



Dear Coach,

We would like to take this time to thank you for your dedication to the Dubuque Youth Hockey Association (DYHA) and our players. We look forward to a successful season and are excited that you are going to be a huge part of that success.

DYHA is committed to the development of our players, parents and coaching staff. By volunteering to coach, you play an important part of this development. You are the DYHA's front line in teaching players the great game of hockey and helping establish a foundation of skills. These skills will last a lifetime and be useful well beyond the boundaries of the ice rink.

To help aid you in your task, we have created the attached binder for your utilization. Included you will find the following:

1. A copy of the USA Hockey Core Values.
2. A complete listing of Board Members for the Coaching Committee and House League Committee.
3. Guidelines for House League games.
4. An outline of start of season team meeting.
5. A copy of DYHA's 24 hour rules.
6. The first eighteen (18) practice plans for the Mite age group.
7. USA Hockey's skills progression for Mites (8 and under).

Even though teams, coaches and seasons vary widely, our goal is to attempt to obtain a level of consistency across age levels. The DYHA believes that by supplying you with these materials, we will not only help you continue to be a successful coach but also help all players have an opportunity to reach a common level of development.

Ara Parseghian, Notre Dame Head Football Coach, was once quoted as saying;

"A good coach will make his players see what they can be rather than what they are."

Once again we thank you for your dedication to our program! If you have any questions or concerns, please feel free to contact me at Mike.Belmont@LarrisonArchitects.com or contact any of the Board Members listed within this information.

Sincerely,

Mike Belmont
President DYHA



Board Member Information for Coaching & House League Committees

Mike Belmont	President	563-583-2658	Coaching Committee	
Brian Rieckens	Board Member	563-556-1071	Coaching Committee	
Duane Tucker	Board Member	563-557-8654	Coaching Committee	House League Committee
Erin Coates	Board Member	563-583-6146		House League Committee



USA Hockey Core Values-

- SPORTSMANSHIP - Foremost of all values is to learn a sense of fair play. Becoming humble in victory, gracious in defeat. DYHA fosters friendship with teammates and opponents alike.
- RESPECT FOR THE INDIVIDUAL - Treat all others as you expect to be treated.
- INTEGRITY - DYHA seeks to foster honesty and fair play beyond mere strict interpretation of the rules and regulations of the game.
- PURSUIT OF EXCELLENCE AT THE INDIVIDUAL, TEAM AND ORGANIZATIONAL LEVELS - Each member of the organization, whether players, volunteer or staff, should seek to perform each aspect of the game to the highest level of his or her ability.
- ENJOYMENT - It is important for the hockey experience to be fun, satisfying and rewarding for all participants.
- LOYALTY - DYHA aspires to teach loyalty to the ideals and fellow members of the sport of hockey.
- TEAMWORK - DYHA values the strength of learning to work together. The use of teamwork is reinforced and rewarded by success in the hockey experience



Guidelines for Dubuque Youth Hockey – House League

The Dubuque Youth Hockey - House League is a developmental program following USA Hockey guidelines that encourages a non-competitive environment where children can learn the basic skills of ice hockey without the distractions associated with an over-emphasis on winning. This is a non-body checking program. No standings or playoffs shall be held.

House League Mission Statement: The House League program is intended to provide a fun environment for the instruction and development of children as well as coaches.

Rules of the Game according to Age:

- MITES
 - 10:00 minute periods. (Each game must be completed in the allotted time.)
 - Stop Clock.
 - No overtime. Game ends in a tie.
 - Two-minute buzzer for line changes.
 - Teams do switch ends after each period.
 - Blue Puck.
 - Penalties: 1:30 (Minor) & 3:00 (Major).
 - Goalies - Pulling of the Goalie is NOT allowed at this age level.
 - All players must be in full equipment.



- LOWER HOUSE
 - 12:00 minute periods. (Each game must be completed in the allotted time).
 - Stop Clock.
 - No overtime. Game ends in a tie.
 - No buzzer for line changes.
 - Teams do switch ends after each period.
 - Black Puck
 - Penalties: 2:00 (Minor) & 5:00 (Major).
 - Goalies (Pulling of the Goalie is allowed however the 6th skater must be of the same skill level as the skaters on the ice. Example: if the house kids are playing, you should not put in a travel team skater for a pulled goalie.)
 - All players must be in full equipment.
 -

MERCY RULE - If any one team is leading a game by five goals, a further spread in the score for the leading team will not be recorded on the scoreboard. However, it will be kept track of on the official score sheet.

