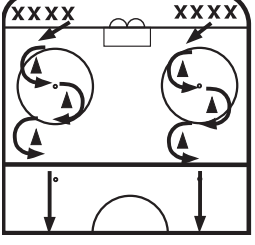
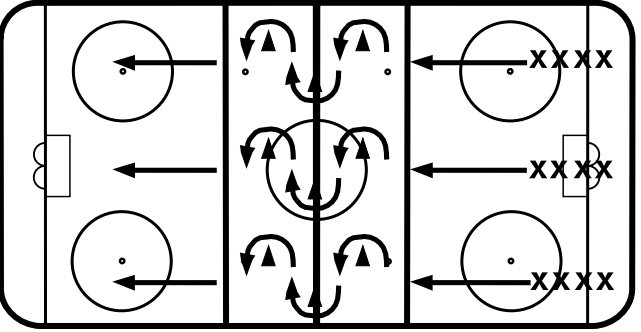
ONE CONE - INSIDE/OUTSIDE EDGE

1. Form three to five lines, put cone five to 30 feet away
2. Skate up to cone and pick up one skate while gliding on inside or outside edge of other skate
3. Keep the glide leg bent, stick on ice
4. Don't put other skate down until player has made a complete U-turn around cone



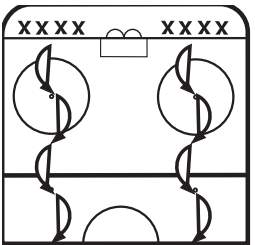
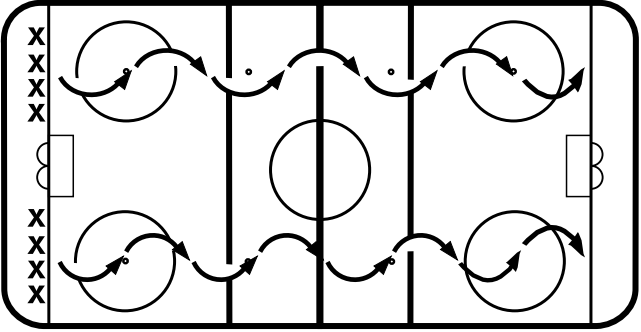
3 CONE TRIANGLE - INSIDE EDGES

1. Form three lines
2. Put three cones in a triangle formation about 15 feet apart
3. Players skate up to cone and alternate inside edges of right/left skate around cones
4. Stress — glide leg knee is bent
  - Two hands on stick, on the ice



BIG C - INSIDE EDGES

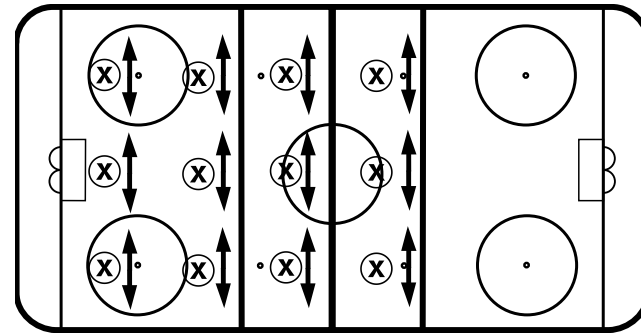
1. Form three to five lines at one end of rink
2. Start out by making a 1/2 circle with the inside edge of right skate
3. Then make 1/2 circle with the inside edge of the left skate
4. Continue down the ice alternating right and left inside edges
5. Push the inside edges hard into ice by having the knee well bent



## STICK AND WEIGHT SHIFT

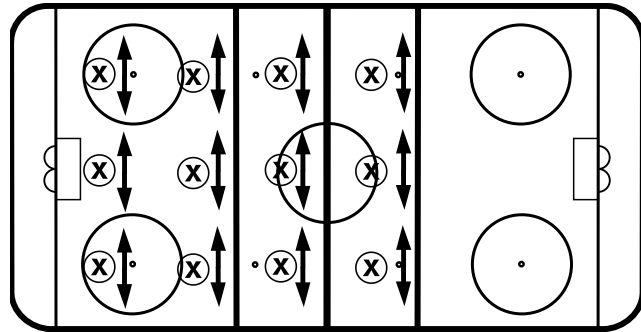
### STATIONARY STICK AND WEIGHT SHIFT FORWARD STRIDE

1. Form three to five lines, players spread out
2. Get players in ready position with two hands on the stick, stick on the ice
3. Have players shift weight and move stick to the right bent leg, left leg straightens
4. Now shift weight and move stick to the left bent leg, right leg straightens
5. Stress — grip, hands are 10 inches apart
  - Move hands and stick to bent knee
  - Keep head and chest up



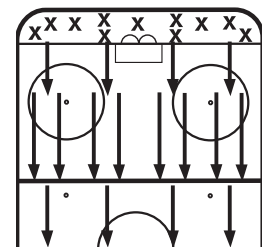
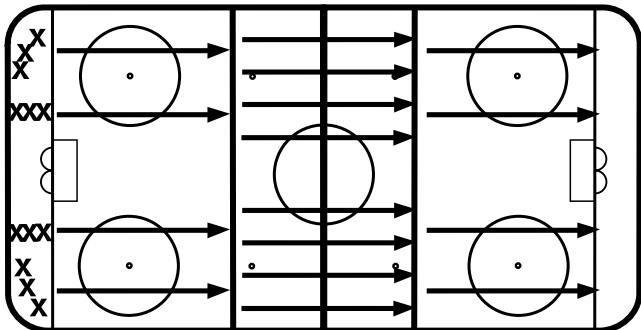
### STATIONARY — SLIDE TO EACH SIDE

1. Form three to five lines, players spread out
2. Have players get into ready position
3. Have players push off with left skate and slide sideways on right skate, pick up left skate
4. Then push off with right skate and slide sideways on left skate, pick up right skate
5. Stress — stick and weight shift to bent knee of sliding foot



### FORWARD GLIDE - STICK AND WEIGHT SHIFT

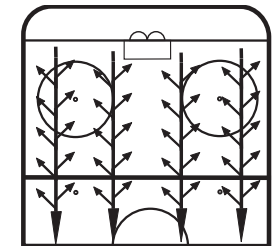
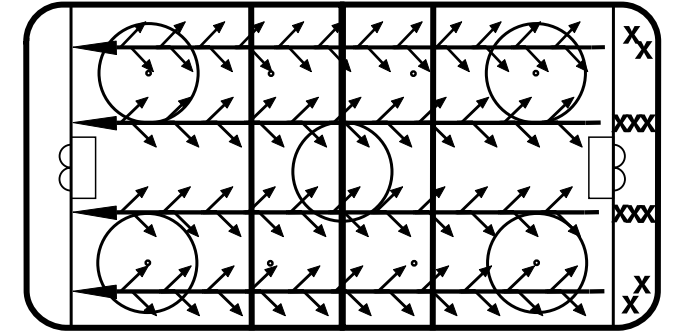
1. Form three to five lines at one end of rink
2. Skate forward to line and glide with both skates on the ice
3. While gliding, shift the weight and stick, alternating between right and left leg
4. Stress — grip, 10 inches apart on stick
  - Move hands and stick to in front of bent leg
  - Keep head and chest up



## FORWARD STRIDE

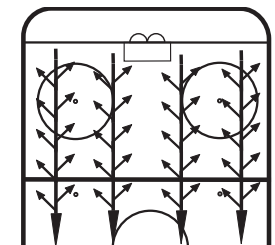
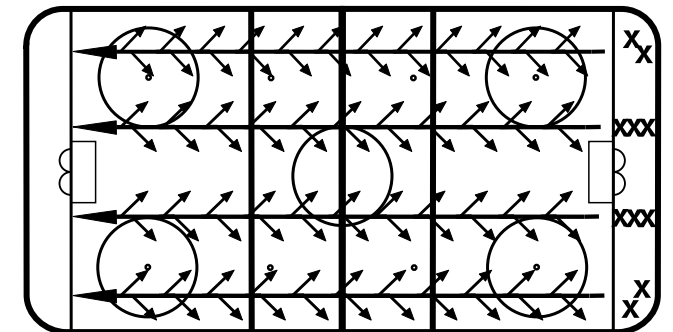
### FORWARD STRIDE - PUSH-TOUCH-COAST

1. Form three to five lines, at one end of rink
2. Have players get into ready position
3. Player pushes off with right skate to full extension
4. Recover with right skate and touch it to the left skate
5. Coast in ready position
6. Do the same sequence with left skate, continue alternating skates



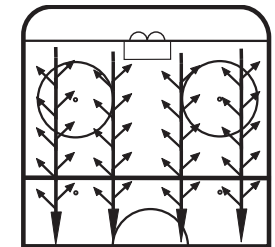
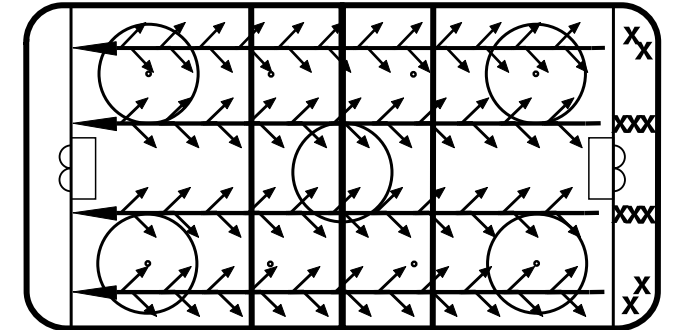
### FORWARD STRIDE - PUSH-TOUCH-NO COAST

1. Form three to five lines, at one end of rink
2. Have players get into ready position
3. Player pushes off with right skate to full extension
4. Recover with right skate and touch it to the left skate
5. Immediately after touch, push left skate out to full extension, no coast between strides
6. Stress — knee bent of glide foot
  - Push to full extension
  - Stick and weight shift to bent knee



### FORWARD STRIDE - PUSH-ALMOST TOUCH

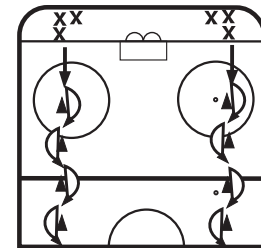
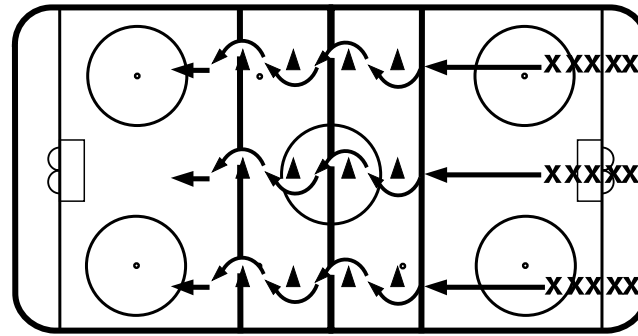
1. Form three to five lines, at one end of rink
2. Have players get into ready position
3. Player pushes off with right skate to full extension
4. Player then recovers right skate close to left skate, almost touch, skate recovers to under hip
5. Stress — full extension when pushing off
  - Get body into a good rhythm of weight shift and stick movement



## SKATING RHYTHM

### FOUR CONE - INSIDE EDGES - SKATING RHYTHM

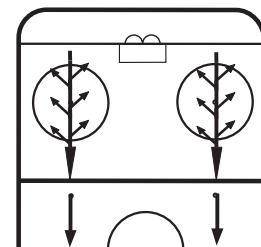
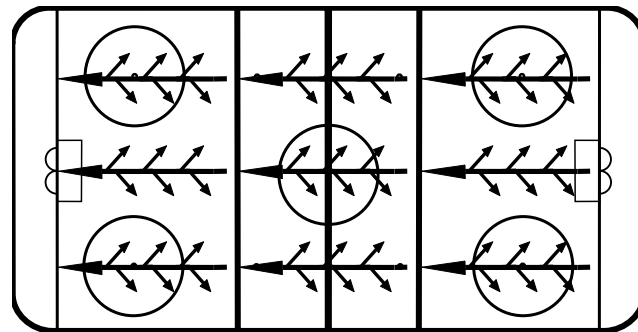
1. Form three to four lines between goal line and circle
2. Place four cones 10 feet apart, straight line
3. Have player do a natural skating stroke but hold the inside edge a little longer while zig-zagging between the cones
4. Keep two hands on the stick, on the ice, in front of the body and on bent knee side
5. Once players are comfortable, shorten the distance between cones, also have them do it at full speed



## STARTS AND ACCELERATION

### ACCELERATION STROKES

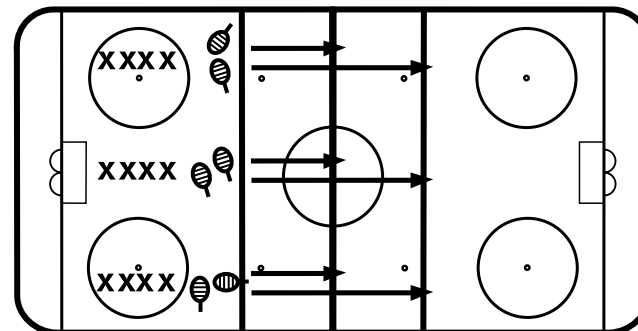
1. Form three to five lines, at one end of rink
2. Players skate to blue line, doing full power strokes
3. When reaching the blue line, accelerate as fast as possible to far blue line
4. Teach them that acceleration is accomplished by quick recovery after the stroke
5. Stress that there must be full recovery under the hip
6. Most players keep their feet too far apart on recovery



### SHORT DISTANCE STARTS AND ACCELERATIONS

#### (A) 45 Degree Spread Start

1. Form three to five lines on a given line
2. Have player turn toes out and heels in at a 45 degree angle
3. Thrust off inside edge of one skate to full extension
4. Accelerate quickly to red line or blue line
5. Stress full recovery after each stride

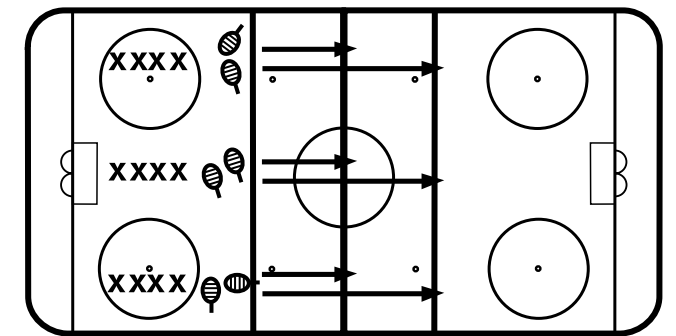


## QUICK STARTS AND ACCELERATIONS

### SHORT DISTANCE STARTS AND ACCELERATIONS

#### (B) Ten and Two O'clock Start

1. Form three to five lines on a given line
  2. Have players turn body and skates either to two or 10 o'clock angle
  3. Push off inside edge of back skate while reaching forward with front skate
  4. The first three or four strides are 3/4 length, then full extension
  5. Quickness comes from how fast the feet recover after the thrust
- Options: Make it into a race, have winners race off

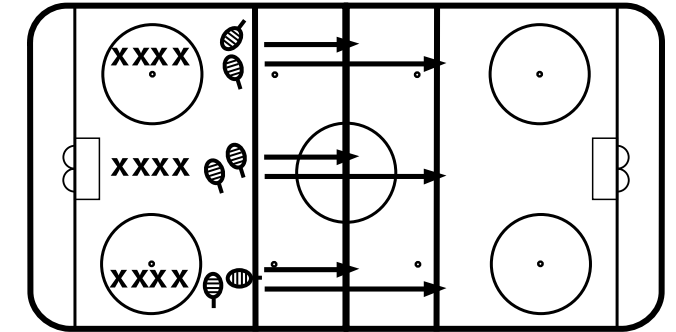


## QUICK STARTS AND ACCELERATIONS

### SHORT DISTANCE STARTS AND ACCELERATIONS

#### (C) Forward Start (Right/Left)

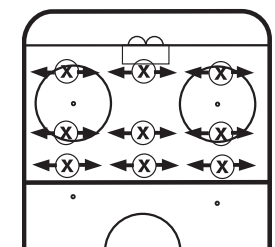
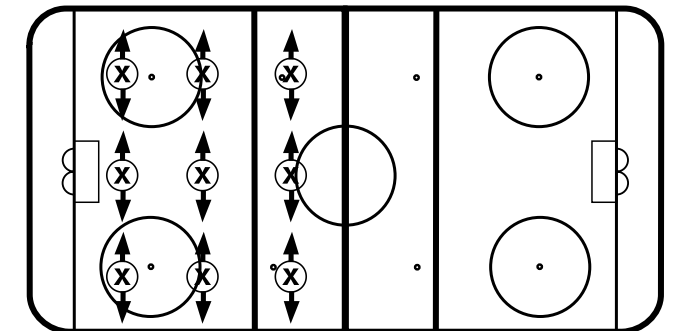
1. This is used when stopping and changing direction quickly
2. Form three to five lines on a given line
3. Right Start, rotate chest and hips to right, placing the skates in a heel-to-heel position
4. Thrust off the inside edge of back skate while reaching forward with front skate
5. Accelerate with full recovery strides to line



## STOPS

### FORWARD STOPS - STATIONARY EDGE WORK

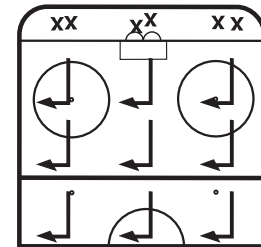
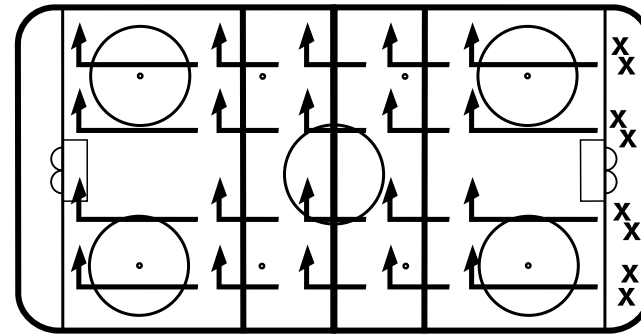
1. Form three to five lines and have players spread out
2. Stand stationary and push out to side with an inside edge of one skate
3. Recover the skate and repeat to same side a number of times, making a pile of snow
4. This teaches the player to push down hard on an inside edge when stopping



## STOPPING

### FORWARD - CONTROL STOP

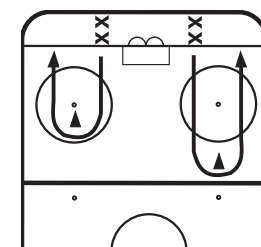
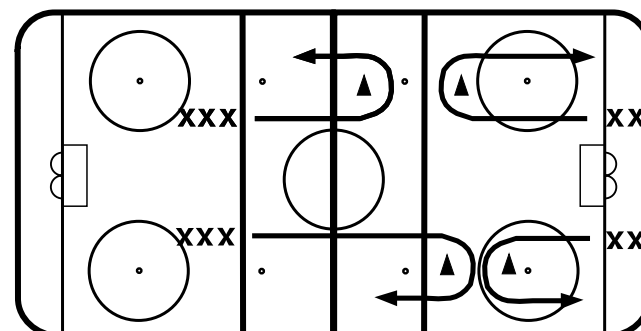
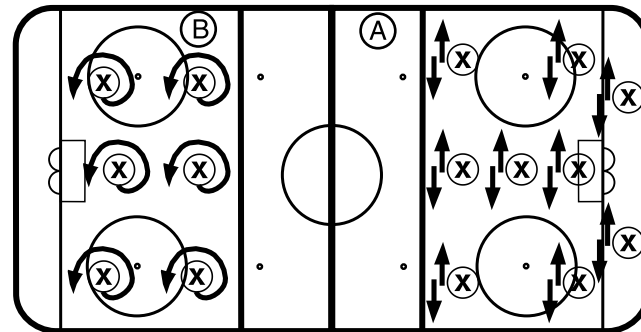
1. Form three to five lines, at one end of the rink
2. The objective is to stop in the ready position
3. Skate forward and stop every time the whistle blows
4. Always stop facing the same direction
5. When stopping, snap the hips quickly to one side
6. Pushing down on the inside edge of front skate
7. Pushing down on the outside edge of the back skate
8. Stress — knee bend, chest and head up, skates shoulder width apart
9. Use the L start when starting every time



## CONTROL TURN

### STATIONARY - TURNS AND WEIGHT SHIFT

1. Form three to five lines and have players spread out
2. Two skills must be practiced — Bend and Extend
  - A1. When turning to the right, right leg is bent (pivot) and left leg is straight (brace)
  - A2. Practice learning to the right and left
  - B1. Next do a forward pivot around the right foot that is stationary and knee bent
  - B2. Extend the left leg by throwing out the heel while going in a circle around the right skate

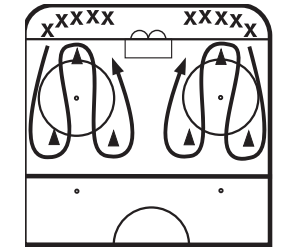
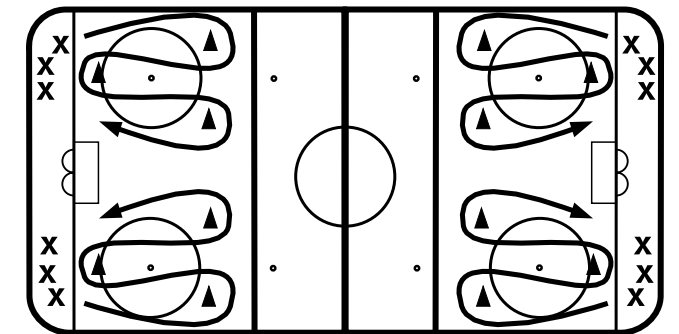


### ONE CONE - CONTROL TURN

1. Form three to five lines and put one cone 15-20 feet out in front
2. Have players skate up to cone then:
  - Glide with feet shoulder width apart
  - Bend knee of lead (inside skate)
  - Rotate hips in direction of turn
  - Weight is transferred to outside edge of lead skate
  - Thrust off inside edge of trail outside skate to full extension
3. Stress acceleration coming out of turn and keeping shoulders level

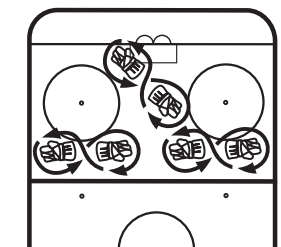
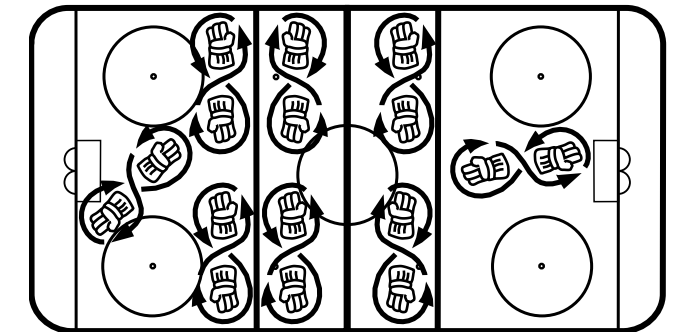
## THREE CONE TRIANGLE - CONTROL TURNS