THREE GOAL MAXIMUM – After a player has scored three (3) goals, it is strongly recommended that that player be placed on Defense. Remember the USA Hockey Core Values.

BODY CHECKING - has been banned at all age levels in House League.

EQUAL ICE TIME - is to be given to each player regardless of ability. Every player must be on the ice at least every third shift and no more often than every second shift.



Outline for Start of Season Team Meeting.

Introduction	<ul style="list-style-type: none">• Head Coach• Assistant Coaches• Team Mom
Coaching Philosophy	<ul style="list-style-type: none">• The name of the game: FUN!!
Codes of Conduct	<ul style="list-style-type: none">• Keep in mind, it's the kids that play the sport.• Players need to be on time.• If a player misses a practice, it can effect their playing time.
Emergency Procedures	<ul style="list-style-type: none">• Hopefully only bumps and bruises.
The Season	<ul style="list-style-type: none">• Goalie rotation.• Practices.• Subject to change!!
Miscellaneous	<ul style="list-style-type: none">• The real information.
Question & Answer	<ul style="list-style-type: none">• Your time to talk!!



Copy of DYHA's 24 Hour Rule

DYHA understands that there will be times where a parent may disagree with the actions of the Coach and/or their Assistants. When there is an issue, our parents are expected to follow the following guidelines:

1. Address all complaints to the team Head Coach, Assistant Coach or the Team Mom in private.
2. There is a mandatory 24 hour rule that must be followed. If a coach is asked to discuss an issue that has happened within the past 24 hours they can and should ask the other party to discuss it the following day. (A 24 hour "cool-down" period).
3. If the Coach, Assistant Coach and/or Team Mom are unable to resolve the problem, he or she will present the problem to the Coaching Committee for resolution.
4. If the Coaching Committee cannot resolve the problem, the DYHA Board of Directors will be addressed for resolution.
5. At no time should a parent involve other Board Members or parents with individual or team problems.

8-AND-UNDER (MITE) SKILL PROGRESSIONS

At the 8-and-Under (Mite) level, players should focus on the skill progressions listed below:

Knowledge

Players should know:

1. Rules
 - off-sides
 - icing
2. Common Infractions
 - unsportsmanlike conduct
 - body checking
 - cross checking
 - checking from behind
 - holding
 - high sticking
 - tripping
3. Penalties
 - minor
 - major

Goal Setting

Players should:

1. Establish specific and measurable performance goals that are written, shared with coaches and parents, and revised on a regular basis to promote development. *Example:* To develop passing and receiving. Be able to execute five good passes and receive five passes (forehand and backhand).
2. Divide performance goals into two categories:
 - practice
 - game

Individual Hockey Skills

Players must learn and master:

1. Skating
 - edge control
 - ready position
 - forward start
 - forward stride
 - control stop (two-foot snowplow, one-foot snowplow)
 - backward skating
 - backward stop
 - control turn
 - forward crossover
2. Puck Control
 - lateral dribble
 - forward-to-backward dribble
 - diagonal dribble
 - attacking the triangle
 - forehand shift
 - accelerating with the puck
3. Passing and Receiving
 - forehand
 - backhand
 - receiving (stick)

- eye contact
- 4. Shooting
 - wrist
 - backhand
- 5. Checking
 - poke check
 - hook check
 - lift the stick check
- 6. Goalkeeping
 - basic stance
 - parallel shuffle
 - lateral t-glide
 - forward and backward moves
 - stick save
 - body save
 - glove save

Team Play

Players must understand and learn:

1. Offense
 - positional offense
 - offense in the offensive zone
 - offense in the defensive zone
2. Defense
 - territorial defense
 - one-man forechecking
 - basic defensive zone coverage

Nutrition

Players should:

1. Understand the importance of proper hydration before, during and after all practices and games.
2. For evening practices and games, eat a normal breakfast and lunch; Before the game or practice, eat a light snack; After the game or practice, eat a meal.
3. For early morning games and practices, eat lightly at breakfast. After practice or the game, eat a snack.

Fitness and Training

Players should learn:

1. warm-up exercises
2. cool down exercises
3. stretching exercises
4. flexibility exercises
5. agility exercises
6. eye-hand coordination exercises
7. fun games
8. relays

Injury Prevention

Players should be introduced to:

1. Heads Up Hockey program
2. the importance of warming up, cooling down and daily stretching

Sports Psychology

Players should be taught to:















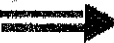



1. Understand the difference in being relaxed and tense.
2. Understand that making mistakes is common and a part of sports.

Character Development and Life Skills

Players must learn :

1. they are part of a team
2. to have respect for their teammates, coaches, opponents, officials and parents
3. team rules
4. self control and discipline
5. to always try their best
6. respect for authority
7. the importance of a strong work ethic
8. commitment to a team

LEGEND

Ⓒ or ⒸOACH	Coach		Forward Skate
X or ⓧ	Player		Forward Skate With Puck
Ⓓ	Defense		Passing
O	Offense		Forward Stroke
F	Forward		Gliding, Two Feet
W or Ⓜ	Wing		Backward Skate
ⓁW	Left Wing		Backward Skate With Puck
ⓇW	Right Wing		Edge Control
BC	Backcheck		Deking
	Goal		Log Rolls On Ice
	Glove		Jumping
	Stick		Shooting
	Cone		Stop
	Puck		

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

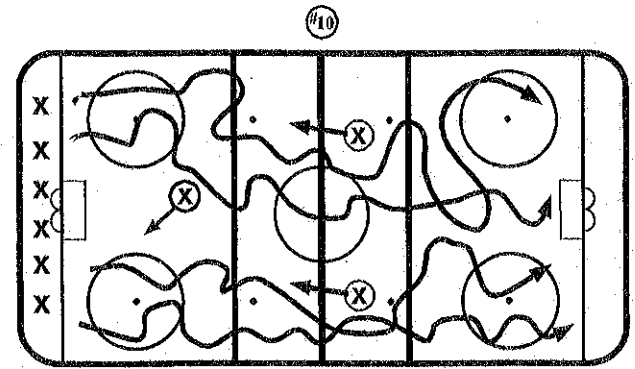
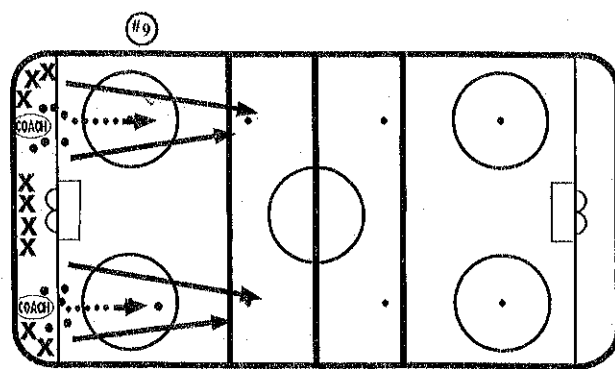
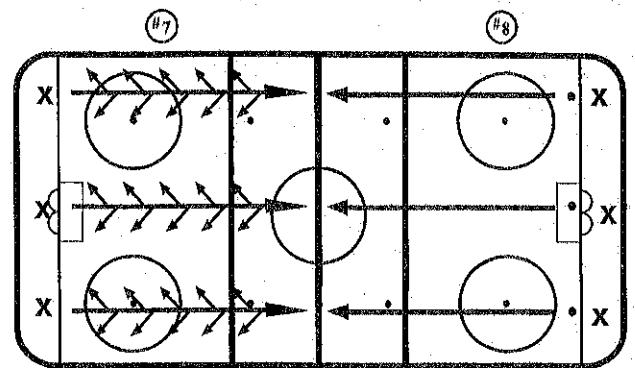
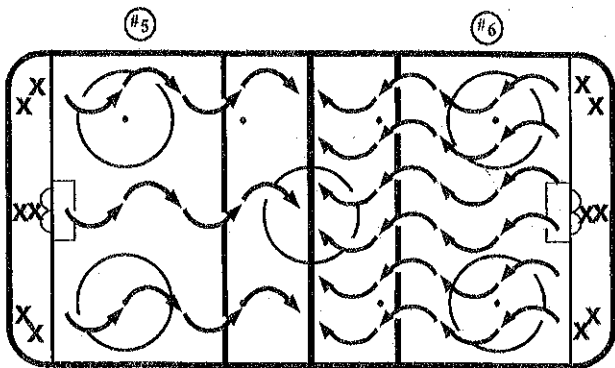
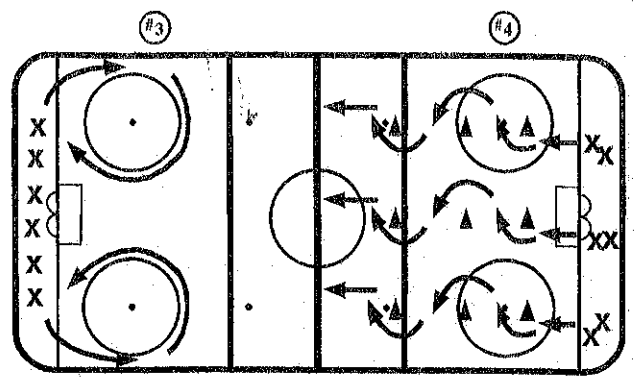
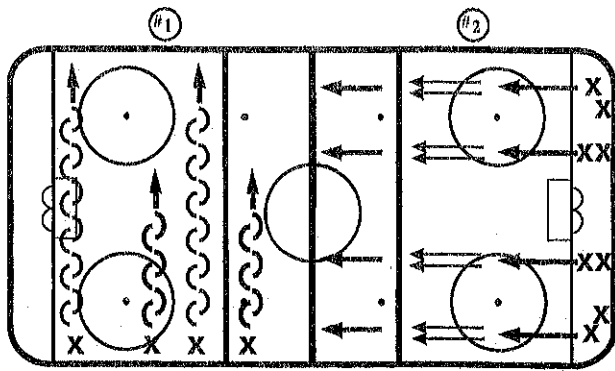
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Practice: #1 _____