1. Form three to five lines with three cones set up in a triangle about 10 feet apart
2. Have players do a series of three control turns quickly
3. Stress
  - Shoulders level
  - Stick on the outside part of body
  - Stay low, no bobbing up and down



## FIGURE 8 ON GLOVES - CONTROL TURN

1. Players spread out on ice and put their gloves down on the ice eight to 10 feet apart
  2. Have players do continuous control turns around gloves as fast as possible
  3. Stress
    - Staying low, no bobbing up and down
    - Keep stick on outside of body on the ice
- Option: Set a time limit of 20-60 seconds and see who can get the most turns done in that time

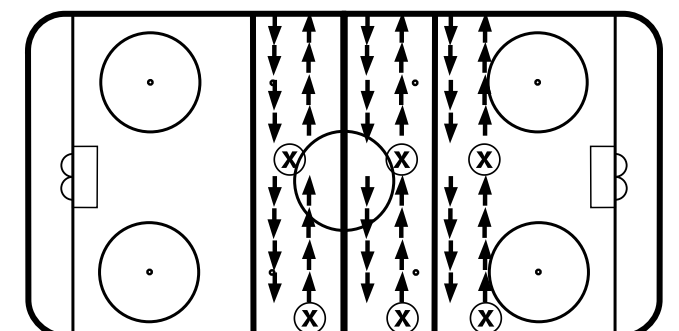


## FORWARD CROSSOVERS

### STATIONARY - FORWARD CROSSOVERS

Command: Knee Up and Foot Over

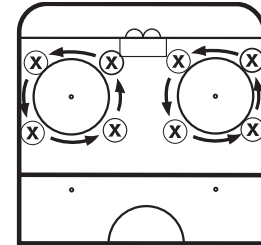
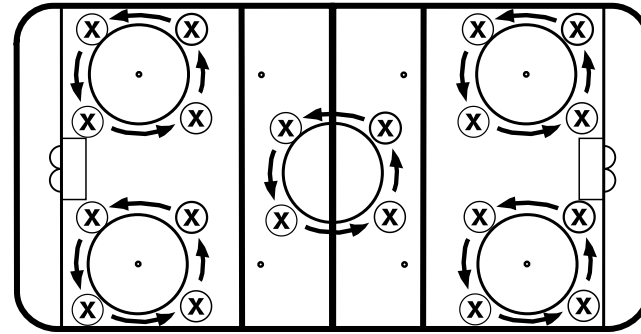
1. Form three to five lines and have players spread out
2. Illustration — going to the right:
  - Keep skates pointing straight ahead
  - Pick up the left skate, knee up, and balance on the right skate for split second
  - Then have the left skate crossover in front of right skate foot over
  - Continue this four to five times going to the right, then do going back to the left
3. Players need to learn how to balance on one foot while crossing over with the other





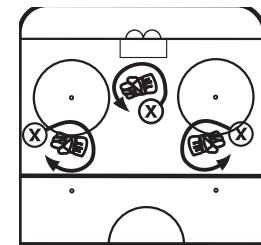
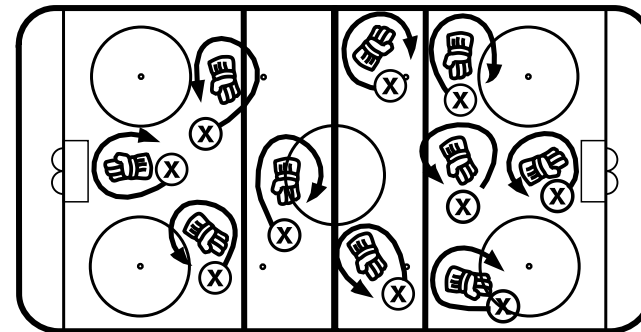
## FORWARD CROSSOVER - ON CIRCLE

1. Clockwise: Right skate up and over left skate
  - Inside skate (right) on outside edge
  - Outside skate (left) on inside edge
  - Weight alternates between the inside edge of outside skate and the outside edge of inside skate
  - After outside (left) crosses over the inside skate (right), drive the inside skate underneath the outside to full extension
2. Start out slowly around circle
3. Command: Knee Up-Foot Over-Push Under
4. Keep shoulders level



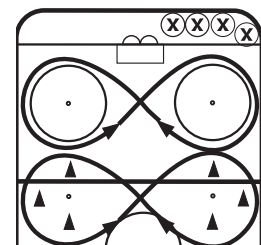
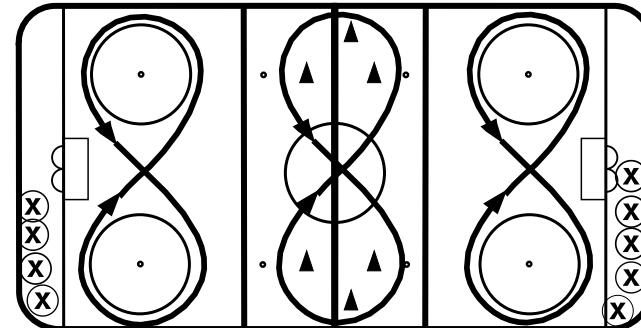
## FORWARD CROSSOVERS ON GLOVES

1. Spread players out all over the ice and place one glove on the ice
2. Have the players stay one stick length away from glove
3. Slowly start doing crossovers around the glove
4. Gradually speed up crossovers



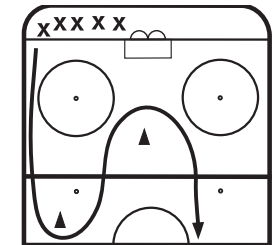
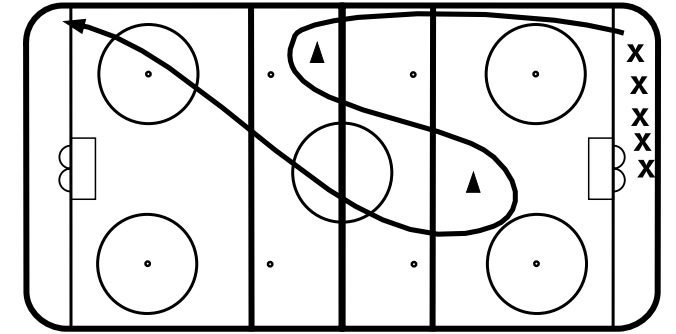
## FIGURE 8 - FORWARD CROSSOVERS

1. Have players line up in the corners
2. Allow two to three players at a time to go, doing figure 8 pattern around the two circles
3. Players must go full speed
4. Keep shoulders level



## 2 CONE - FORWARD CROSSOVERS

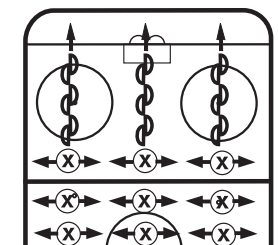
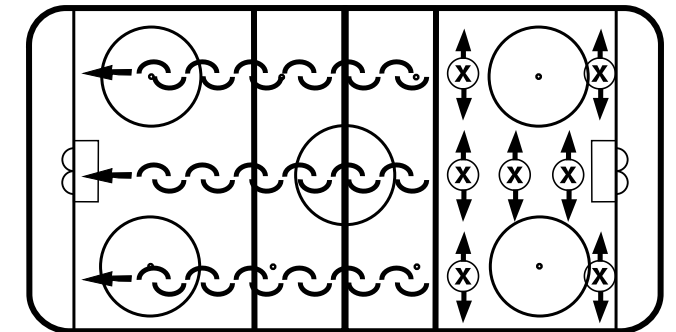
1. Make one line in the corner, put two cones out as diagrammed
2. Players do full speed crossovers around both cones, no gliding — keep the skates moving



## BACKWARD STROKE

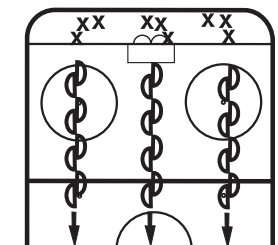
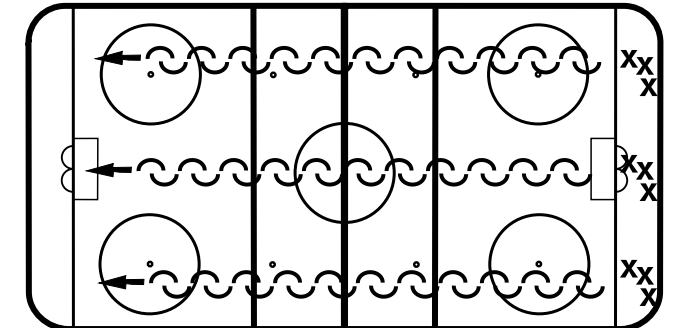
### BACKWARD STANCE and WEIGHT SHIFT

1. Form three to five lines, have players spread out
2. Backward Stance — get in stationary ready position and take bottom hand off stick
3. Shifting Weight:
  - Bend one leg and put weight over it and extend other leg
  - Go back and forth, shifting weight
4. After six to eight times doing this tell them to start moving backwards, very slowly



## BACKWARD SWIZZLES

1. Form three to five lines at one end of rink
2. Players will slowly skate backward to other end
3. Stress:
  - Heel out and toe in and thrust off inside edge, cut a C with thrusting motion
  - Chest and head up

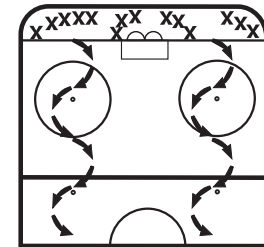
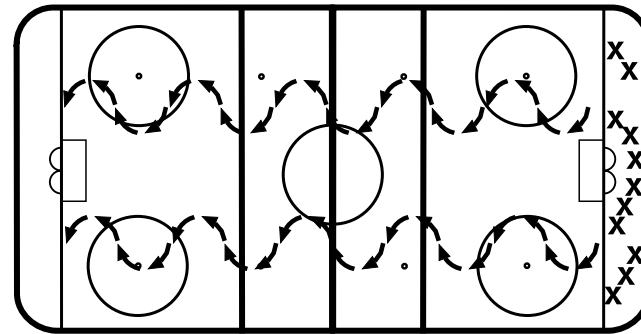




## BACKWARD MOVEMENT

### BACKWARD - THREE PUMP

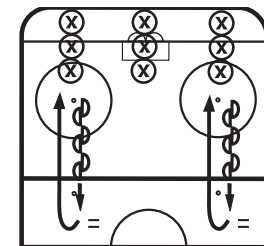
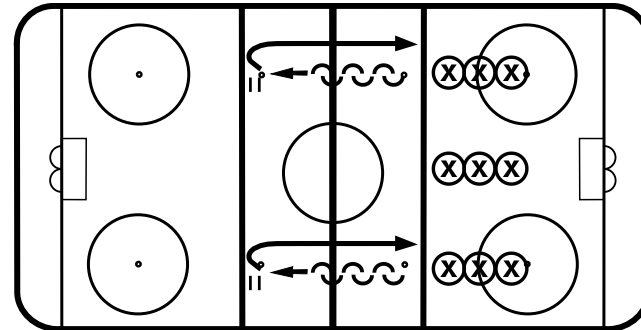
1. Form three to five lines at one end of rink
2. The pump is used to adjust to puck carrier
3. Players will start by doing three pumps with left skate then three pumps with right skate
4. When done right, there should be a zig-zag pattern down the ice



## BACKWARD STOP

### BACKWARD SNOWFLOW STOP

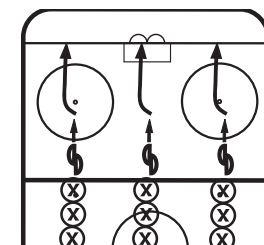
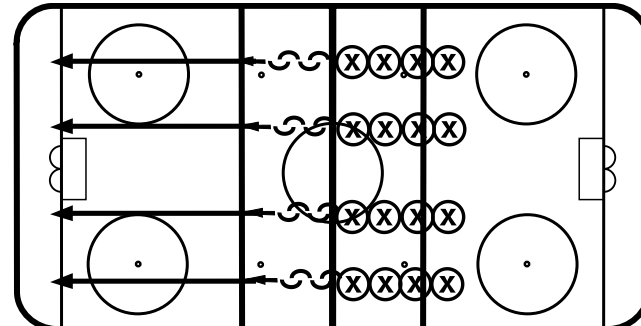
1. Form three to five lines on a designated line
2. Skate backwards to next line and do snowflow stop, the skate forward back to start line
3. Stress:
  - Both knees bent
  - Toes in and heels out
  - Weight on inside edges
  - Slight forward lean



## BACKWARD TO FORWARD

### BACKWARD TO FORWARD - STEP OUT TURN

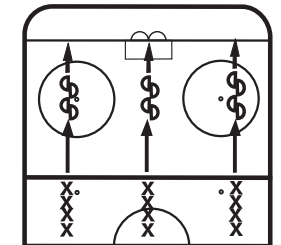
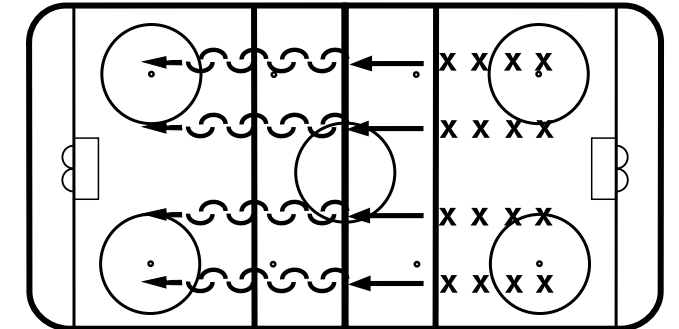
1. Form three to five lines, on a designated line
2. Skate backwards to next line, turn and skate forward
3. Stress:
  - Rotate hips and chest 180 degrees
  - Lift and turn skate 180 degrees, so it is pointing in the intended direction of travel



## FORWARD TO BACKWARD

### FORWARD TO BACKWARD TURN

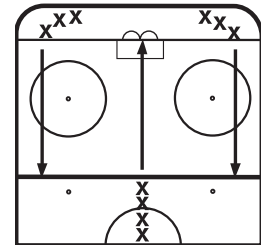
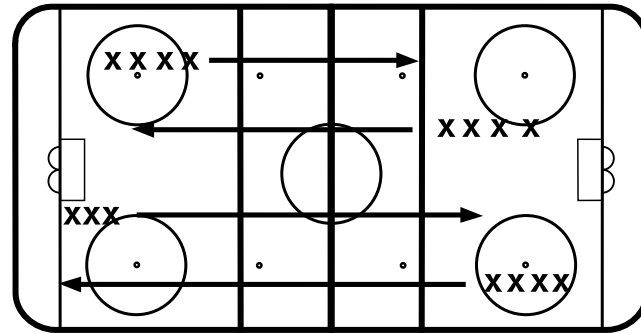
1. Form three to five lines, on a designated line
2. Skate forward to next line and turn backwards
3. Stress:
  - Pick up one skate and rotate hips and chest
  - Put skate down in opposite direction
  - Pick up back skate and accelerate forward



## PUCK CONTROL

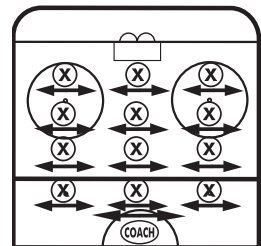
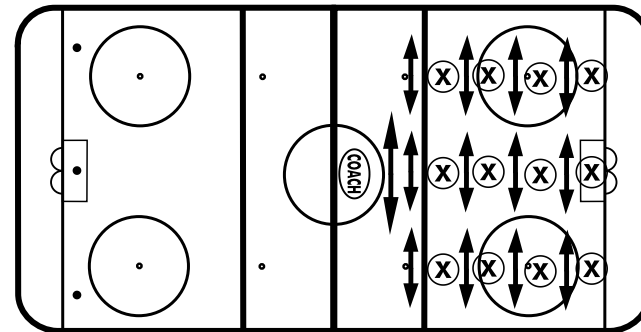
### PUCK ACCELERATION - ONE HAND PUSH

1. Form three to five lines at one end of rink
2. Players will push puck out in front of body with one hand on stick to designated line
3. Stress:
  - One hand on stick with low power stance
  - Arm of stick hand is extended
  - Push puck with blade
  - Roll wrist over and turn blade to other side when puck starts to slip off



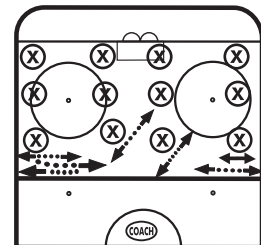
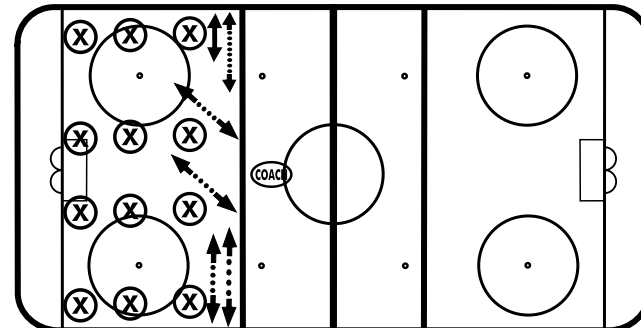
### BASIC PUCK CONTROL SKILLS

1. Form three to five lines, have players spread out
2. Go over the basic information of:
  - Stick length
  - Grip
  - Wrist roll
  - Split vision
3. Have players do lateral dribble, shoulder width
4. Keep head and eyes up, coach holds up certain number of fingers and players call the number
5. Stress — eyes up, hands close together, roll wrists



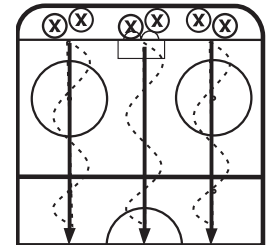
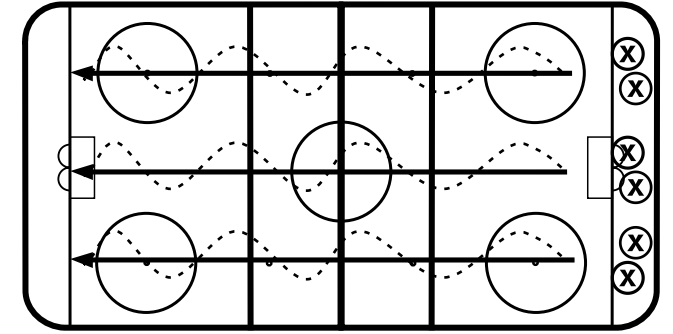
### BASIC MOVEMENTS - STATIONARY

1. Form three to five lines, spread players out with pucks
2. Practice the basic moves of:
  - Short and wide
  - Front to back
  - Diagonal
  - Dribble and pull



### FORWARD STRIDE WITH PULLS

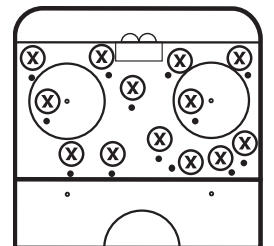
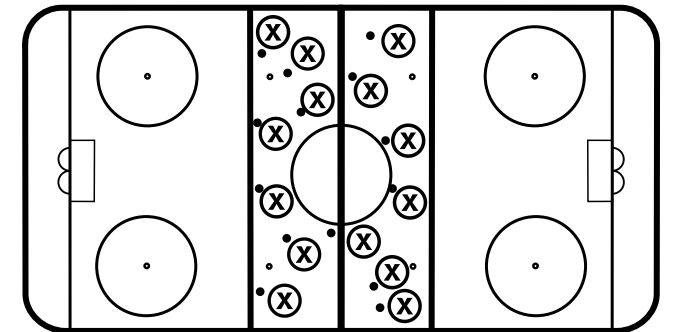
1. Form three to five lines at one end of the rink
2. Have players skate slowly forward and pull the puck as wide as possible on each stride
3. Learn to pull the puck quickly across body
4. Stress — wide pulls both to forehand and backhand sides



### PUCK CONTROL - SPLIT VISION

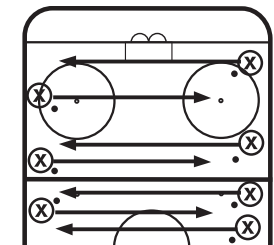
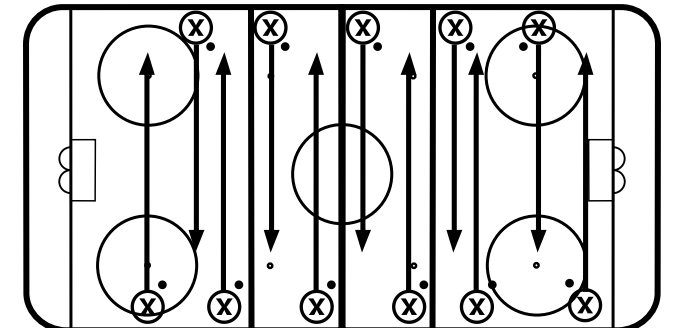
#### JAM A ZONE

1. Have all players spread out in one zone with pucks
2. On whistle, players skate around avoiding the other players while still controlling their puck
3. Players should constantly be changing directions



### OVER AND BACK - TWO DIRECTIONS

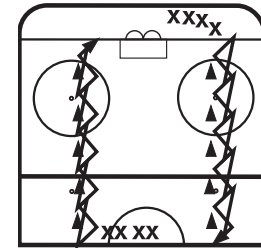
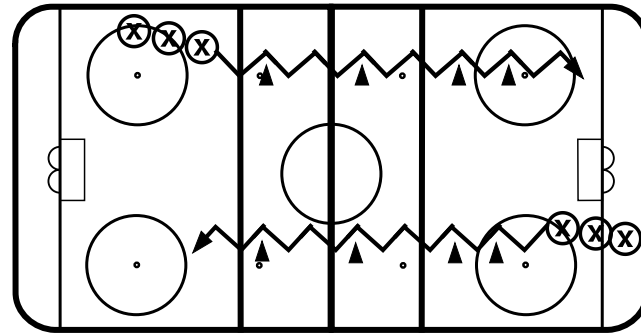
1. Split players up on each side boards with pucks
2. On whistle, both sides go over and back, avoiding all other players
3. When players get to other side, turn and come back immediately



## PUCK CONTROL - PULLS

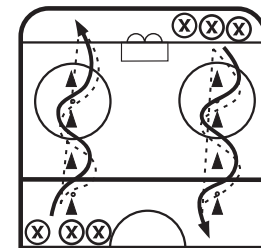
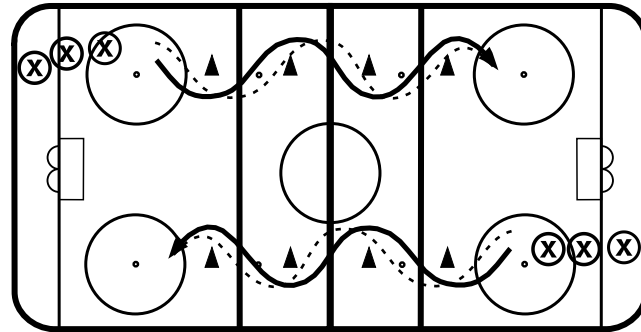
### ONE WAY PULLS ON CONES