Level: 8-and-Under (Mite) _____

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

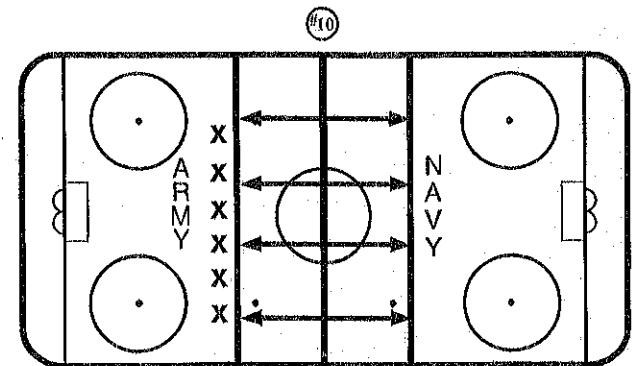
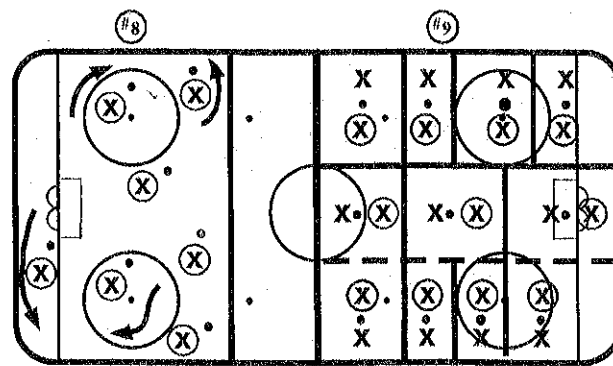
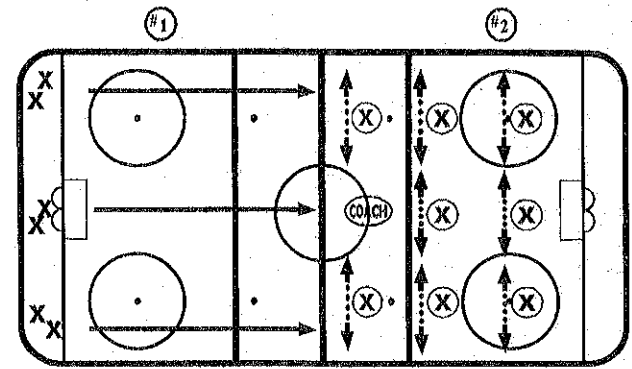
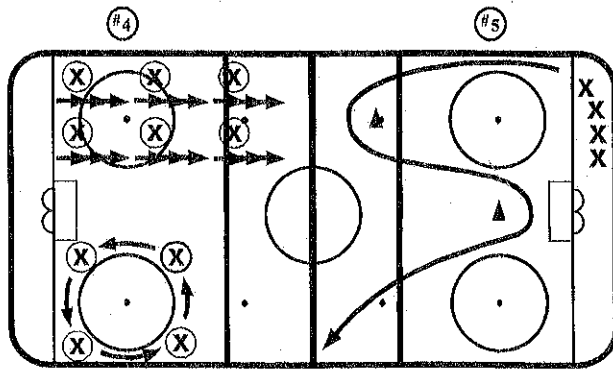
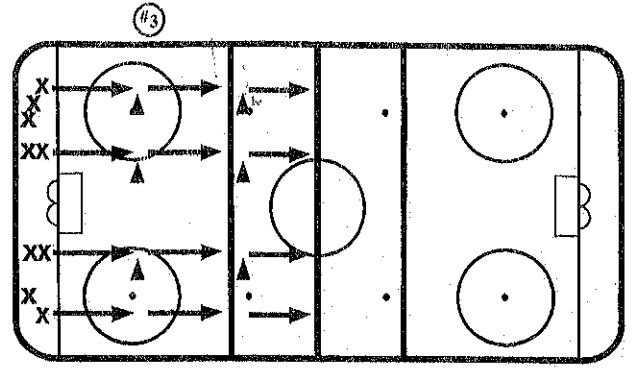
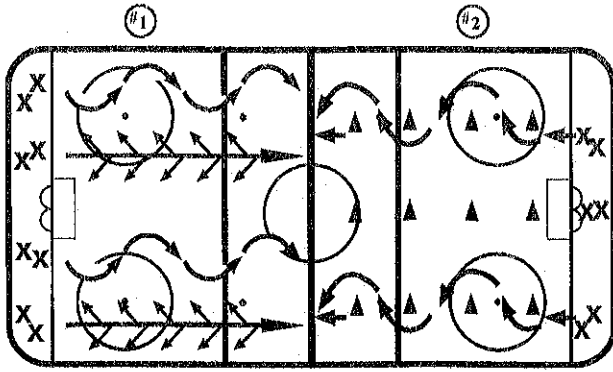
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Practice: #2 _____

Level: 8-and-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"/> 1 on 1	_____ Breakout	_____ Relay Races
_____ Passing	_____ 2 on 2	_____ Lanes	_____ 3 on 3 scrimmage
_____ Shooting	_____ Time Skills	_____ Off. Triangle	_____ 4 on 4 scrimmage
_____ Checking			_____ 5 on 5 scrimmage
_____ Agility			_____ 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

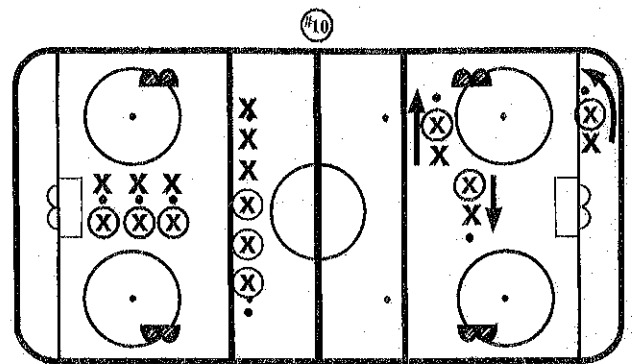
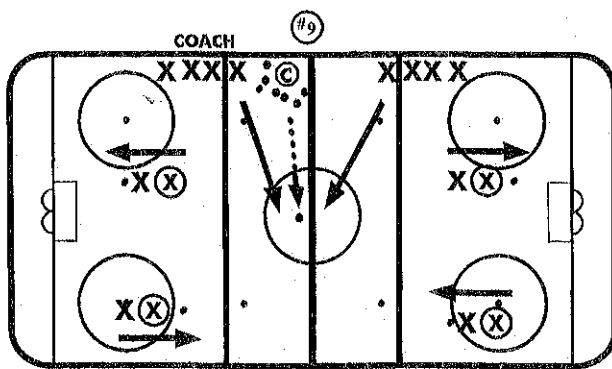
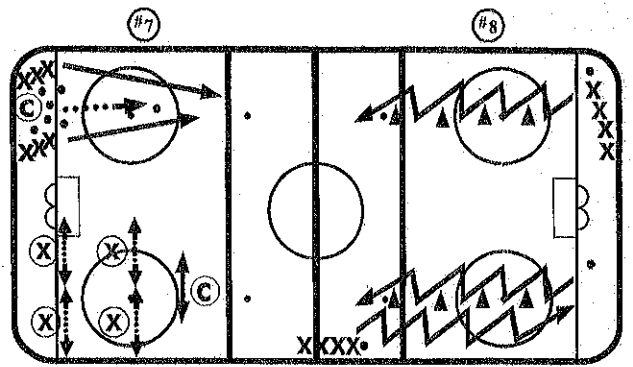
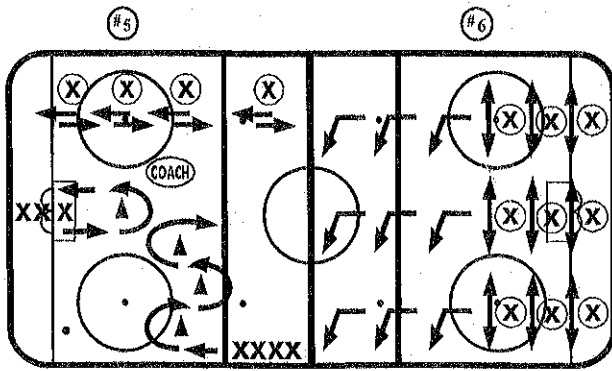
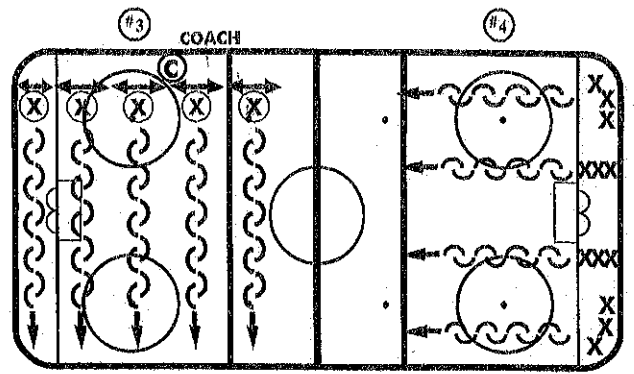
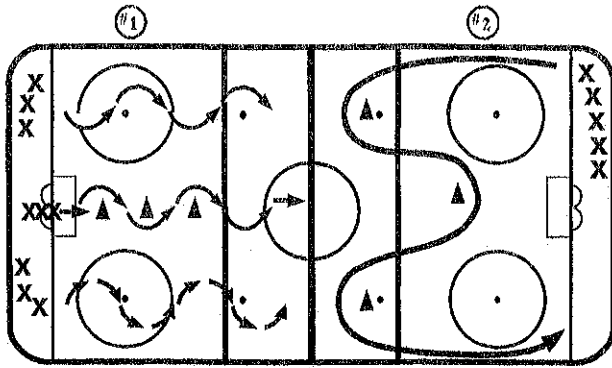
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Practice: #3

Level: 8-and-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"/> 1 on 1	<input type="checkbox"/> Breakout	<input checked="" type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input 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