1. Form three to four lines with four cones spread out 15 feet apart in a straight line
2. Have players pull on only one side on all four cones
3. Skate to cone, pull as far out to side, then step in on next cone and repeat action



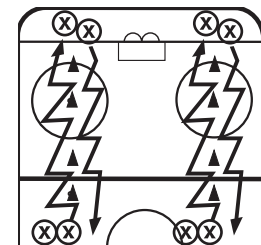
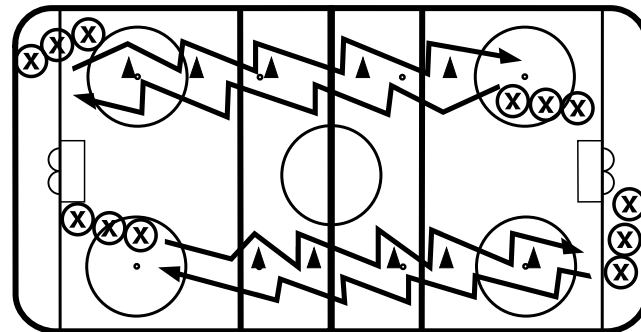
### ZIG-ZAG PULLS ON CONES

1. Form three to four lines with four cones spread out 15 feet apart
2. Have players zig-zag, pulling puck as wide as possible at each cone
3. Players must learn to pull puck across the body to other side quickly



### TWO DIRECTION PULLS ON CONES

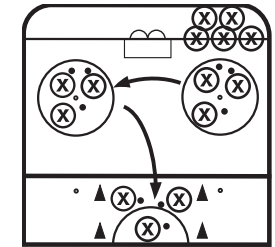
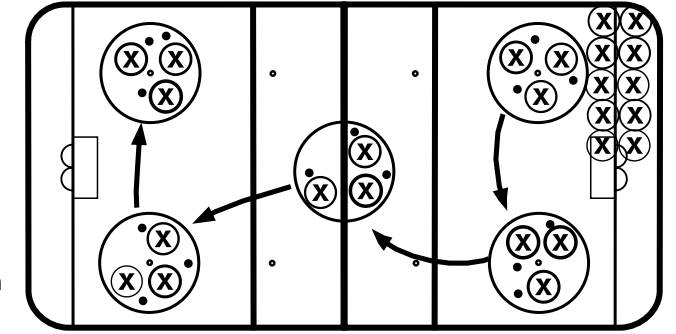
1. Form two rows of four to five cones, 15 feet apart in a straight line, form one line at each end of the two lines of cones
2. Have both sets of lines on each set of cones going at the same time
3. One line pulling on one side while the other line pulling on the other side
4. Challenge the players to take each other out



## PUCK CONTROL - SPLIT VISION

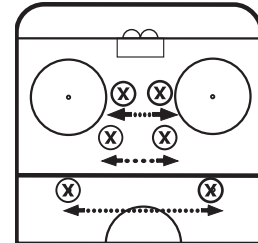
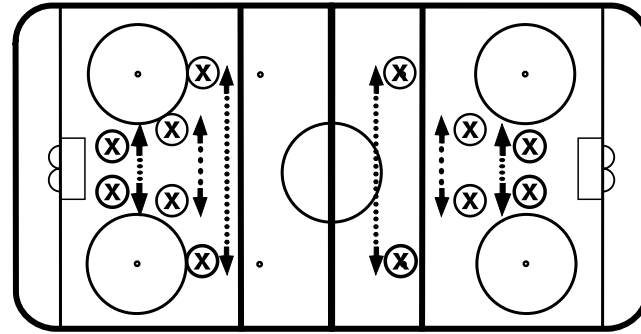
### THREE PLAYER JAM THE CIRCLES

1. Form three lines in one corner of rink, with pucks
2. First player in each line goes into nearest circle and puckhandles around avoiding the other two players
3. On whistle, they go to next circle and the next player in each line goes to nearest circle
4. Continue until all players have completed all the circles



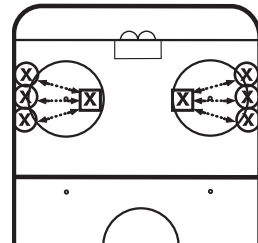
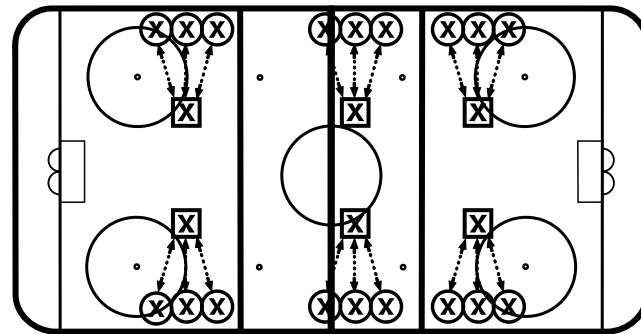
## PASSING AND RECEIVING STATIONARY PARTNER PASSING

1. Have players pair up and stand three feet apart
2. Demonstrate the basic forehand and backhand pass and reception
3. Players pass the puck back and forth standing three feet apart, then 10 feet apart, then 20 feet apart
4. Basic Skills Commands:
  - Passing, Look-Slide-Guide-Point
  - Reception, Cup & Give
5. Stress very slow technique at first



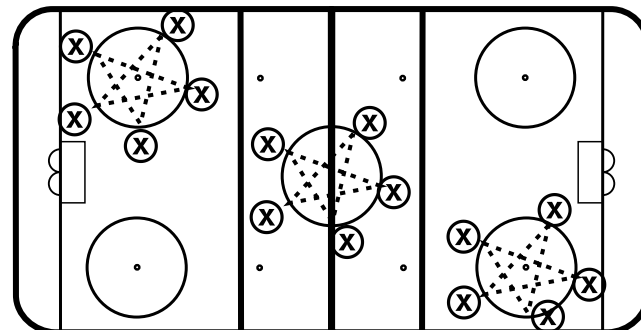
## PEPPER PASSING GROUPS

1. Put players into groups of four with one puck
2. Have one player move out and face the other three
3. Pass to all players in the line twice, then next player in line moves out and does the same thing
4. Stress sliding & guiding the puck rather than slapping the puck



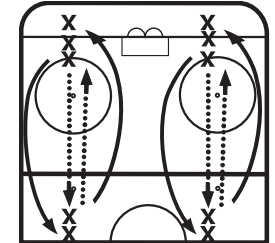
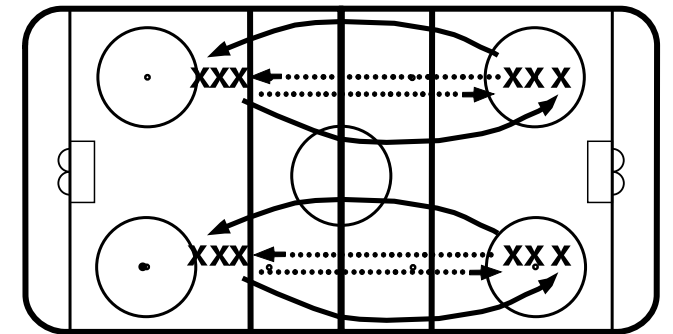
## CIRCLE PASSING

1. Put five players on a circle with one puck
2. Have them pass the puck around the circle as fast as possible
3. Pass to a different player each time



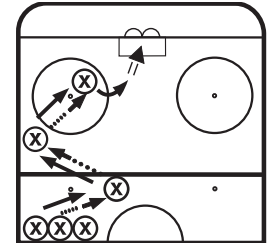
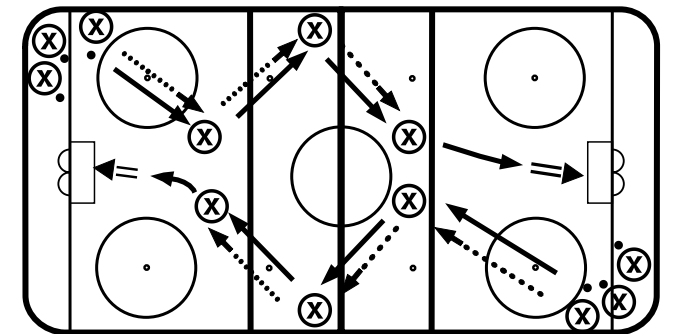
## GIVE AND GO - LINE PASSING

1. Form three groups with two lines to a group, each line on a designated line facing one another
2. Pass puck when stationary, then skate to the end of the other line
3. Emphasize that the pass must be made to the forehand side of the receiver



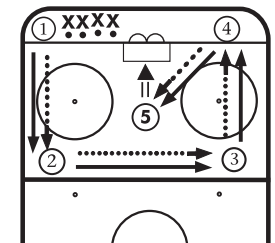
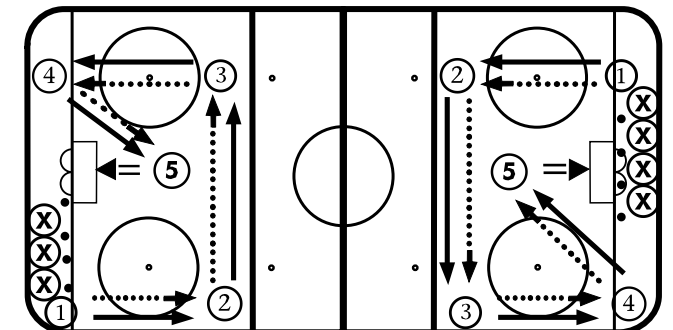
## ZIG-ZAG MOVEMENT PASSING ON THE LINES

1. Form two lines on opposite sides of the rink, at top of face-off circles on each end
2. First three players in each line go to designated spots on lines
3. First player in each line passes to stationary player on first line then follows his pass to that spot
4. Each player passes and goes, the player on the last line then goes in and shoots
5. Stress — passes to forehand side of receiver



## FIVE STATION - GIVE AND GO PASSING - SHOOT

1. Form one line in the corner, first four players go to designated spots
2. First player in line passes to the second player, then follows up pass by skating to that spot
3. Continue passing until the last player receives puck and shoots
4. Start with short passing distances between stations

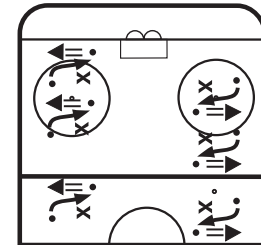
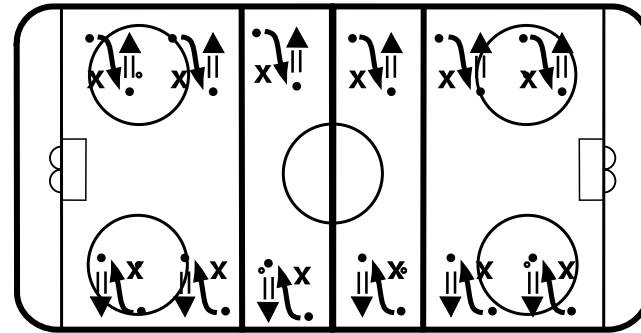




## SHOOTING

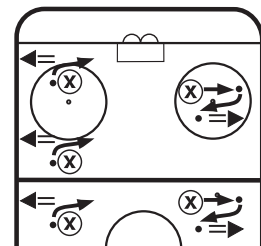
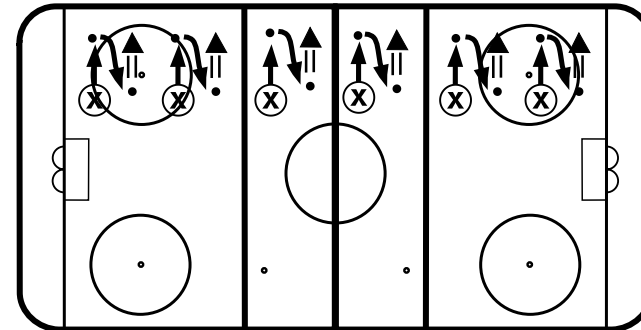
### STATIONARY WRIST/SWEEP SHOT

1. Have players spread out around the rink about 15 feet away from boards with a puck
2. Start with puck in front of body
3. Have the player pull the puck to forehand side and turn body at a 45 degree angle to target
4. Sweep puck forward, transferring weight from back skate to front skate
5. Stress —
  - Push with bottom hand and pull with top hand
  - Pull puck behind back skate



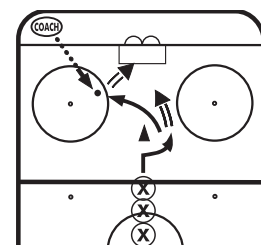
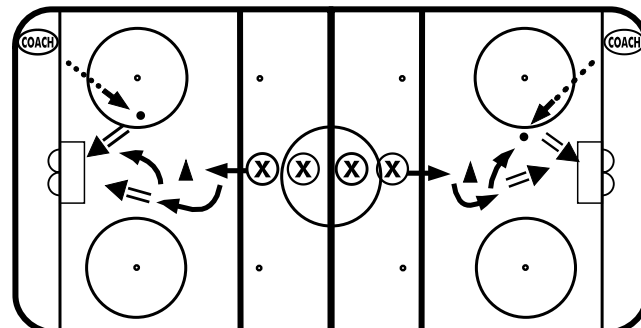
### MOVEMENT WRIST/SWEEP SHOT AGAINST BOARDS

1. Spread players out around rink, about 60 feet away from boards with a puck
2. Have players skate towards to boards and shoot
3. Teach them to pull puck to forehand side, sweep puck from back skate to front skate
4. Continue to boards to take second shot after puck hits boards



### PULL AND WRIST/SWEEP SHOT AT CONE

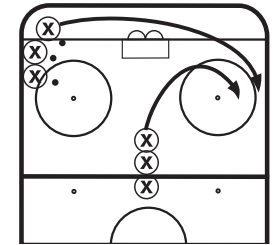
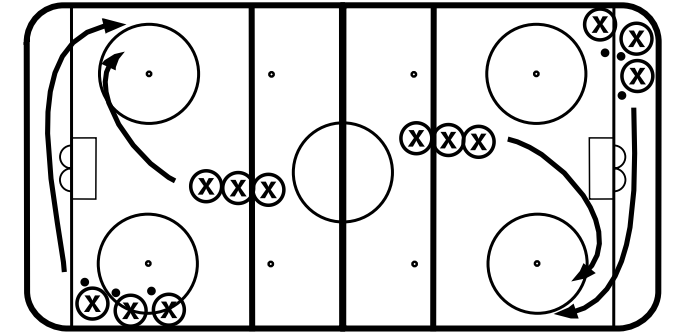
1. Put cone between hash marks and top of circle
2. Line players up at blueline with pucks
3. Player skates in, pulls puck to forehand side and shoots the puck at the net
4. Continue in on net and shoot a rebound puck that a coach has slid out in front of net



## BODY CONTACT

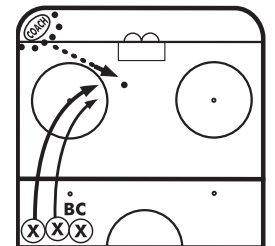
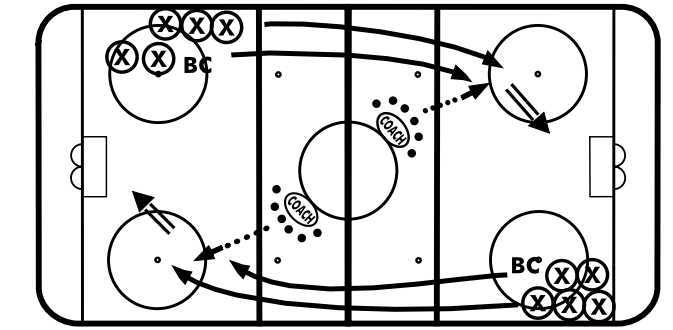
### ANGLE AND STICK UNDER STICK LIFT

1. Form two lines of players, first line in corner with pucks, second line at top of circle
2. Player with puck skates behind net and out other side and tries to skate to blue line
3. Player in front of net angles skates towards puck carrier in corner and gets his stick under opponent's stick and does stick lift



### 1 ON 1 BACKCHECK - COACH PASSES PUCK

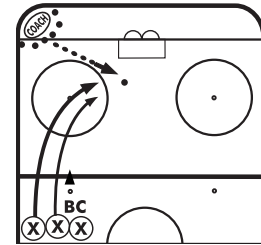
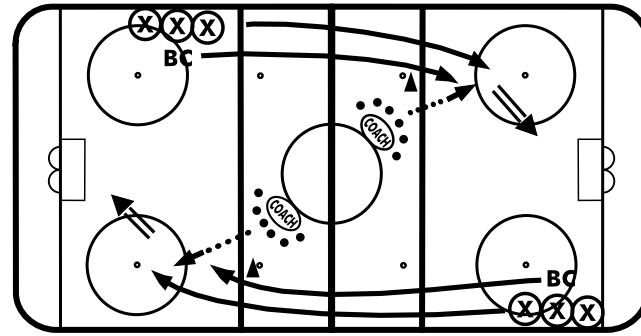
1. Form two lines of players at each blueline with two coaches in center circle with pucks
2. The inside line is one stick length behind other line (backcheckers)
3. On whistle the first player from each line skates down the ice to a puck the coach has slid out
4. Whoever gets to puck first can go in and shoot
5. Teach backchecker to stay inside of opponent



## COMPETITIVE DRILLS

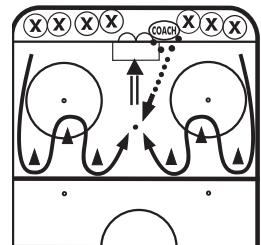
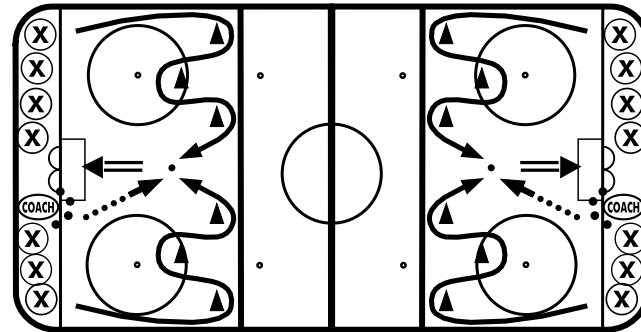
### 1 ON 1 RACE TO PUCK

1. Form a line in opposite corners and put a cone on the ice near the far blue line on each side
2. A coach with pucks slides a puck out for the two players racing around the cone
3. The first player in each line skates up the ice and around the cone, second player is the backchecker
4. The first player gets the loose puck and shoots on goal
5. The backchecker tries to prevent the shot



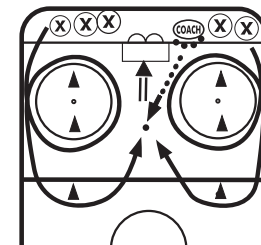
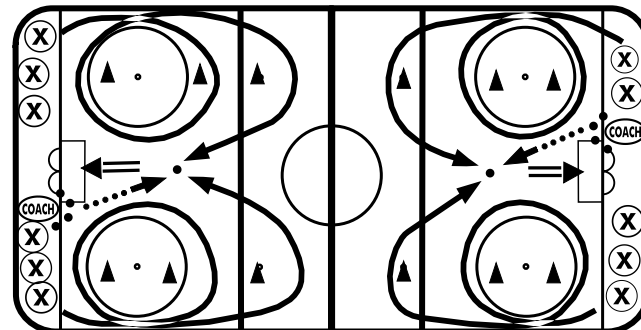
### THREE CONE TRIANGLE - CONTROL TURNS - RACE

1. Form a line in each corner and set up a small triangle with three cones near the blue line
2. First player in each line races up to cones and does control turns
3. First player to puck gets to shoot



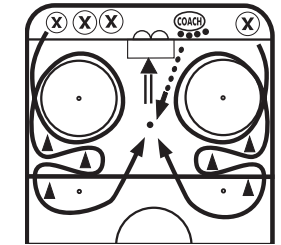
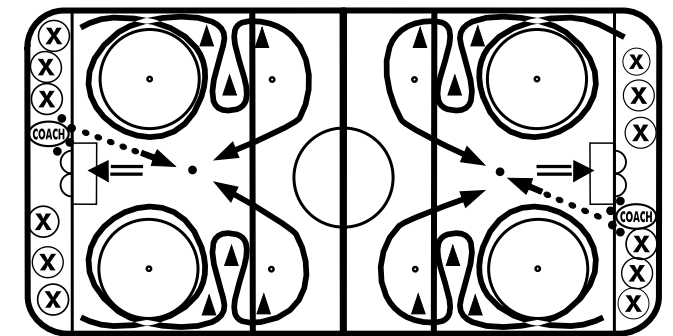
### CIRCLE CROSSOVERS - CONTROL TURN - RACE

1. Form one line in each corner and set up one cone out near blue line
2. First player in each line does forward cross-overs around circle and control turn on cone
3. First player to puck gets to shoot



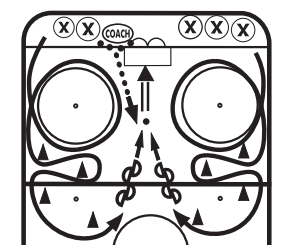
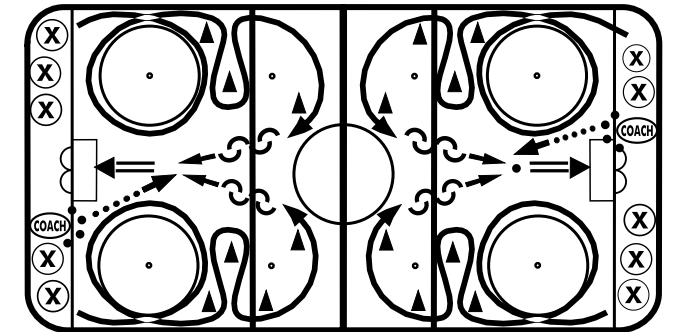
### CIRCLE CROSSOVERS - CONTROL TURNS - RACE

1. Form a line in each corner and set up three cone triangles near blue line
2. First player in each line does crossovers on circle and control turns on 3 cones
3. First player to puck gets to shoot



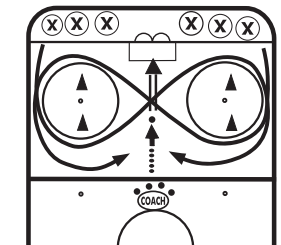
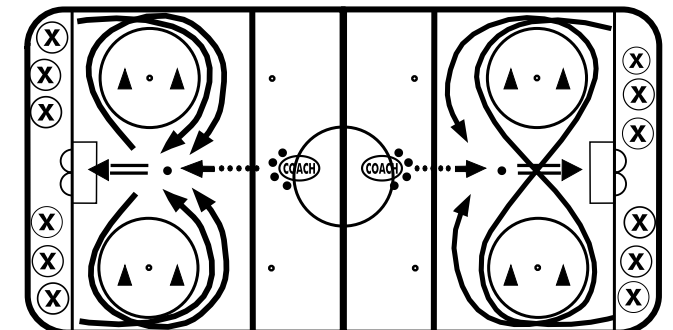
### CIRCLE CROSSOVERS - CONTROL TURNS - BACKWARD STEP-OUT - RACE