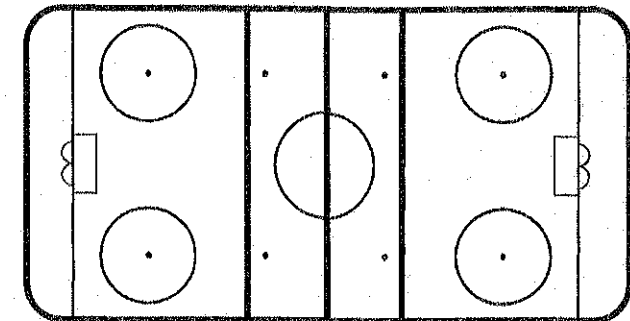
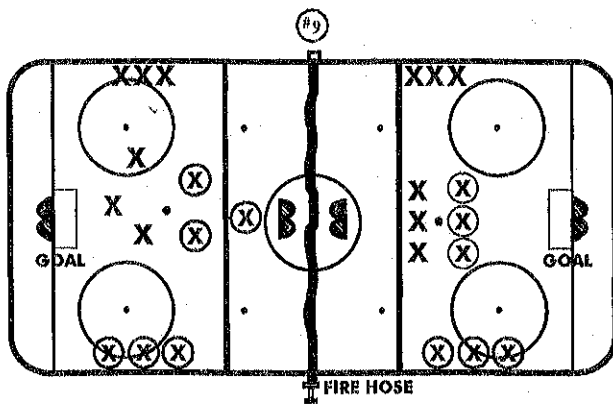
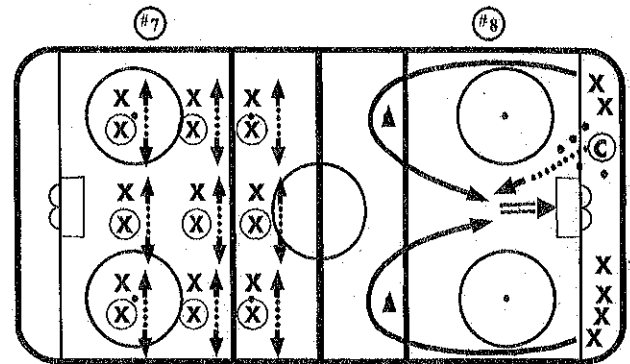
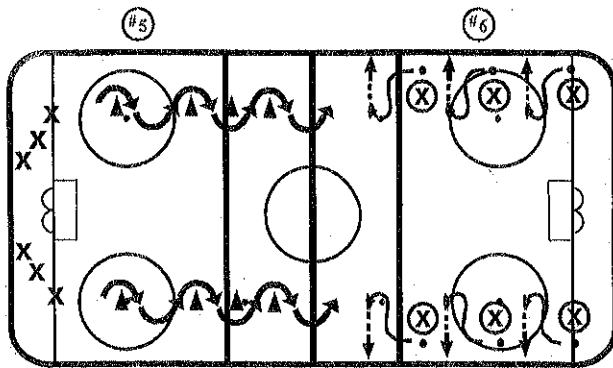
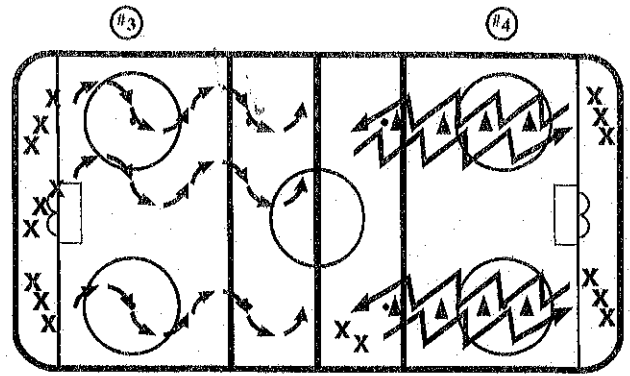
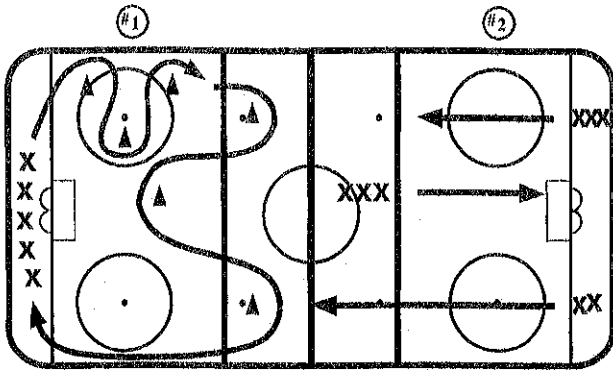
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Practice: #4 _____

Level: 8-and-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"/> 1 on 1	<input type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input checked="" type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input 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-and-Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input type="checkbox"/> Checking			<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