1. Form a line in each corner, set up three cone triangle near blue lines and one cone near red line
2. First player in each line does crossovers on circle, three control turns, backwards at cone and backward step-out at blue line
3. First player to puck gets to shoot



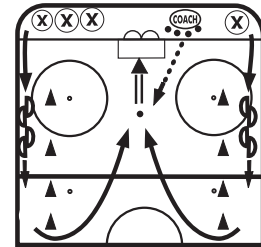
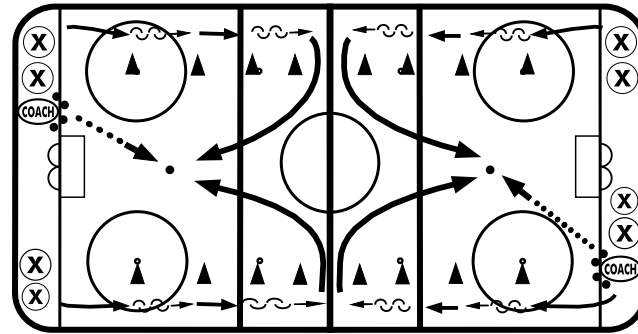
### FIGURE 8 CROSSOVERS RACE

1. Form a line in each corner
2. First player in each line does forward crossovers in figure 8 motion on both circles
3. First player to the puck gets to shoot



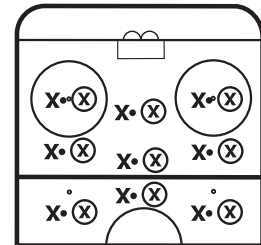
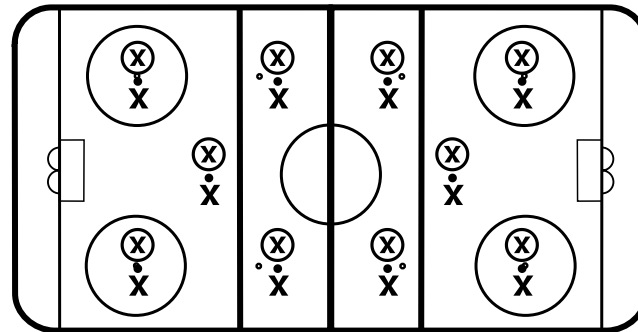
## FORWARD-BACKWARD ON CONE — RACE

1. Form a line in each corner, in line with dots on each side of net. Spread four cones out evenly from goal line face-off dot to dot outside blue line
2. First player in each line skates forward to cone then backwards to next cone then forward, etc.
3. First player to puck gets to shoot



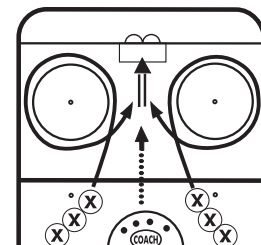
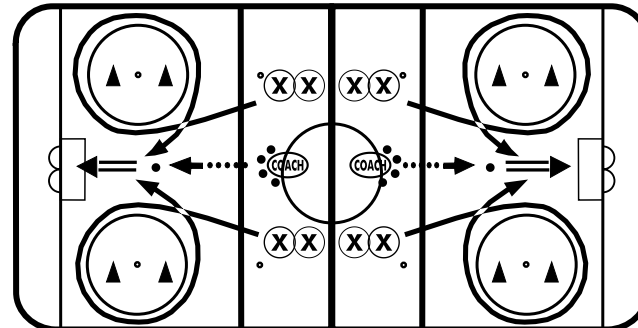
## 1 ON 1 WAR — PROTECT PUCK

1. Players pair up with one puck in between them
2. Players face each other in face-off position. On whistle, each player tries and keeps the puck away from their partner
3. Players must stay in a confined area
4. Blow whistle after 20-30 seconds, and player with puck wins



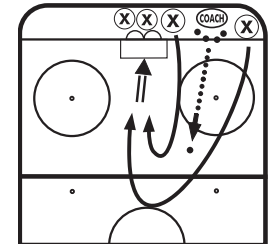
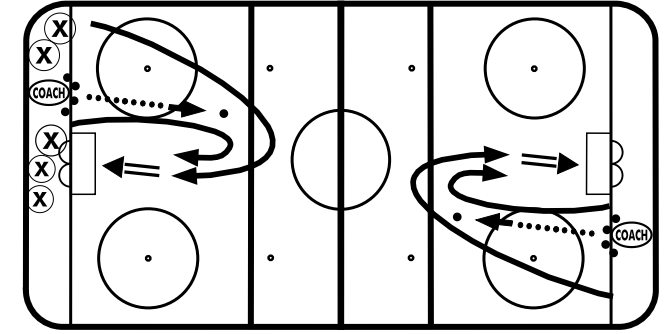
## INTO ZONE CROSSOVERS — RACE

1. Form two lines at blue line, 10 feet apart
2. First player in each line skates to circle and does cross-overs around top of circle
3. First player to the puck gets to shoot



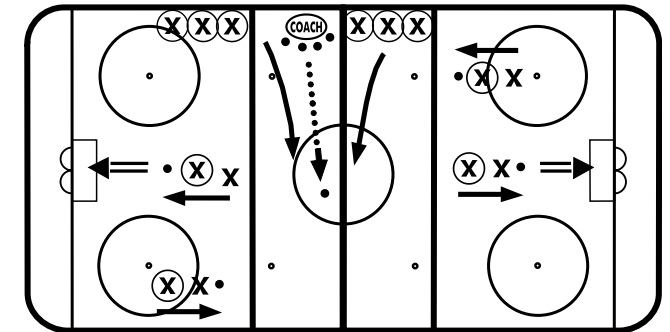
## PUCK CHASE OUT AND BACK INTO THE ZONE

1. Form two lines in one corner about 10 feet apart
2. When puck is slid out, the first player in each line races to get puck
3. Once one player gets the puck, try to enter the zone and shoot
4. Players must learn to protect the puck with their body and shield the puck from opponent



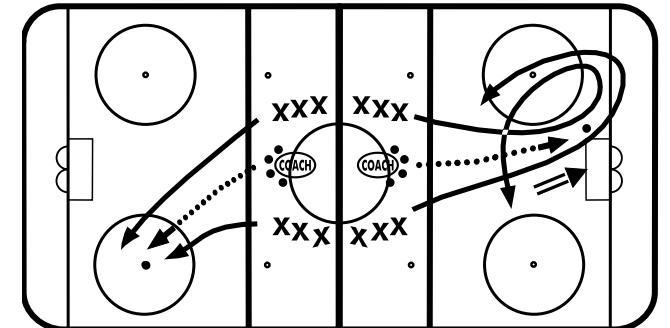
## 1 ON 1 "ALL OVER" THE ICE

1. Form two lines on one side of rink against sideboards near center ice
2. First player in each line races to puck that is slid out by coach
3. Both players battle each other until one scores
4. Have three to four groups out playing at once
5. At end of time count, how many pucks are in goal to see which line won



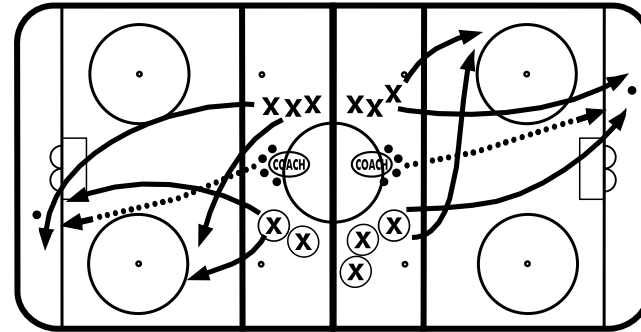
## 1 ON 1 PUCK CHASE IN THE ZONE

1. Form two lines at blue line, about 10 feet apart
2. Coach slides puck into zone and first two player race to it
3. Players continue to battle until one scores or coach blows whistle



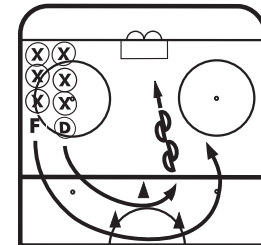
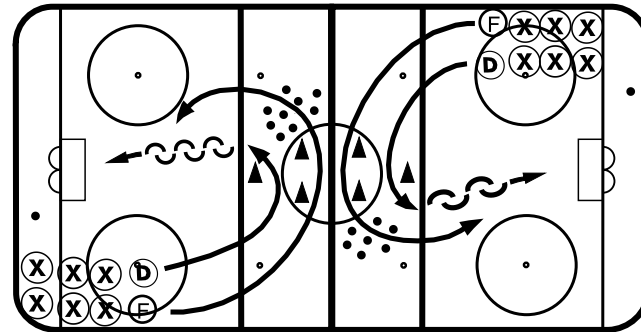
## 2 ON 2 PUCK CHASE IN THE ZONE

1. Form two lines at blue line, about 10 feet apart
2. Coach slides puck into zone, and first two players form each line chase the puck
3. Stress to players to cover a player when not in possession of the puck
4. Continue to play until one group scores or coach blows whistle



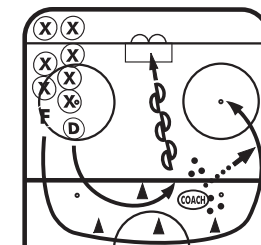
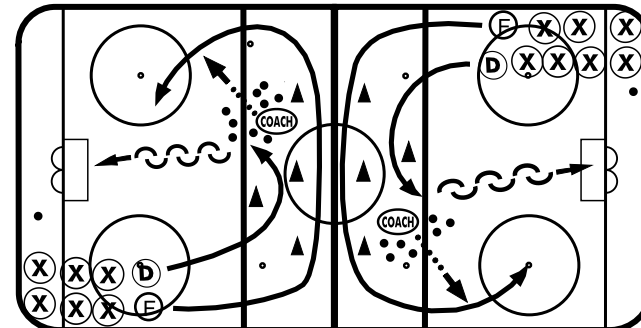
## 1 ON 1 HALF ICE

1. Form two lines at top of circle, inside line is defensive line and outside line is offensive
2. Put one cone on blue line and other near red line with pucks
3. Defensive line skates to cone at blue line and turns backwards, offensive skates forward to cones near red line and picks up a puck
4. Offensive player tries to score while defensive player tries to prevent a goal



## 1 ON 1 HALF ICE — PASS TO FORWARD

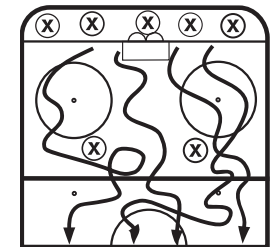
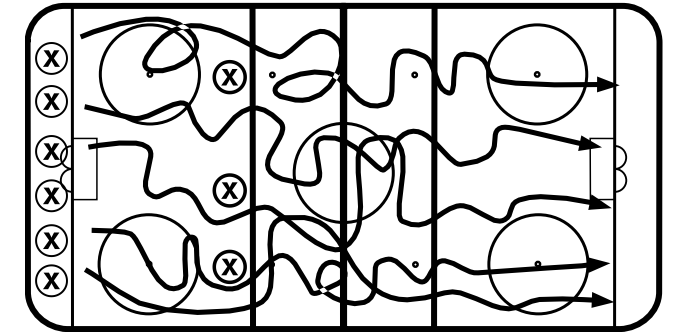
1. Form two lines at top of circle, inside line is defense and outside line is forwards
2. Put one cone on blue line and other near red line with a coach and pucks
3. Defensive line skates to cone on blue line and turns backwards, forward skates forward around cone and coach slides a puck to him
4. Forward tries to beat defensive player



## TAG GAMES AND AGILITY RELAYS

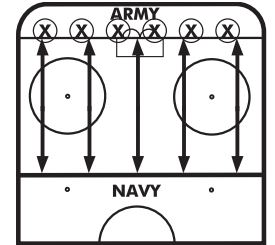
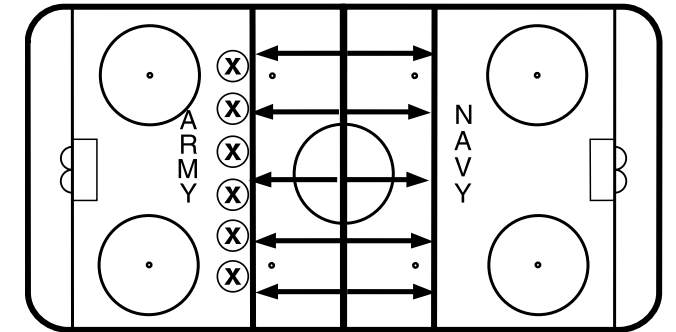
### POM-POM PULL AWAY

1. Players are spread out on the goal line two or three players are chosen to be "it"
2. When the "it" players yell "pom-pom pull away," all players try to make it to the other goal line before being tagged
3. If tagged, players move out in the middle and become taggers
4. Last two to three players left are the winners and become "it" for the next game



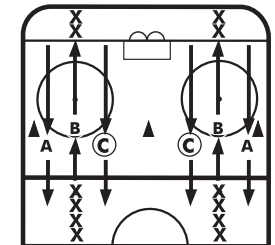
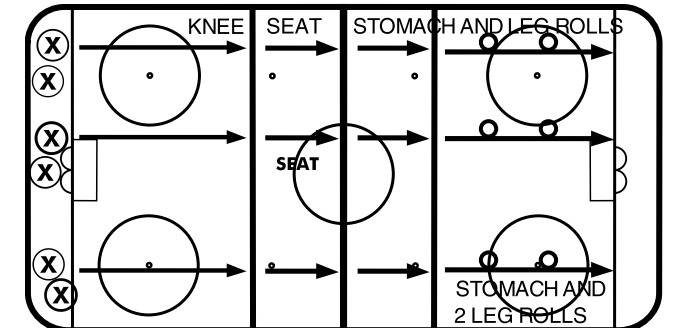
### ARMY-NAVY

1. Designate two lines, one Army the other Navy
2. Spread players out on Army line — Coach yells "Navy," all players race to Navy line — last player to line is out of game
3. Coach can call the other line while players are racing to a line, players then have to stop immediately and go to that line — if a player falls down while he is stopping he is out of the game
4. If Coach calls "hit the deck," players must fall onto stomachs. Players can only get up when coach calls "All Clear — Army or Navy" — coach can try and trick players by calling the line without saying "all clear" first



### KNEE-SEAT-STOMACH-LOG ROLL RELAY

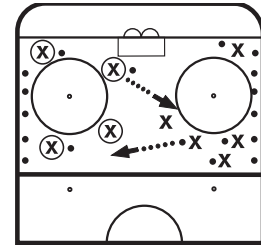
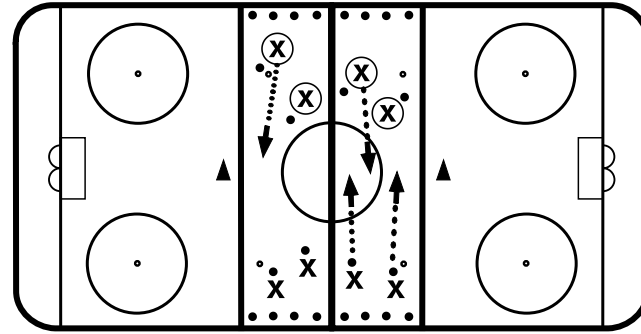
1. Full ice: Divide players into three to four lines
  - First player in each line races toward the far goal line in neutral area
  - Near blue line — double knee drop
  - Red line — seat drop
  - Far blue line — stomach slide and two log rolls
  - When player gets past cone they raise stick for next player in line to go
2. Half Ice: Make two groups, divide each group into two lines
  - Skate to cone and do one of the stunts:
  - First time - knee drop
  - Second time - seat drop
  - Third time - stomach slide and two log rolls
  - Tag next player in opposite line
  - When all players in a group complete all three stunts, they win





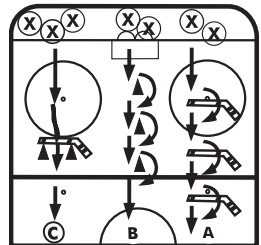
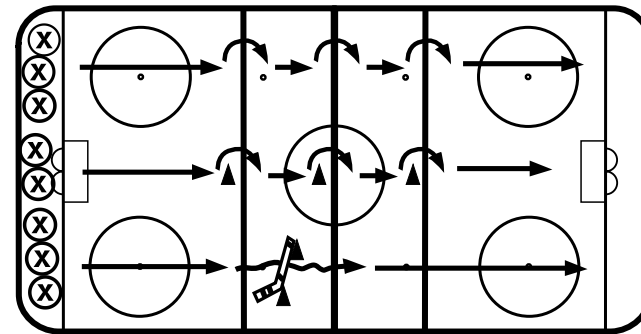
## TENNIS BALL DODGE BALL

1. Divide players into two groups and put each group on opposite sides of ice
2. Place 10-20 tennis balls on the ice
3. Players must stay on their half of ice and shoot tennis balls at the opponents
4. Any player hit with a tennis ball is out of the game
5. A player can go back in when an opponent is hit with a ball



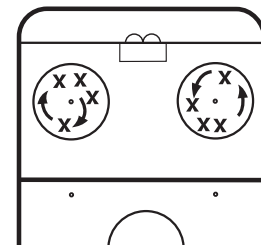
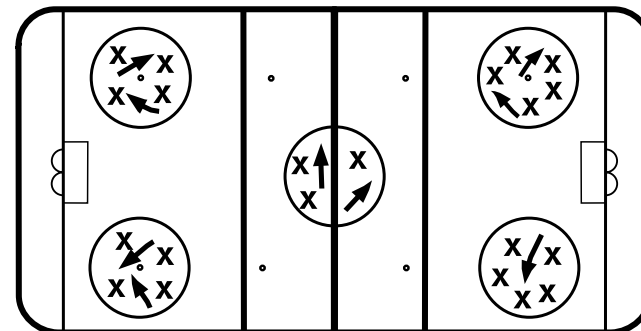
## AGILITY SKILLS ON OBSTACLES

1. Form two to four lines on a designated line
2. Have players do certain agility skills like:
  - A. Jump with two skates over line
  - B. Jump with two skates over small cones
  - C. Slide on stomach, under two cones with stick lying on top of cones
3. Next player goes when player skates by cone and raises stick



## BUMPER TAG IN CIRCLES

1. Divide players into equal groups inside each circle
2. Players skate around backwards and try to push all other players out of circle
3. If player falls down inside the circle they are out
4. Last player to be standing inside the circle is the winner



# 8 & Under (Mite) Practice Plans

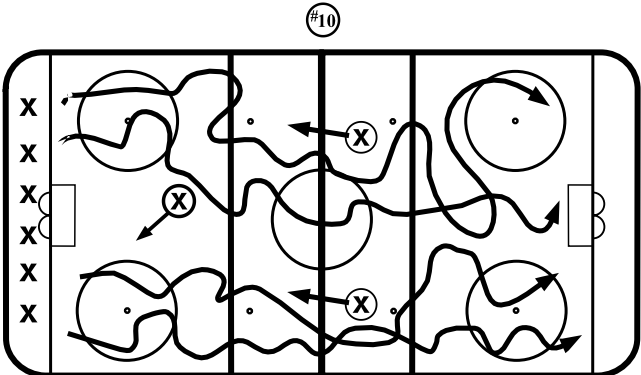
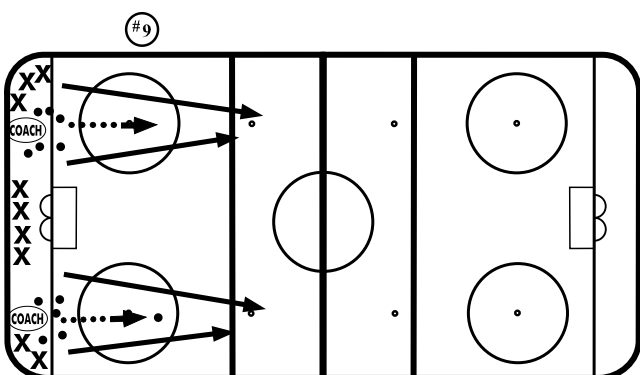
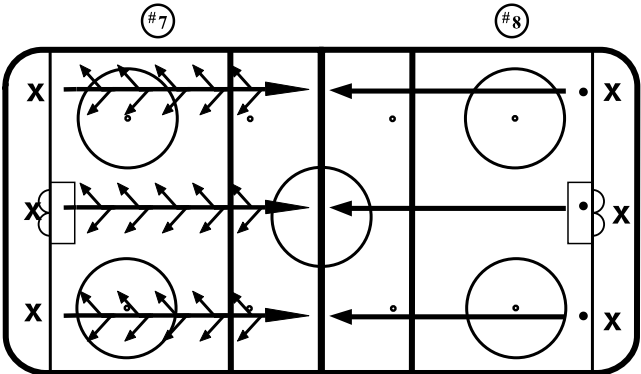
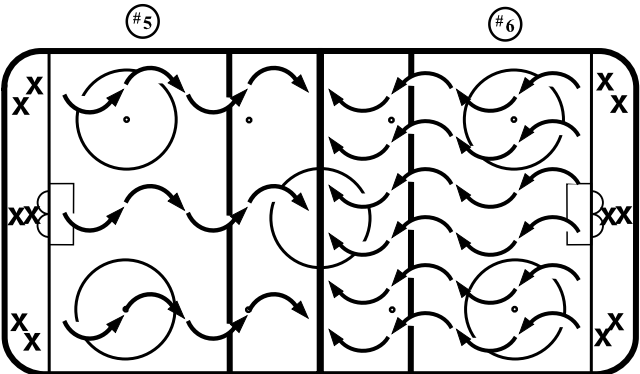
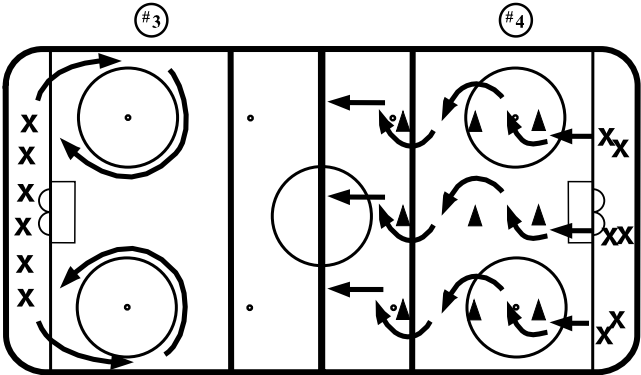
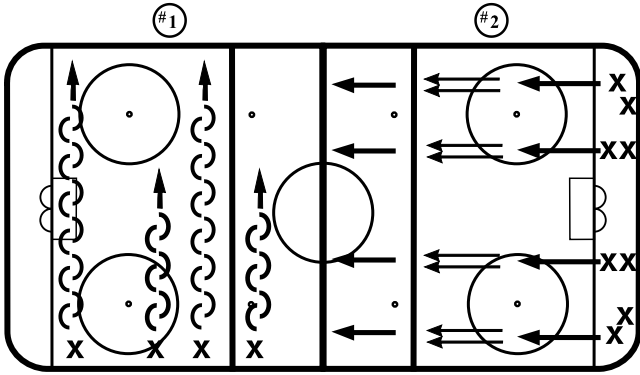
Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: \_\_\_\_\_  
Practice: #1  
Level: 8 & Under (Mite)

Skill Work	Competitive	Team Systems (Optional)	Fun/Modified Scrimmages
<input checked="" type="checkbox"/> Skating	<b>Drills</b>	Positional Play	<input checked="" type="checkbox"/> Tag Games
<input checked="" type="checkbox"/> Puck Control	<input checked="" type="checkbox"/> Skill Races	____ Breakout	____ Relay Races
____ Passing	____ 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. Backward skate on side boards	Put into skills groups
5 mins.	2. Four Lines - Ready position, two foot glide, second one foot glide	
5 mins.	3. Two Lines - Inside edges on circles	
5 mins.	4. Three Lines - three cone triangle, inside edges - race	
5 mins.	5. Three Lines - Big C half circles, alternate edges	
5 mins.	6. Three Lines - Stationary shift weight two foot glide	
5 mins.	7. Three Lines - Push, touch, coast, push, touch, no coast push, almost touch	Good form
5 mins.	8. Three Lines - Puck control, one hand push, accelerating	
5 mins.	9. Four Lines - 1 on 1 puck race	
5 mins.	10. Tag game - pom-pom pull away	Have fun



Hockey Practice Plan

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

**Date:** \_\_\_\_\_  
**Practice:** #2  
**Level:** 8 & Under (Mite)

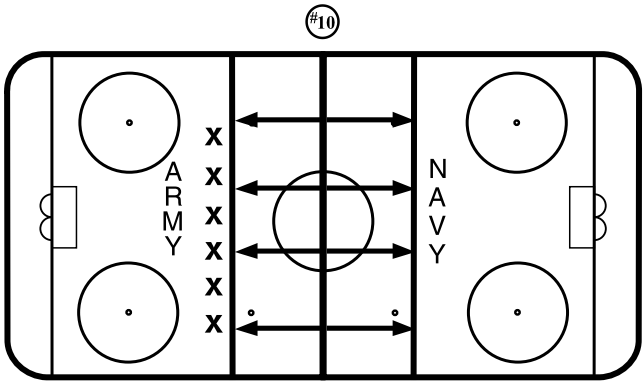
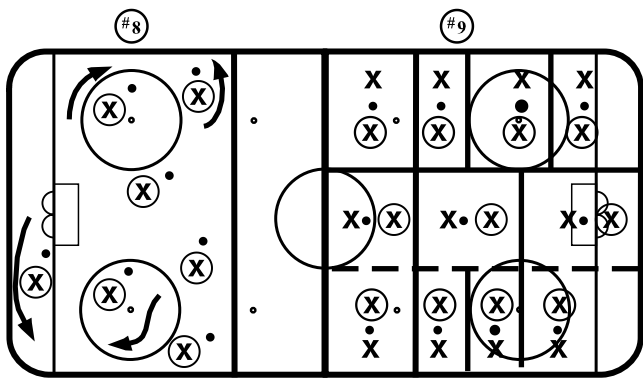
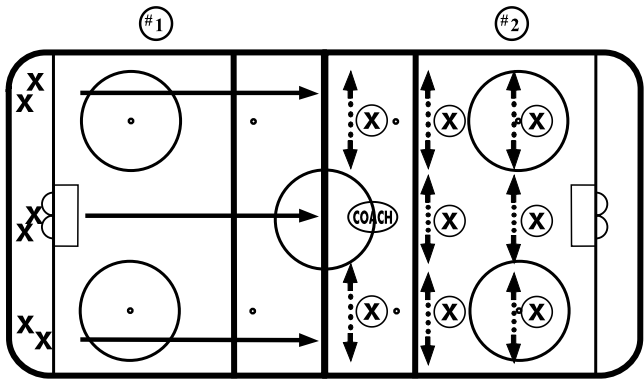
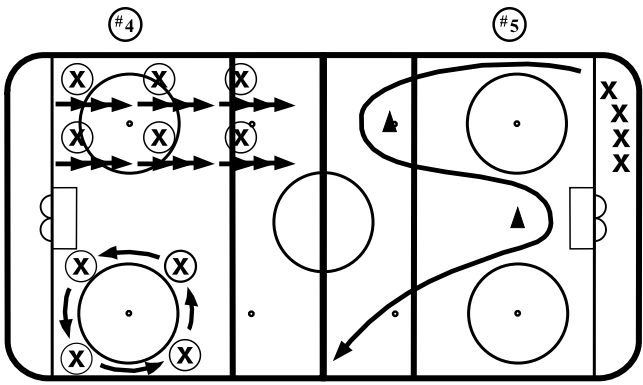
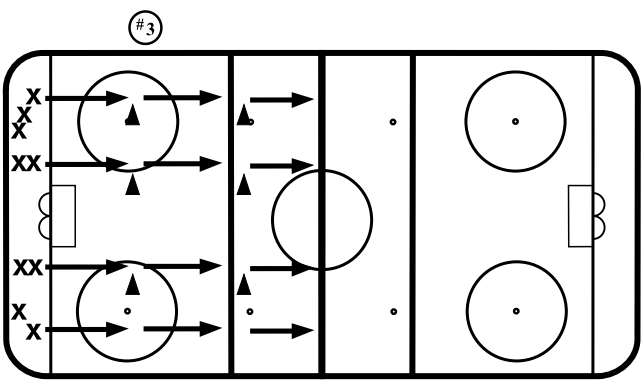
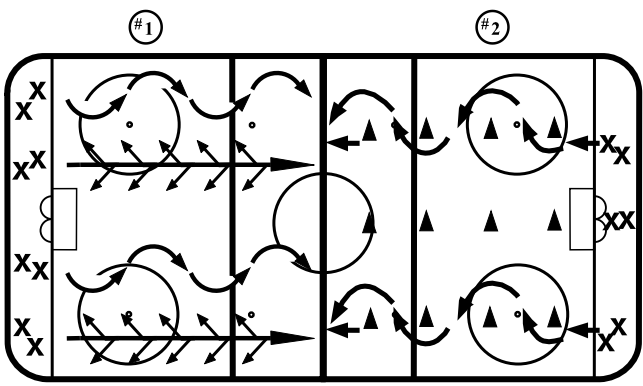
**Skill Work**  
☒ Skating  
☒ Puck Control  
☐ Passing  
☐ Shooting  
☐ Checking  
☐ Agility

**Competitive Drills**  
☐ Skill Races  
☒ 1 on 1  
☐ 2 on 2  
☐ Time Skills

**Team Systems (Optional)**  
Positional Play  
☐ Breakout  
☐ Lanes  
☐ Off. Triangle

**Fun/Modified Scrimmages**  
☒ Tag Games  
☐ Relay Races  
☐ 3 on 3 scrimmage  
☐ 4 on 4 scrimmage  
☐ 5 on 5 scrimmage  
☐ Miscellaneous

Time	Drill	Emphasis
5 mins.	1. Four Lines - review big C, push-touch, push-almost touch	Good strides
5 mins.	2. Three Lines - four cone rhythm skate, inside edges	
5 mins.	3. Four Lines - acceleration strides between two cones	
5 mins.	4. Two groups - stationary crossovers, crossovers on circle - knee up, foot over	
5 mins.	5. One Line - two cones, 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. On Line - tag game - Army-Navy	



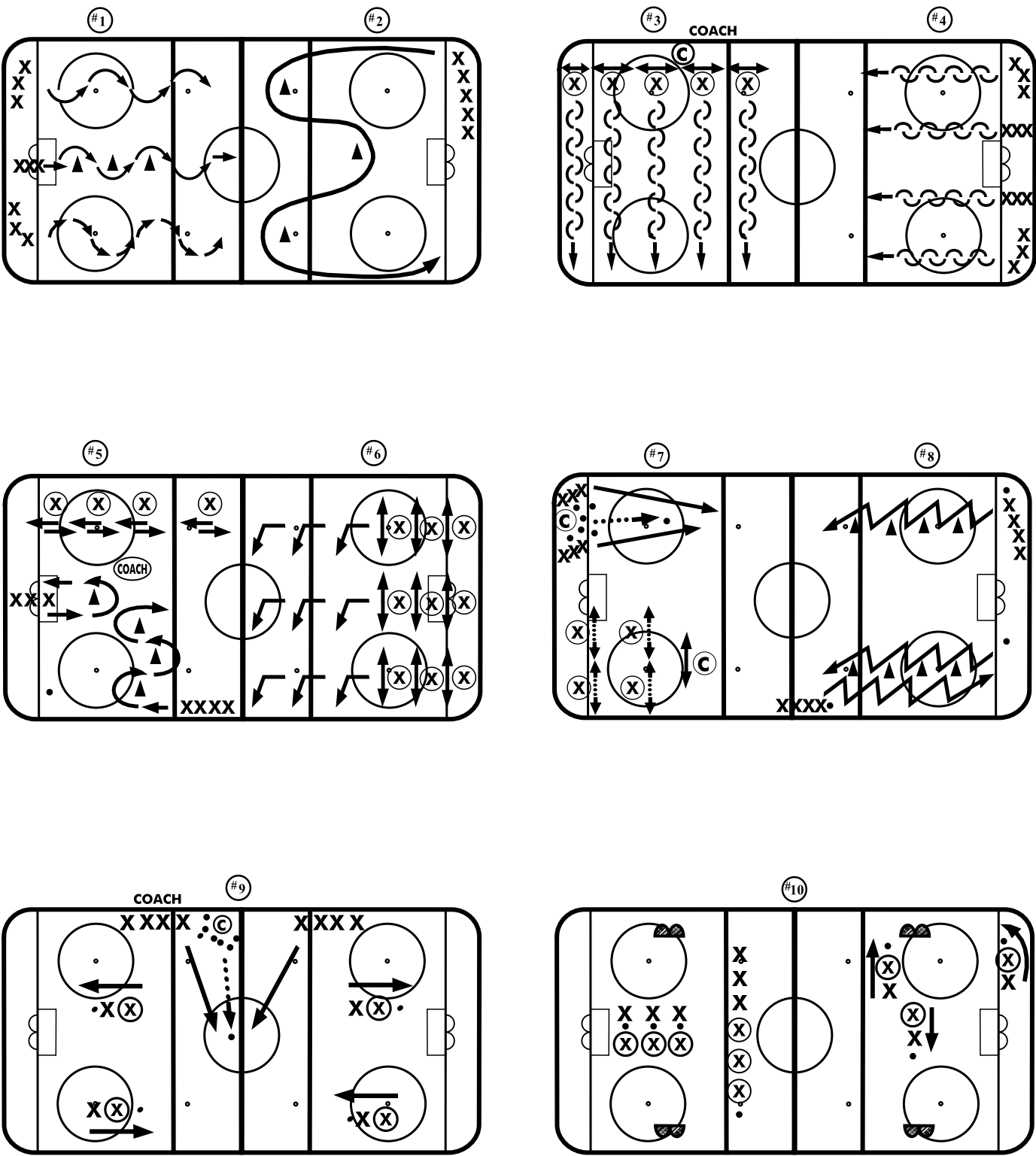
Hockey Practice Plan

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

**Date:** \_\_\_\_\_  
**Practice:** #3  
**Level:** 8 & Under (Mite)

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

Time	Drill	Emphasis
5 mins.	1. Three Lines - Review Big C, four cone rhythm skate - stick on ice - shift weight	Push
5 mins.	2. One Line - M 3 cone, forward crossovers - no glide	Buttocks low
5 mins.	3. Spread - backwards skate - stationary, move hands on hips	Quick recovery
5 mins.	4. Four Lines - backward strokes - push, extend, recover, etc.	
5 mins.	5. Group - control turns - stationary, C.T. on one and three cones	
5 mins.	6. Four Lines - stationary - side to side on inside edge, stop on whistle	
5 mins.	7. Groups - review - 1 on 1 puck race, stationary stick-handling jam	
5 mins.	8. Group - pulls on four cones - one way and two directions	
5 mins.	9. 1 on 1 all over the ice	
5 mins.	10. 3 on 3 across ice with three pucks	





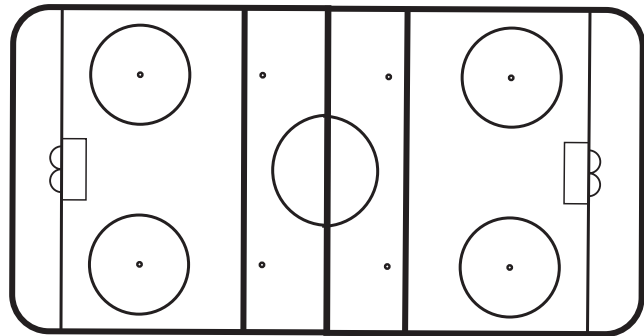
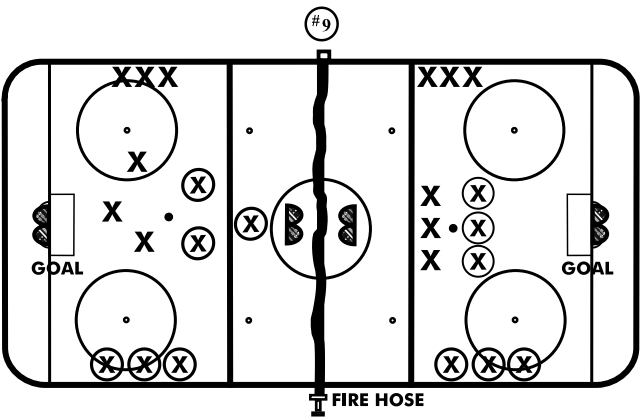
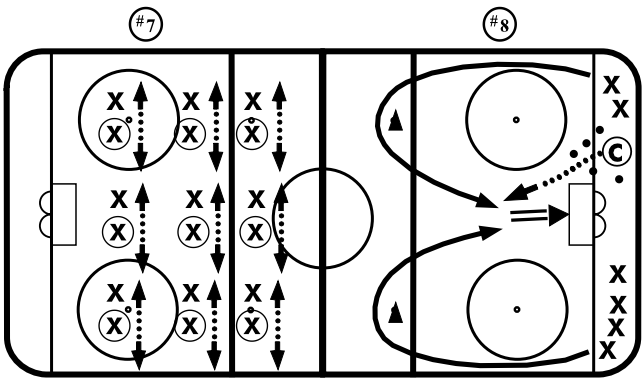
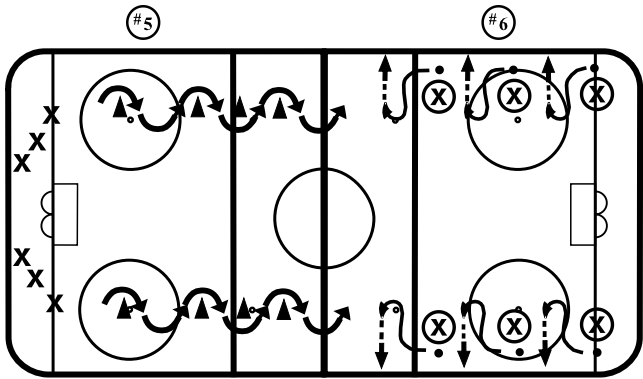
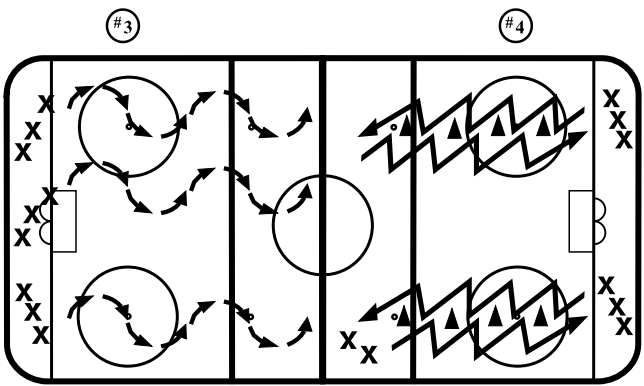
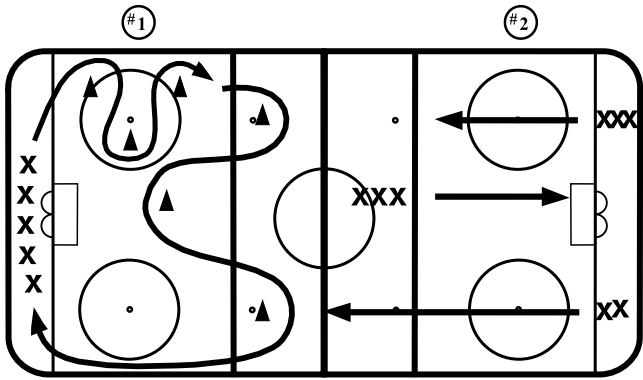
## Hockey Practice Plan

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

**Date:** \_\_\_\_\_  
**Practice:** #4  
**Level:** 8 & Under (Mite)

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

Time	Drill	Emphasis
5 mins.	1. Two Lines - six cones - inside edge, forward crossovers	
5 mins.	2. Three Lines - 10 and two o'clock start - live accelerations - race	
5 mins.	3. Three Lines - backward three pumps	
5 mins.	4. Four Lines - two sets - four cones, pulls two direction on cones	
5 mins.	5. Two Lines - four cones - zig-zag pulls on cones	
5 mins.	6. Two Lines - stationary pull and pass against boards, look, slide, glide, point	
5 mins.	7. Partner - pass and receive stationary - three feet apart - cup and give	Good passes
5 mins.	8. Two Lines - race competition - 1 on 1 around cone - puck chase	
10 mins.	9. Modified Game - 3 on 3 (half ice), spread fire hose on red line	Fun



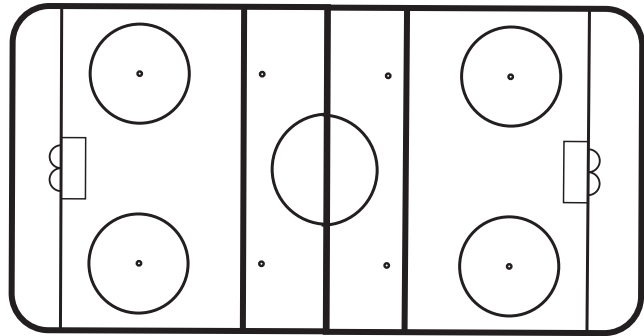
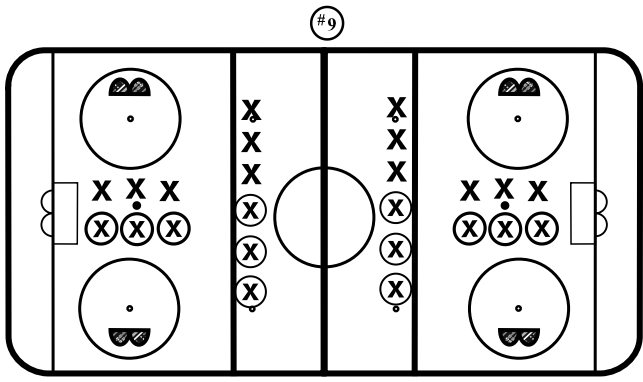
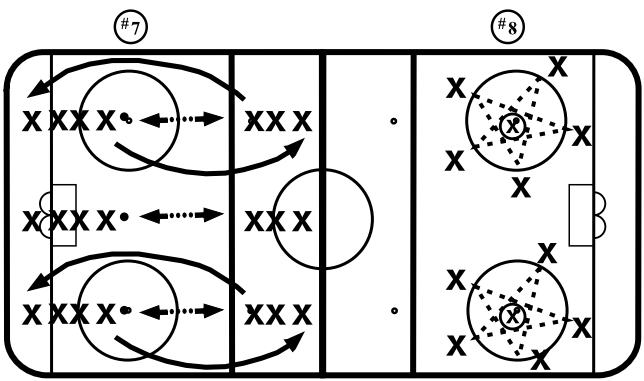
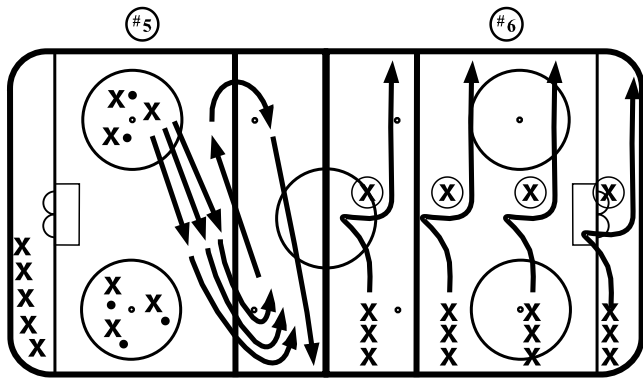
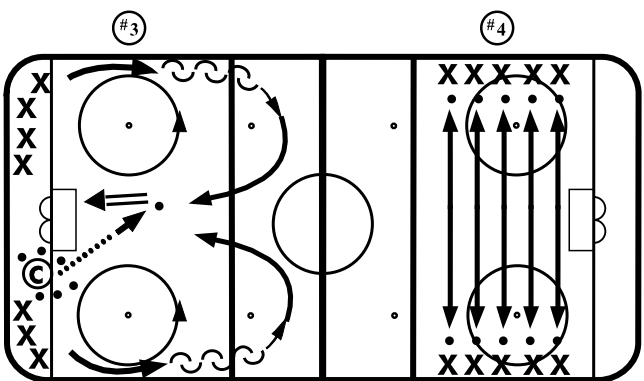
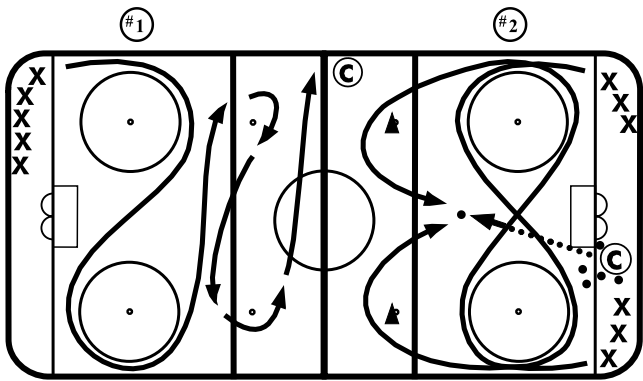
Hockey Practice Plan

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

**Date:** \_\_\_\_\_  
**Practice:** #5  
**Level:** 8 & Under (Mite)

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

Time	Drill	Emphasis
5 mins.	1. Time Skill - one line forward crossovers on circle, control turns on dots	
5 mins.	2. Skill Race - two lines - circle crossovers, control - race to puck	
5 mins.	3. Skill Race - two lines forward to cone, backward to line, step out, race to puck	
5 mins.	4. Skill - two lines with pucks - over second back, two directions	
5 mins.	5. Skill Race - three lines with pucks - three player jam circles, control turn, race on dots	
5 mins.	6. 1 on 1 - four lines with pucks - fake and pull on stationary player	
5 mins.	7. Relay Race - two or three lines - pass and go relay race	
5 mins.	8. Keep Away - groups on circles - play keep away pass with player	
10 mins.	9. 3 on 3 width of rink - 45 second shifts - change on fly - play puck where it lies	



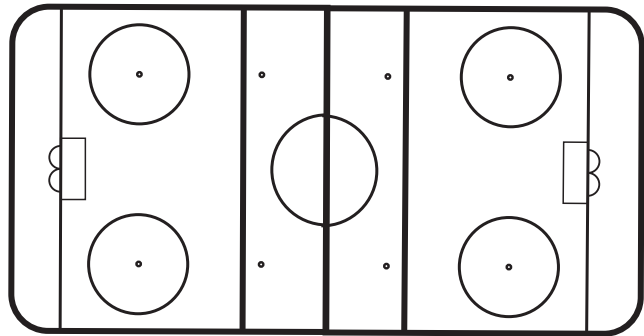
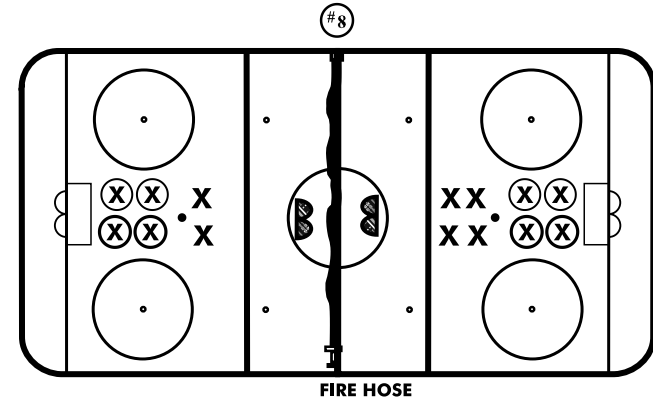
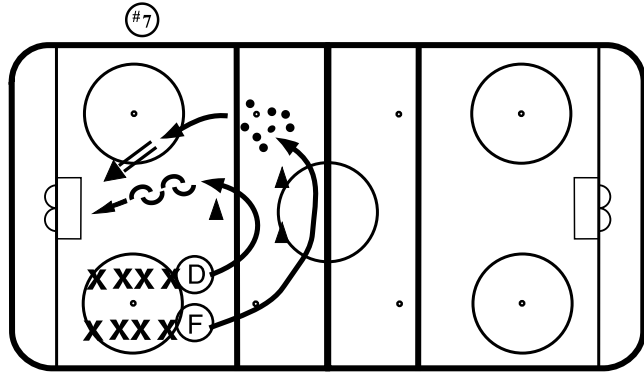
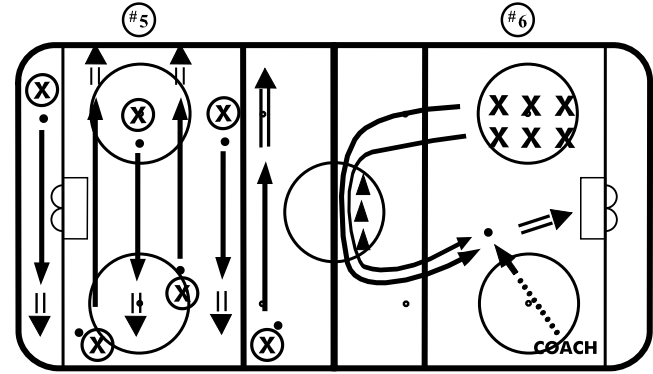
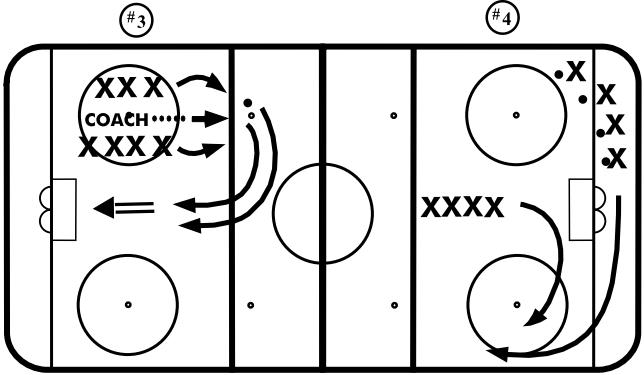
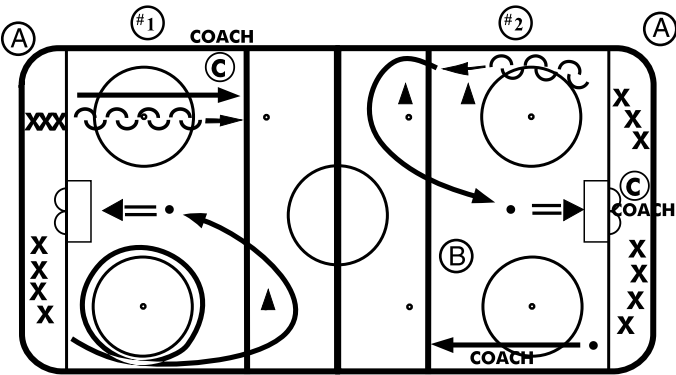
Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: \_\_\_\_\_  
Practice: #6  
Level: 8 & Under (Mite)

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

Time	Drill	Emphasis
5 mins.	1. Timed Skills - A. forward/backward acceleration; B. crossovers, control turn, shoot	
5 mins.	2. Timed Skills - A. backward, step-out forward, shoot; B. forward puck acceleration	
5 mins.	3. 1 on 1 - puck chase - out and back into the zone	
5 mins.	4. 1 on 1 - angle - stick under, stick lift	
10 mins.	5. Two Directions - movement wrist/sweep shot against boards	
5 mins.	6. 1 on 1 - crossovers around cones to puck chase and shoot	
5 mins.	7. 1 on 1 - D-F - pick up puck in neutral zone	
10 mins.	8. 4 on 4 - half ice, 45 second shifts, change on fly - play puck where it lies	



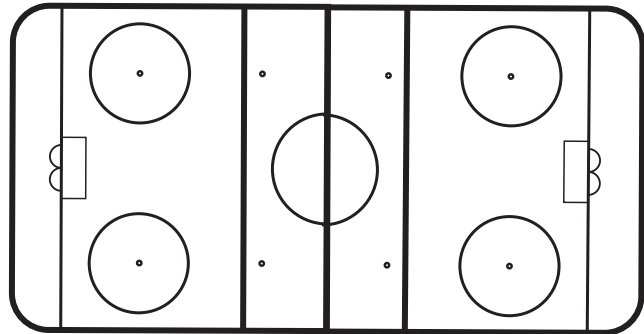
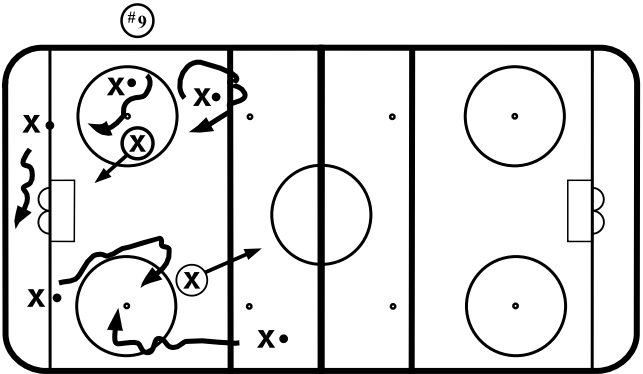
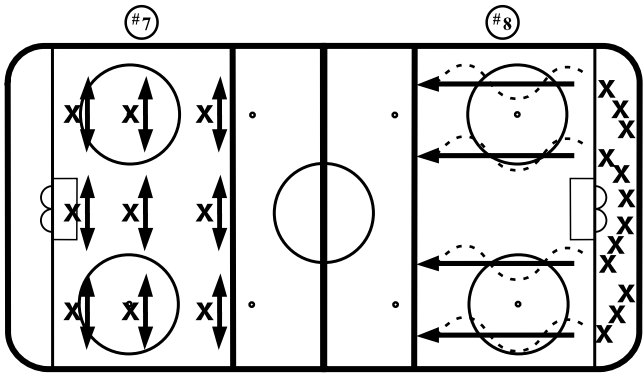
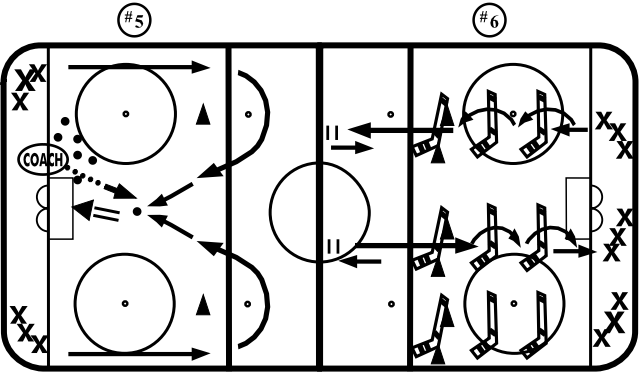
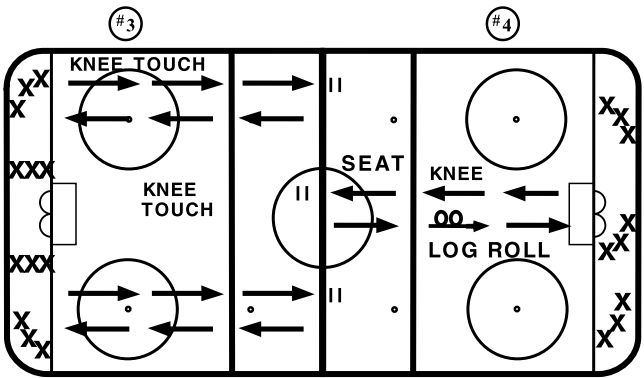
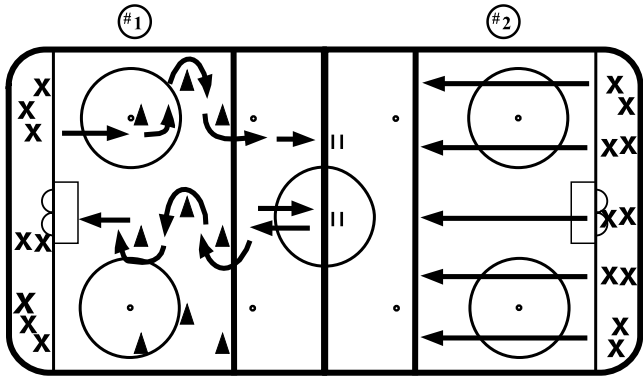
Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: \_\_\_\_\_  
Practice: #7  
Level: 8 & Under (Mite)

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

Time	Drill	Emphasis
5 mins.	1. Three Lines - three cone triangle - inside edges - relay race - up and back	
5 mins.	2. Three to four Lines - forward acceleration race to blue line	
5 mins.	3. Three to four Lines - agility - alternate knee touch - relay race, alternate knee top of circle - touch blue line	
5 mins.	4. Three Lines - agility - double knee drop, seat drop, log roll, relay race, up and back	
5 mins.	5. Two Lines - one cone - inside edge - race to puck and shoot	
5 mins.	6. Four Lines - agility - step over sticks - slide under cones - no sticks - up and back	
5 mins.	7. Four Lines - stationary stick handling - short and wide - split vision - count coaches fingers	
5 mins.	8. Four Lines - forward movement - dribbling - count coaches fingers - split vision	
10 mins.	9. Group - keep away with pucks - two players without puck, try and take away	





Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: \_\_\_\_\_  
Practice: #8  
Level: 8 & Under (Mite)

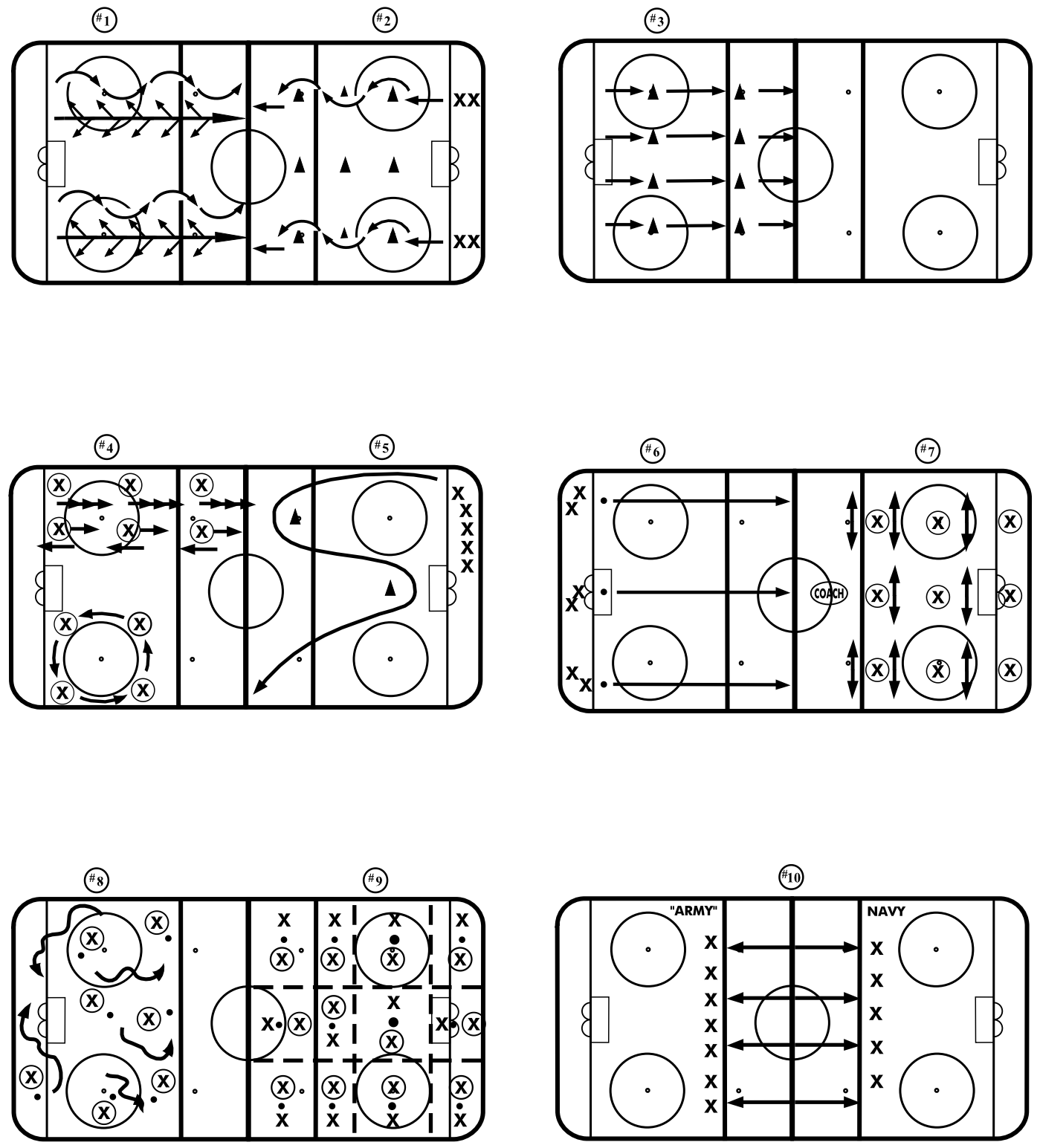
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☒ Skating  
☒ Puck Control  
☐ Passing  
☐ Shooting  
☐ Checking  
☐ Agility

**Competitive Drills**  
☐ Skill Races  
☒ 1 on 1  
☐ 2 on 2  
☐ Time Skills

**Team Systems (Optional)**  
Positional Play  
☐ Breakout  
☐ Lanes  
☐ Off. Triangle

**Fun/Modified Scrimmages**  
☒ Tag Games  
☐ Relay Races  
☐ 3 on 3 scrimmage  
☐ 4 on 4 scrimmage  
☐ 5 on 5 scrimmage  
☐ 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	



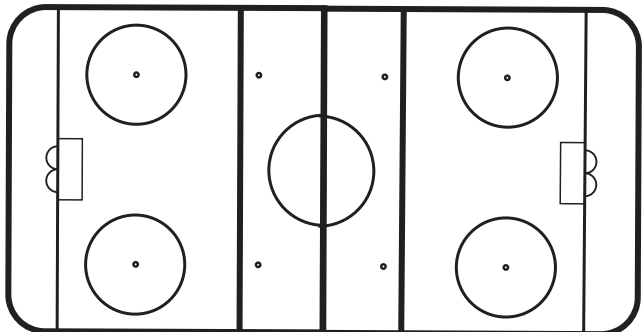
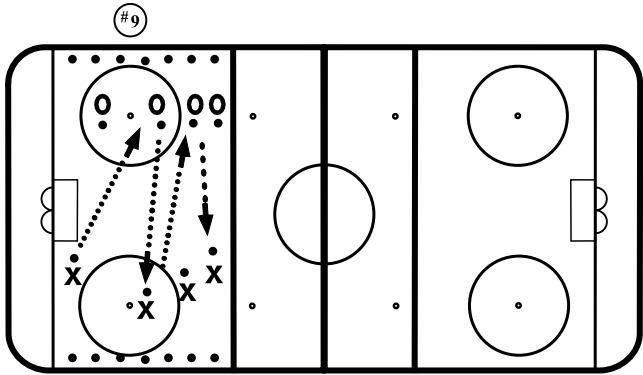
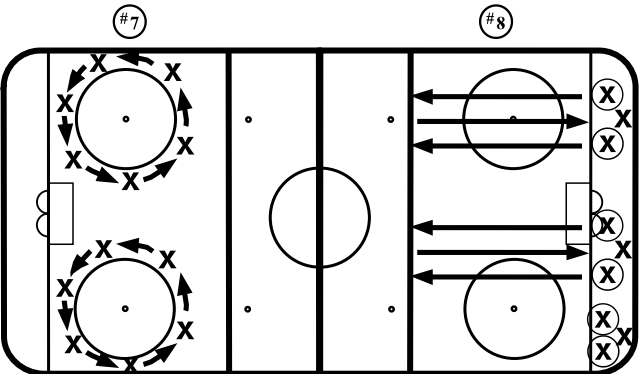
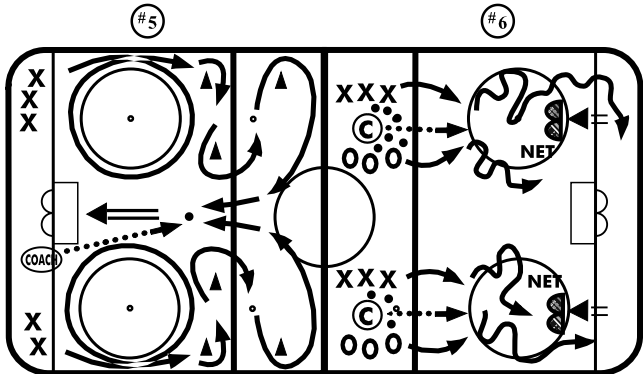
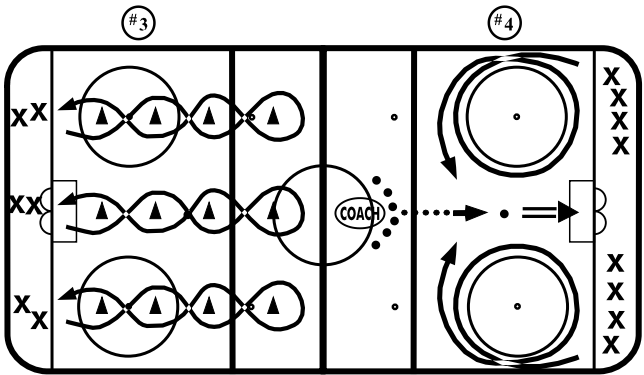
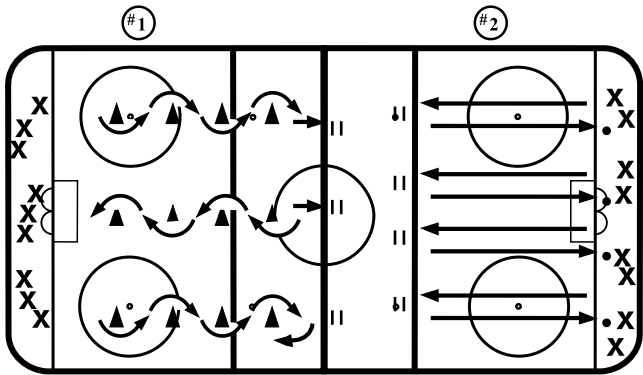
Hockey Practice Plan

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

**Date:** \_\_\_\_\_  
**Practice:** #9  
**Level:** 8 & Under (Mite)

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



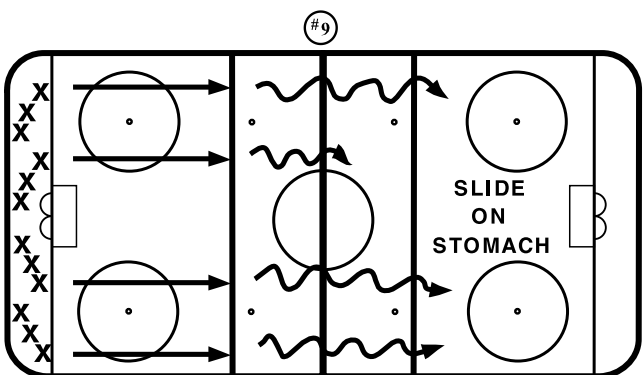
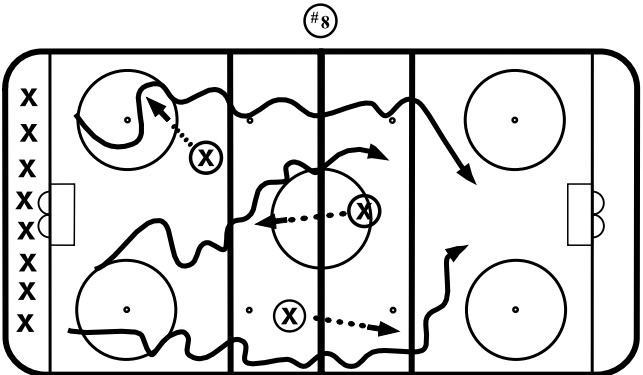
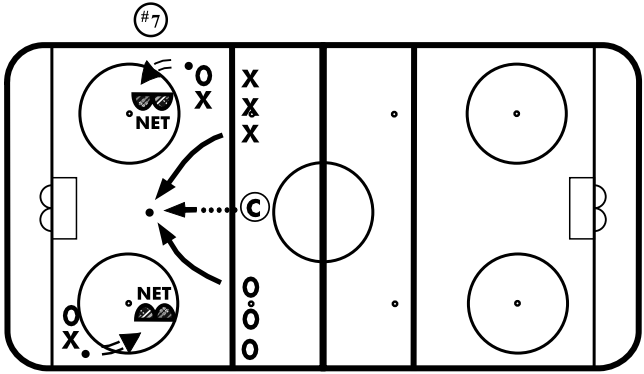
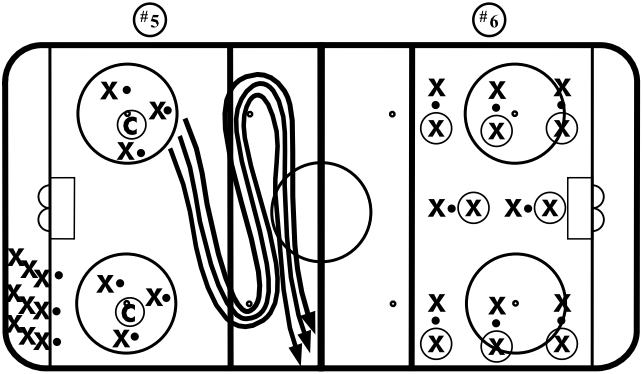
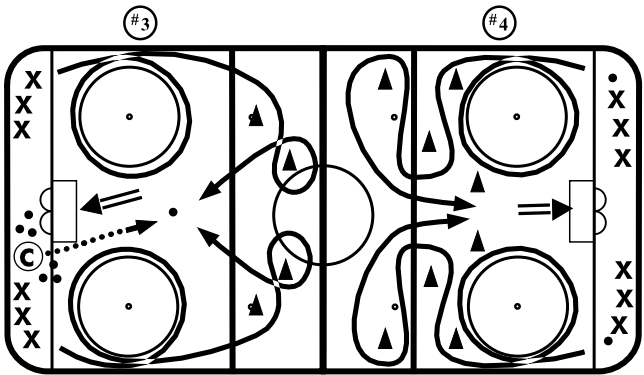
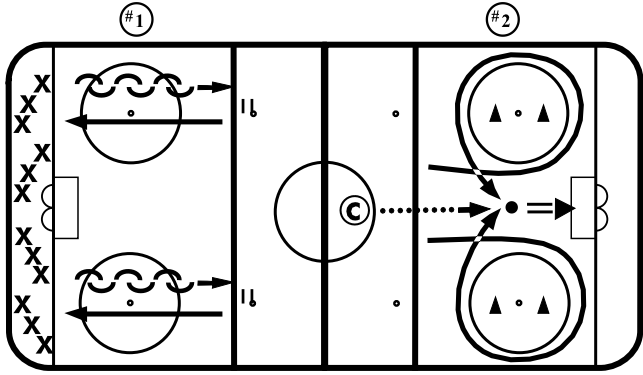
Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: \_\_\_\_\_  
Practice: #10  
Level: 8 & Under (Mite)

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

Time	Drill	Emphasis
5 mins.	1. Four Lines - backward and forward - relay race	
5 mins.	2. Two Lines - into zone crossovers - race to puck and shoot	
5 mins.	3. Two Lines - circle crossovers - two cone control turns - race to puck and shoot	
5 mins.	4. Two Lines - circle crossovers with puck - three cone control turns - accelerate and shoot between cones	
5 mins.	5. Three Lines - three against coach - inside circle to control turns on dots	
5 mins.	6. Partners - 1 on 1 war in confined area - 20 seconds	
10 mins.	7. Two Lines - 1 on 1 width of rink - three groups out at a time - stay put until one player scores	
5 mins.	8. Group - pom-pom pull away rocket launcher - IT players on knees (can't move)	
10 mins.	9. Four Lines - sliding contest - who can slide on stomach the farthest	



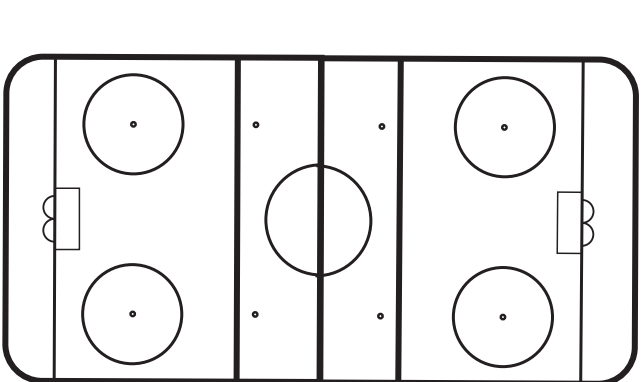
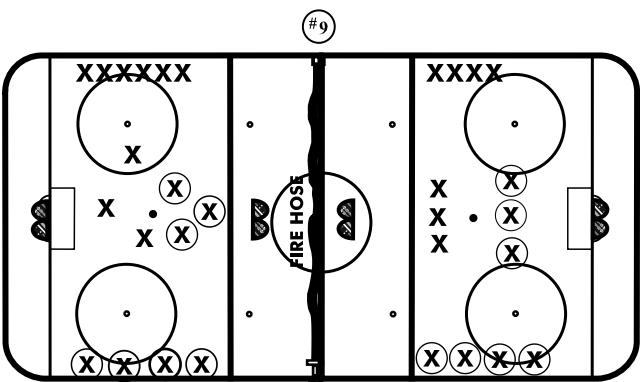
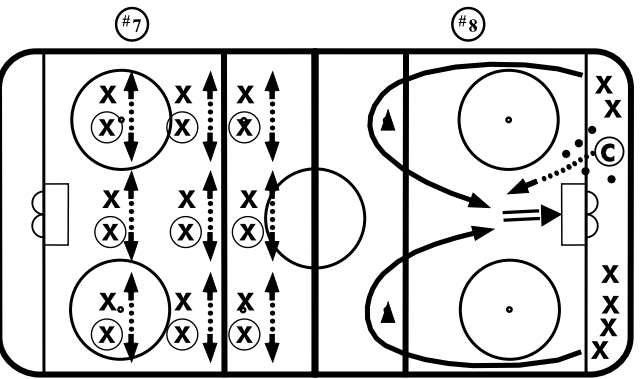
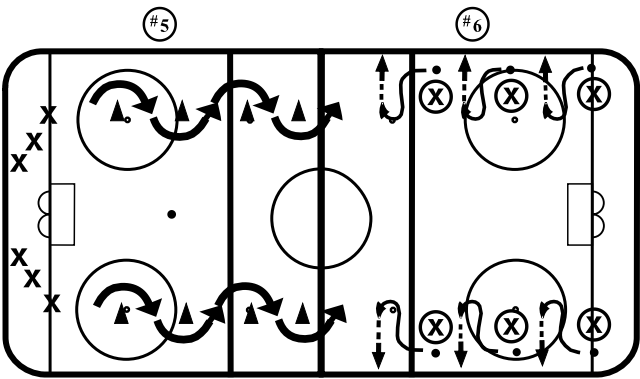
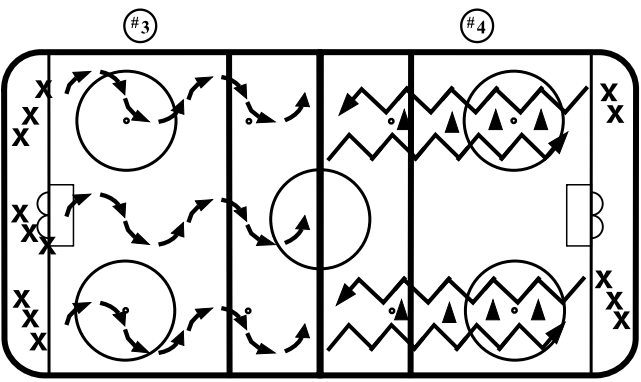
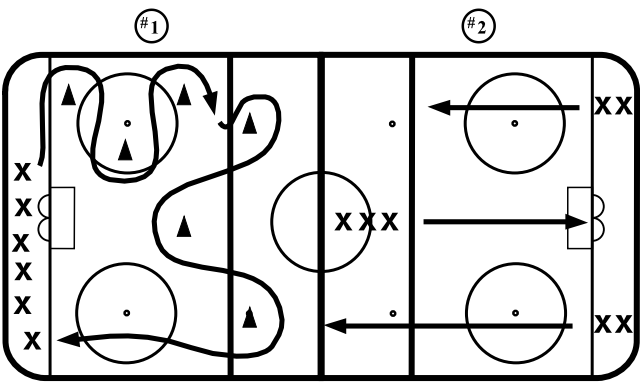
Hockey Practice Plan

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

**Date:** \_\_\_\_\_  
**Practice:** #11  
**Level:** 8 & Under (Mite)

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

Time	Drill	Emphasis
5 mins.	1. Two Lines - six cones - inside edge, forward crossovers	
5 mins.	2. Three Lines - 10 and two o'clock start - line accelerations - race	
5 mins.	3. Three Lines - backward three pumps	
5 mins.	4. Four Lines - two sets - four cones, pulls two directions on cones	
5 mins.	5. Two Lines - four cones - zig-zag pulls on cones	
5 mins.	6. Two Lines - stationary pull and pass against boards - look, slide, guide point	
5 mins.	7. Partners - pass and receive stationary - three feet apart - cup and give	
5 mins.	8. Two Lines - race/competition - 1 on 1 around cone - puck chase	
10 mins.	9. Modified game - 3 on 3 - half ice, spread fire hose on red line	



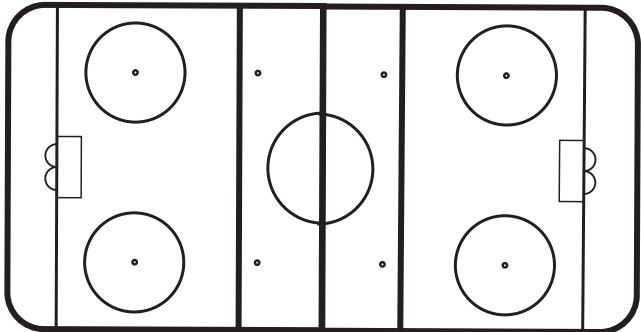
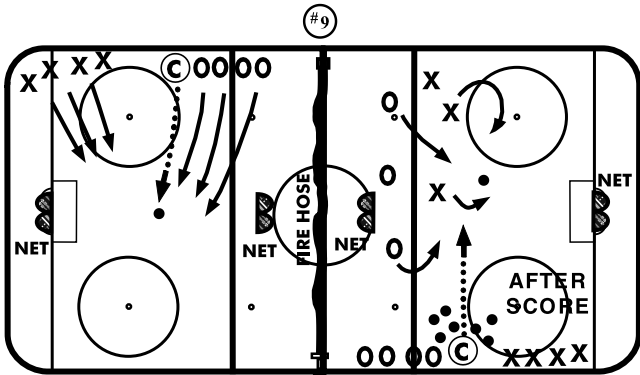
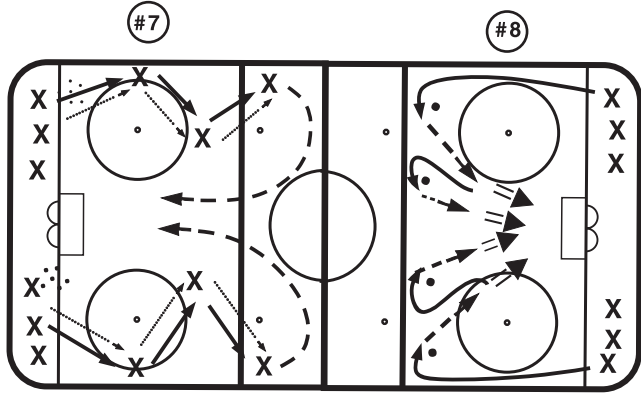
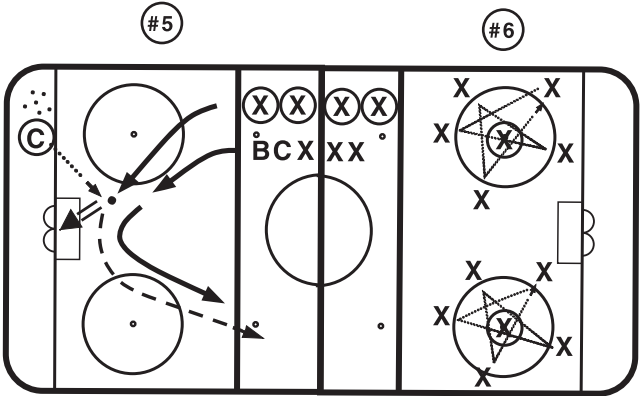
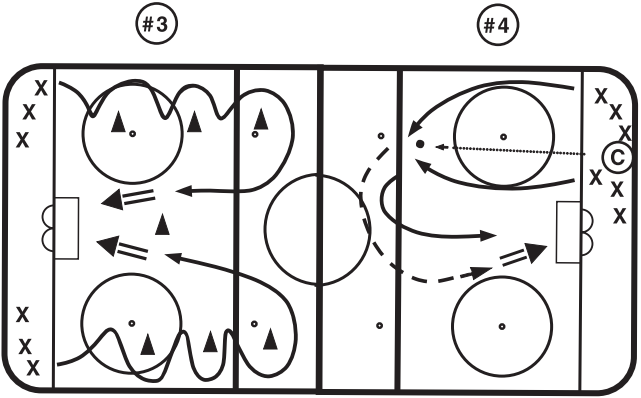
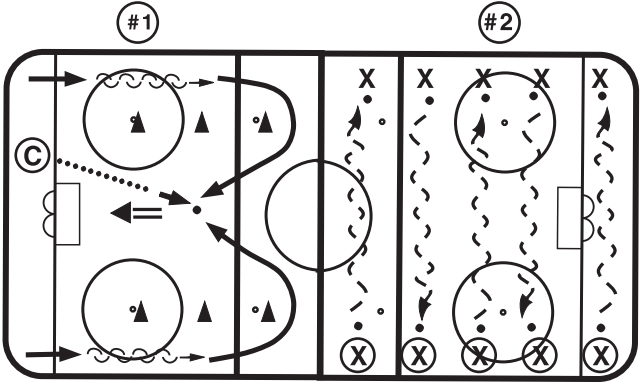
Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: \_\_\_\_\_  
Practice: #12  
Level: 8 & Under (Mite)

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

Time	Drill	Emphasis
3 mins.	1. Two Lines - forward - backward - forward - race to puck and shoot	
3 mins.	2. Two Lines - over and back with pucks - two directions - split vision - avoid contact	
3 mins.	3. Two Lines - pull with pucks - one direction on cones - shoot at cone race	
5 mins.	4. Two Lines - 1 on 1 puck chase out and back into the zone and shoot	
5 mins.	5. Two Lines - 1 on 1 backcheck first to puck - attacker shoots - backchecker carries puck out of zone	
5 mins.	6. Groups - circle pass keep away from player in middle	
10 mins.	7. Two Lines - zig-zag movement passing and shoot - pass-follow-pass	
10 mins.	8. Two Lines - two puck shoot competition - must continue until both pucks are in the net	
10 mins.	9. Group - 3 on 3 half ice - put fire hose across middle - 30 second shifts - score as many times as possible - coach slides puck out after a score	





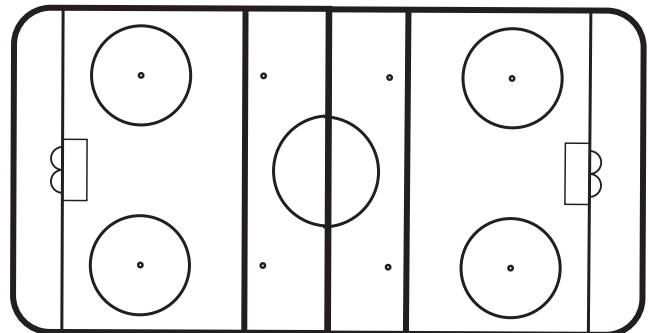
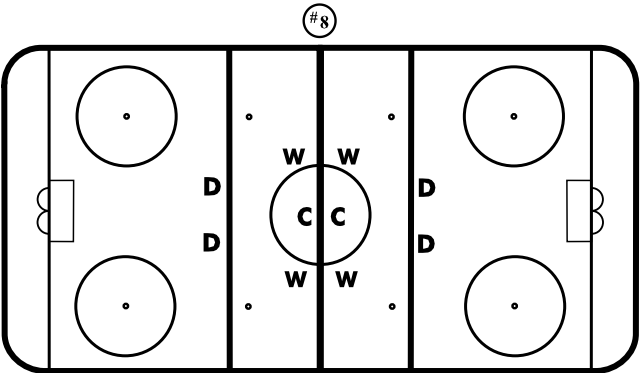
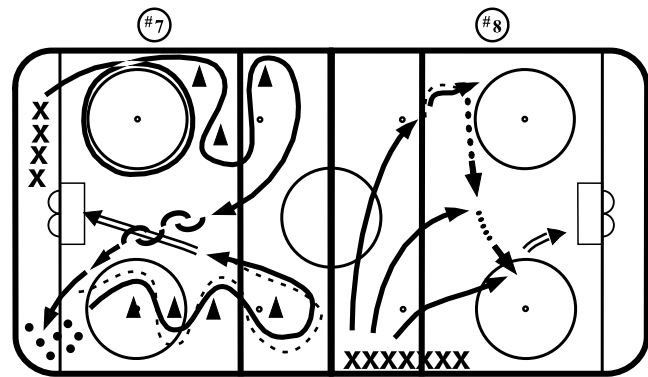
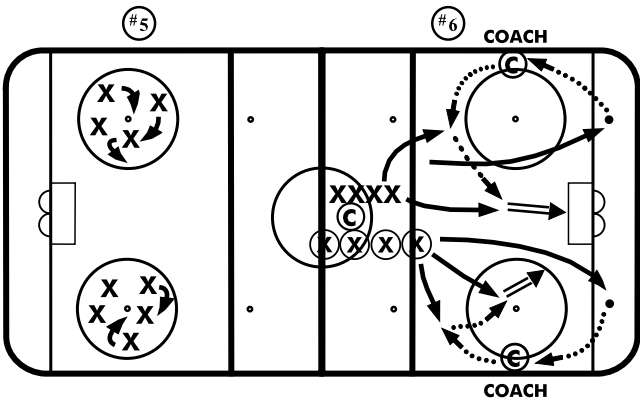
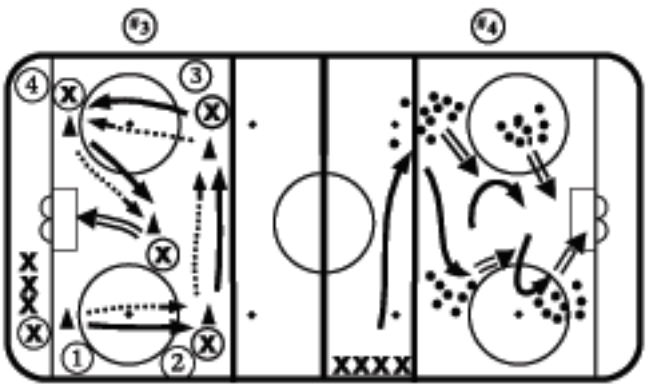
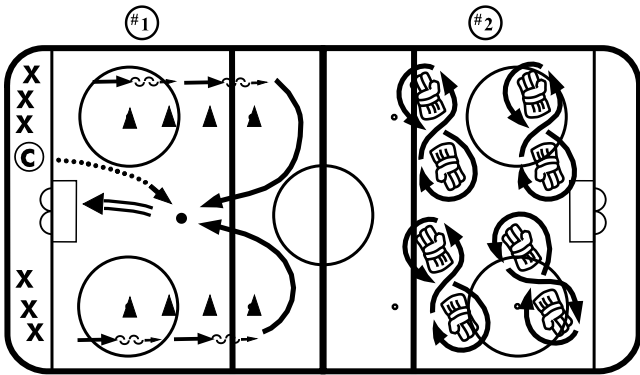
## Hockey Practice Plan

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

**Date:** \_\_\_\_\_  
**Practice:** #13  
**Level:** 8 & Under (Mite)

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

Time	Drill	Emphasis
5 mins.	1. Two Lines - forward/backward at cones - race to puck and shoot	
5 mins.	2. Group - figure 8 control turns around gloves on ice with puck	
5 mins.	3. Group - five station - give and go, passing and shooting	
5 mins.	4. One Line - four station multiple shots - skate to each station, get a puck and shoot	
5 mins.	5. Three Groups - four to five players in a circle - bumper smash - skate backwards and bump players out of circle	
10 mins.	6. Two Groups - 3 on 3 race - must pass to coach before shooting - continue until one group scores	
5 mins.	7. One Line - skills course - forward crossovers - control turns - backward zig-zag with puck and shoot	
10 mins.	8. Groups - 3 on 0 - three pucks - must pass to all players before scoring - use stop watch to time how long it takes to shoot all three pucks in net - 5 on 5 scrimmage - change on fly every 45 seconds	



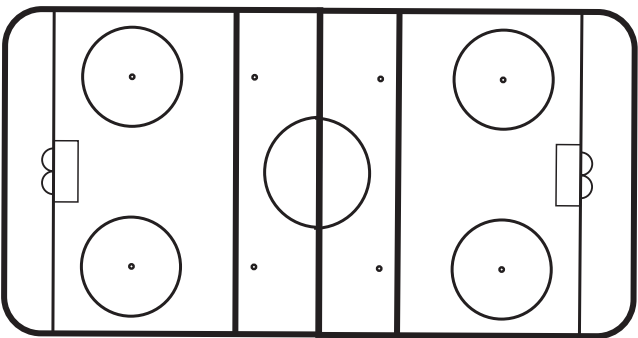
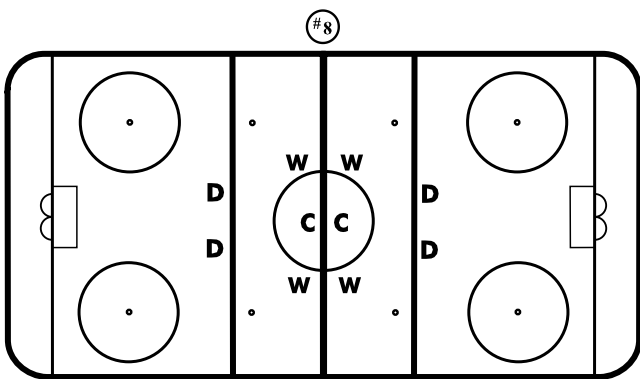
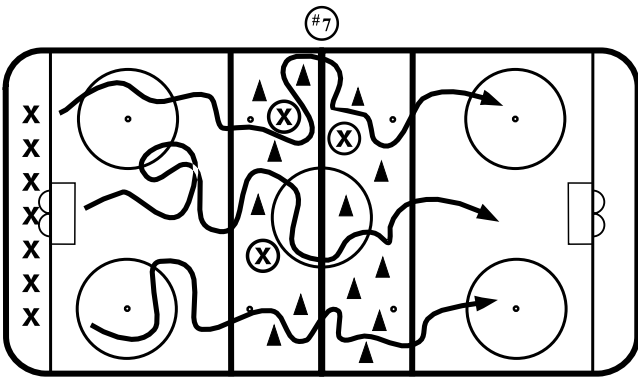
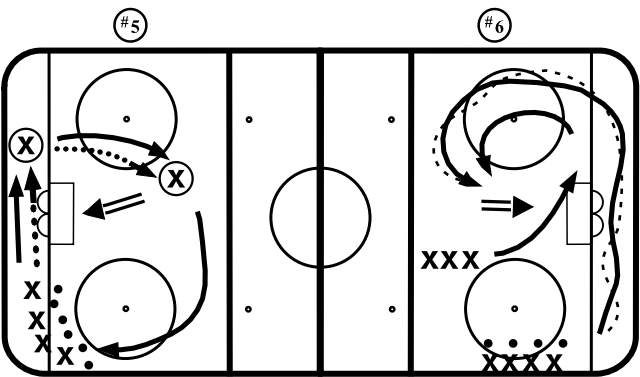
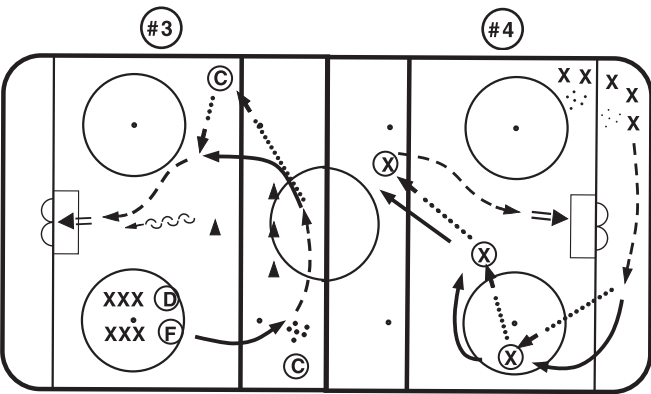
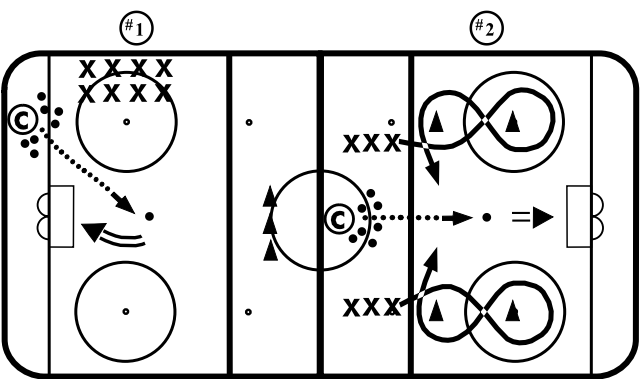
Hockey Practice Plan

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

**Date:** \_\_\_\_\_  
**Practice:** #14  
**Level:** 8 & Under (Mite)

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

Time	Drill	Emphasis
5 mins.	1. Two Lines - 1 on 1 crossovers behind cone - race to puck and shoot	
5 mins.	2. Two Lines - 1 on 1 figure 8 control turns on cones - race to puck and shoot	
5 mins.	3. Two Lines - 1 on 1 D and F - F pass to coach, receives return pass to 1 on 1	
5 mins.	4. Group - three breakout passes and shoot - after passing, follow pass to next station	
5 mins.	5. Group - three player offensive triangle - pass - follow pass and shoot	
5 mins.	6. Two Lines - 1 on 1 angling from net - puck carrier tries to score	
10 mins.	7. Group - pom-pom pull away with land mines - players must avoid being tagged or running into cones	
10 mins.	8. 5 on 5 modified scrimmage - change every 45 seconds on the fly - leave puck lie - next group play where puck is left	



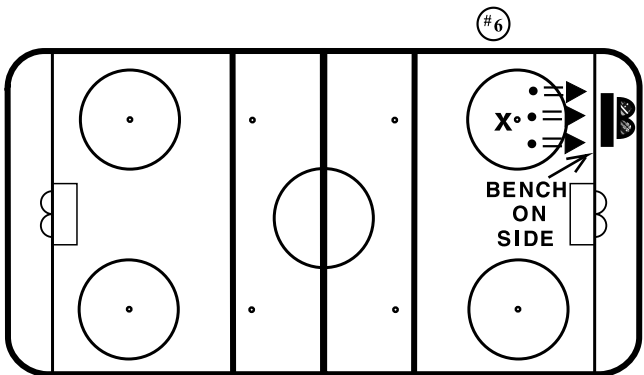
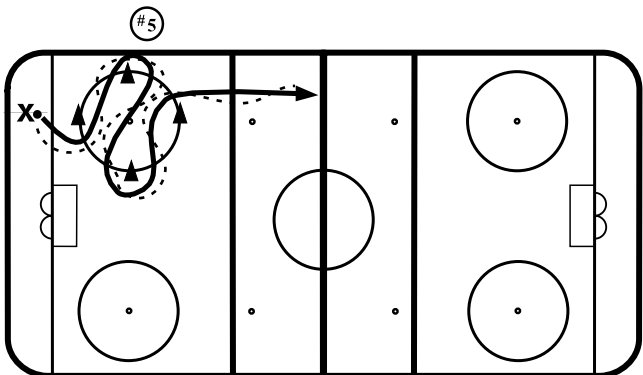
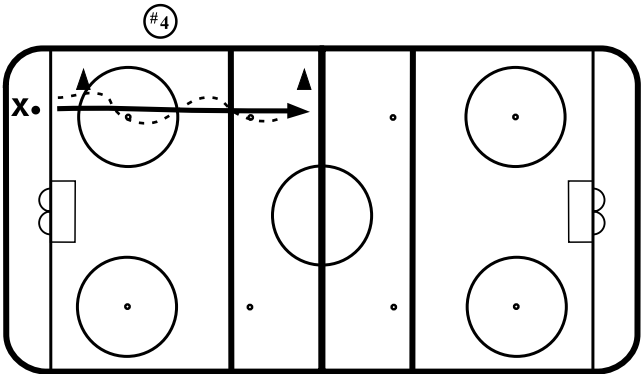
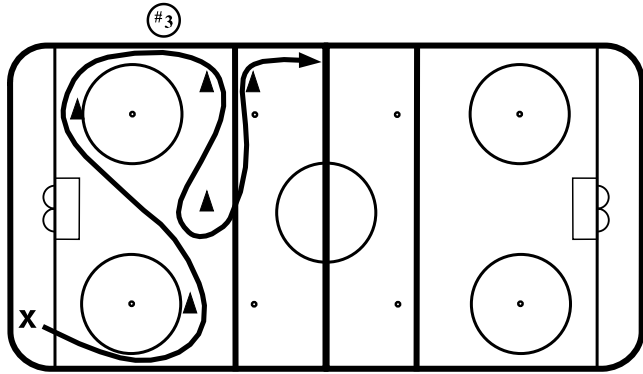
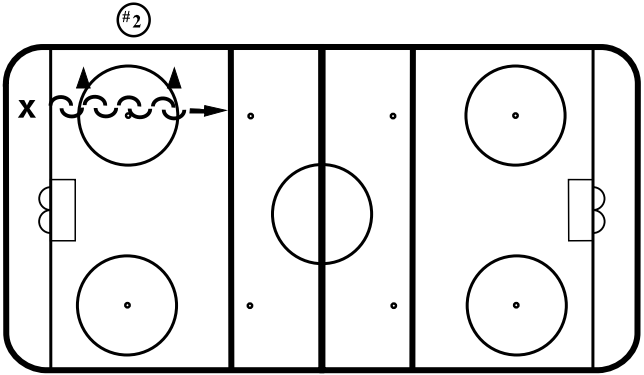
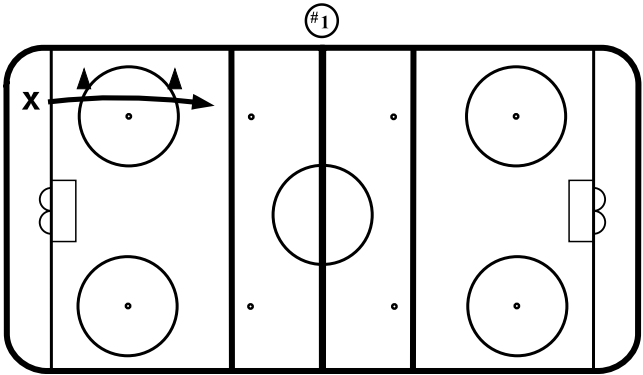
Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: \_\_\_\_\_  
Practice: #15  
Level: 8 & Under (Mite)

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



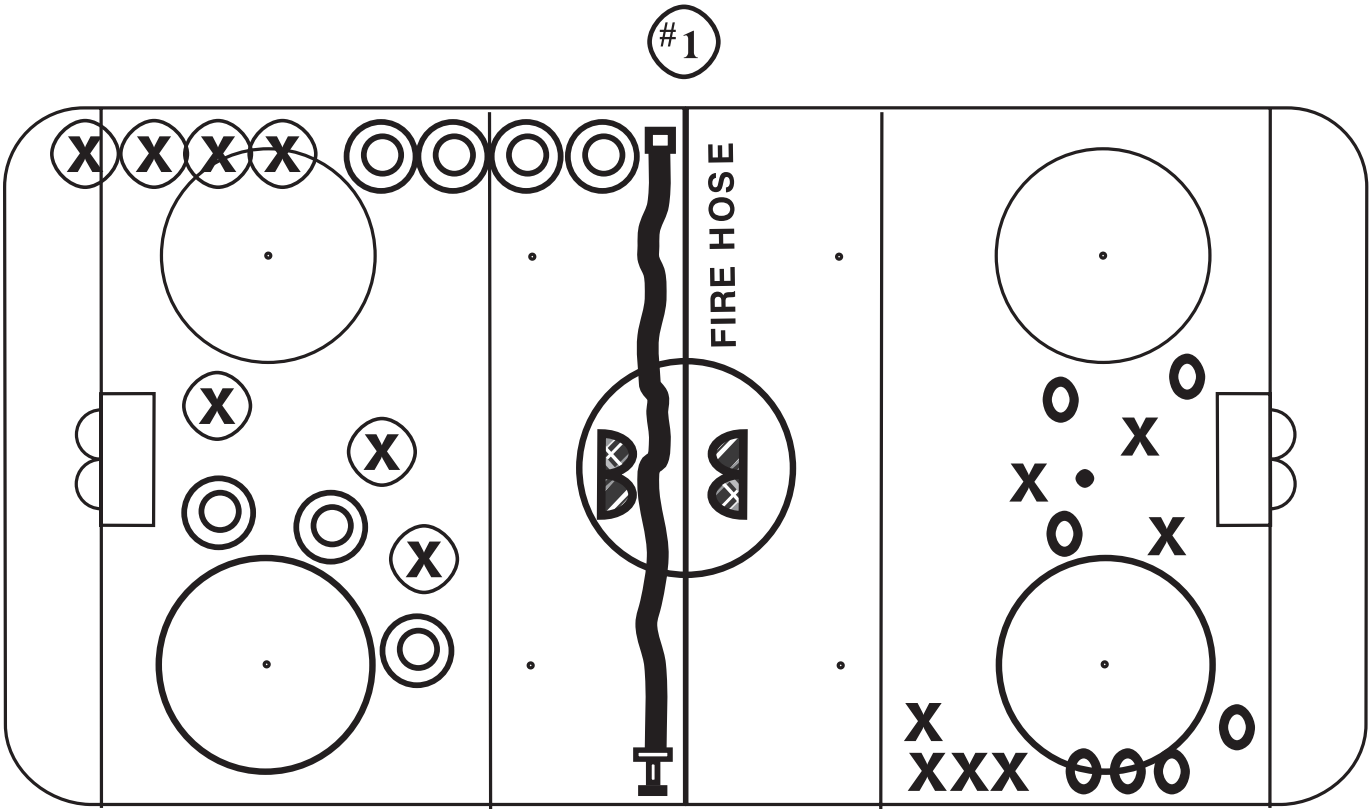
Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: \_\_\_\_\_  
Practice: #16  
Level: 8 & Under (Mite)

Skill Work	Competitive	Team Systems (Optional)	Fun/Modified Scrimmages
____ Skating	<b>Drills</b>	Positional Play	____ Tag Games
____ Puck Control	____ Skill Races	____ Breakout	____ Relay Races
____ Passing	____ 1 on 1	____ Lanes	<b>X</b> 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
50 mins.	3 on 3 Continuous Play - half ice game	
	1. Roll a fire hose out across red line - two nets at each end	
	2. Start with players per team on ice. Remaining players sit on benches (one per team) on side boards	
	3. Play 30-45 second shifts - blow whistle at end of shift	
	4. No off-sides or icings	
	5. When goal is scored, the team scored on gets puck out of net and comes up ice; scoring team must move back over top of circle ( - - - - )	
	6. When whistle blows, leave puck where it lies, skate to bench and tag next player who immediately goes and plays puck	



## Hockey Practice Plan

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

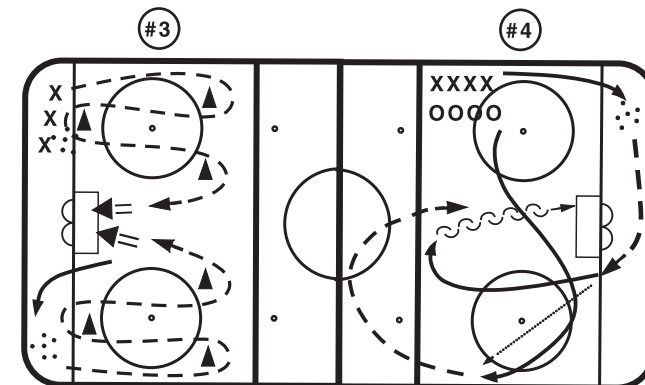
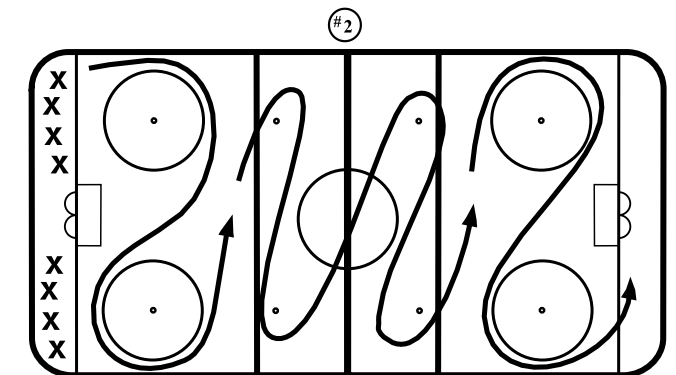
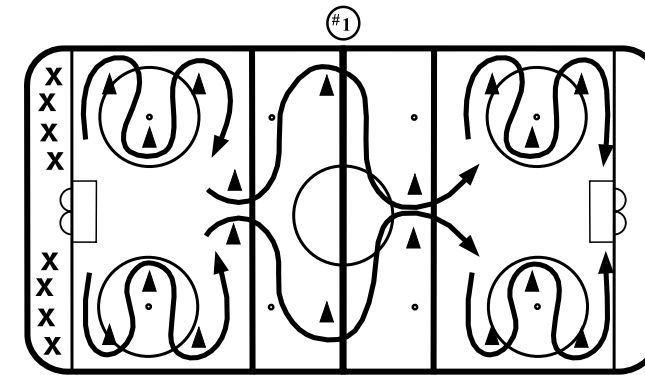
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**Practice:** #17

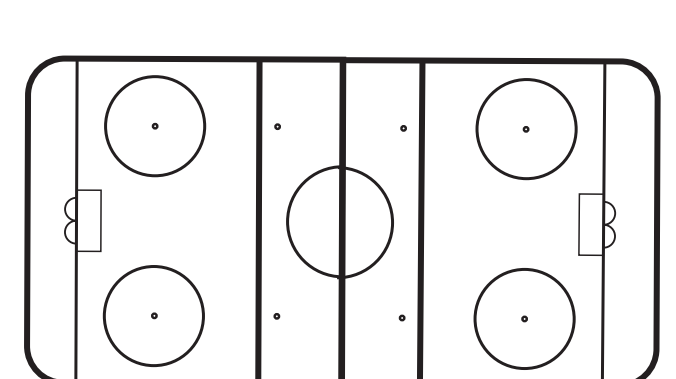
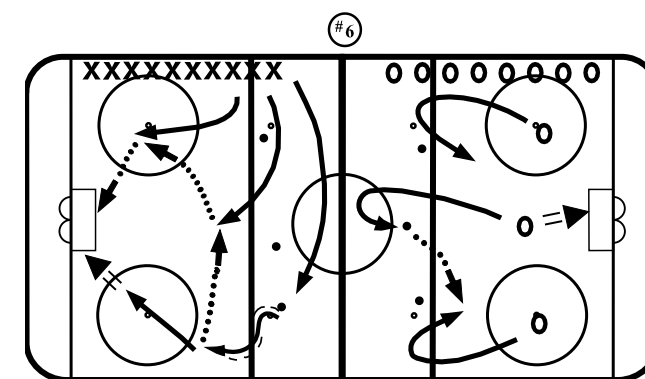
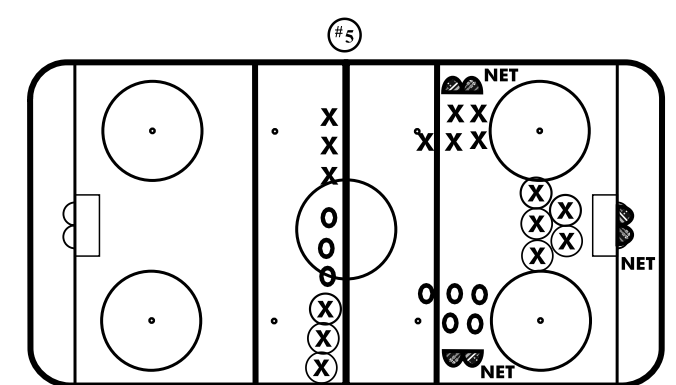
**Level:** 8 & Under (Mite)

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

Time	Drill	Emphasis
5 mins.	1. Two Lines - relay skills - control turns on first and last three sets of cones - crossovers on middle three cones	
6 mins.	2. Two Lines - relay skills - over and under crossovers on circles - zig-zag control turns on middle dots	
6 mins.	3. One Line - continuous - three cone control turns and shoot - pick up puck in opposite corner and continue	
6 mins.	4. Two Lines - 1 on 1 - breakout pass - comeback into zone 1 on 1	
12 mins.	5. Three net hockey game - divide into 3 teams - can score on either of 2 opponent's goals while defending own goal	
12 mins.	6. 3 on 3 - three pucks on each side - competition race - all three players must touch puck before shooting on net. Continue to shoot until score - then go back for second puck (different player must get puck) - first team to score all three pucks wins	



#4







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System/Drill \_\_\_\_\_

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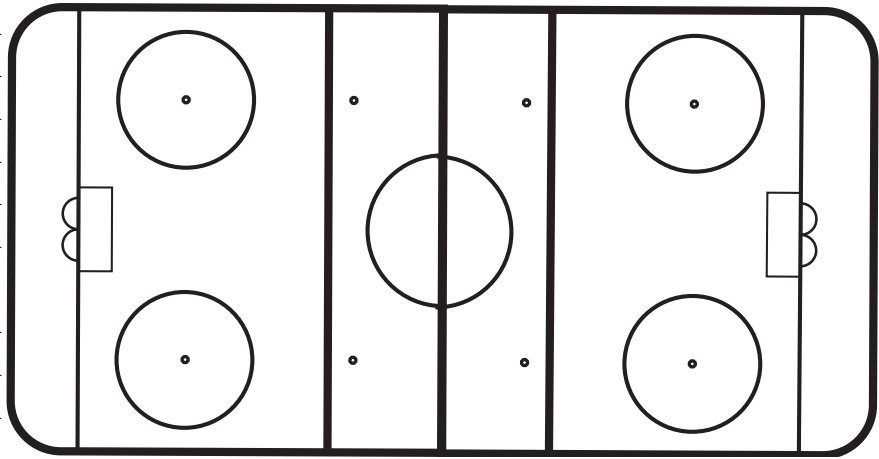
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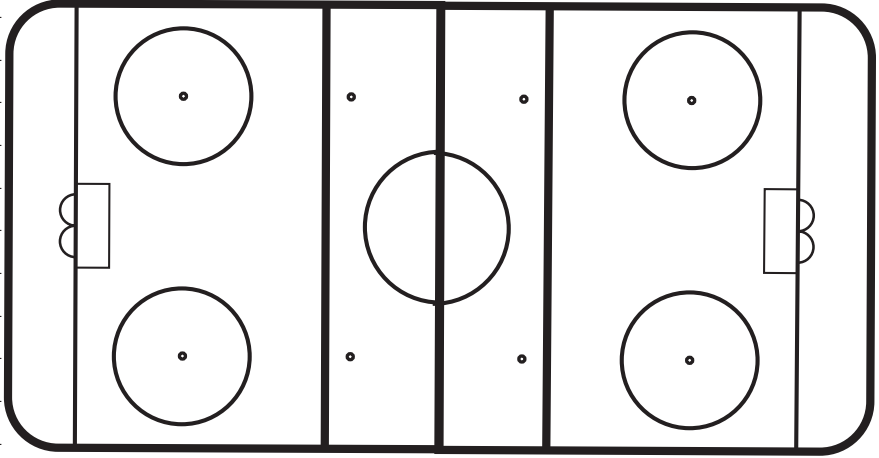
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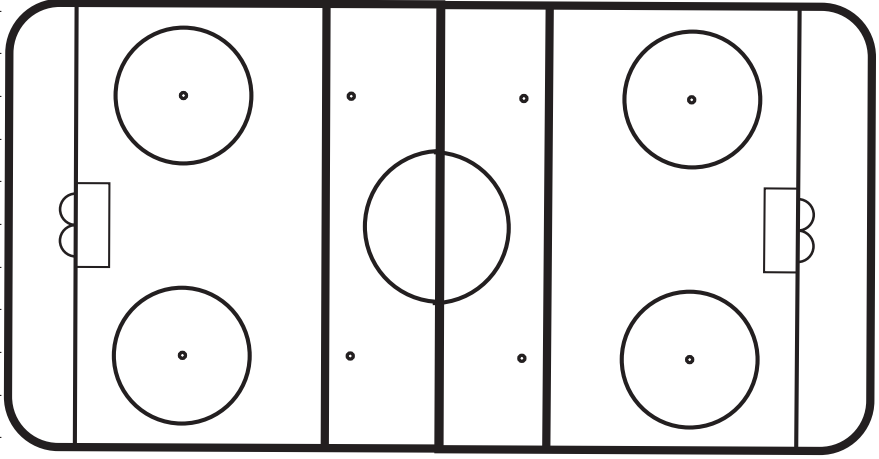
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