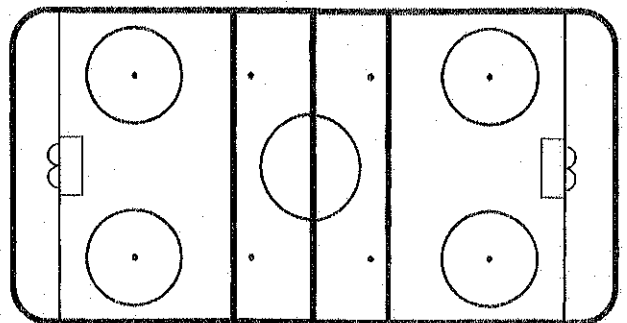
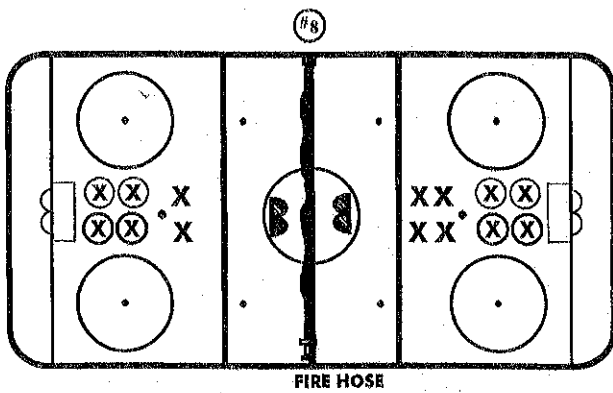
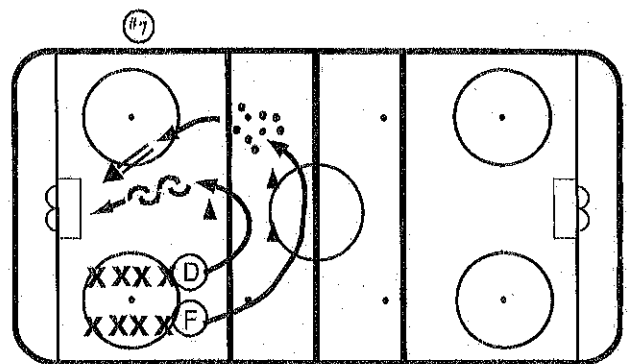
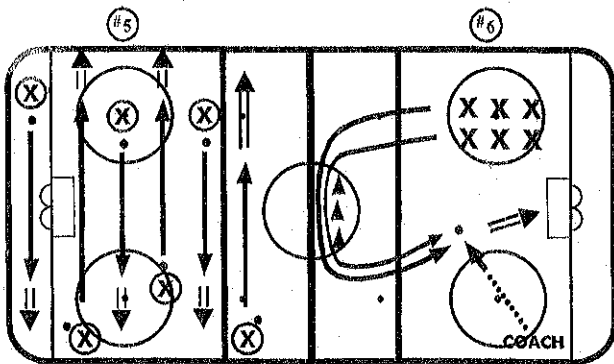
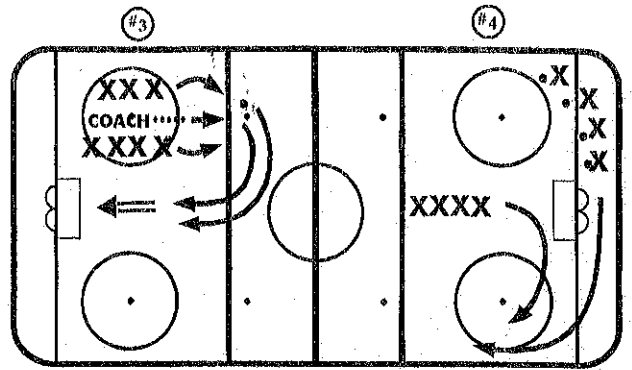
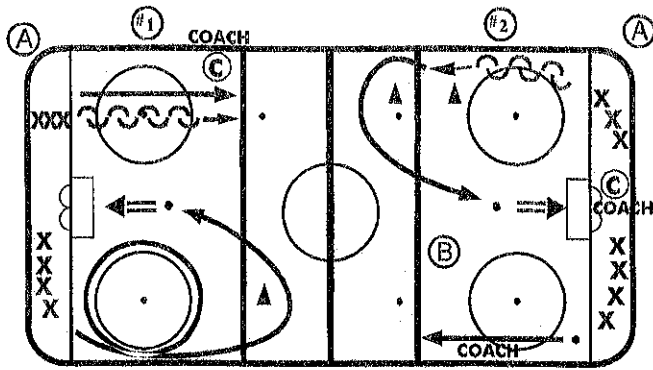
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Practice: #6 _____

Level: 8-and-Under (Mite) _____

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<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

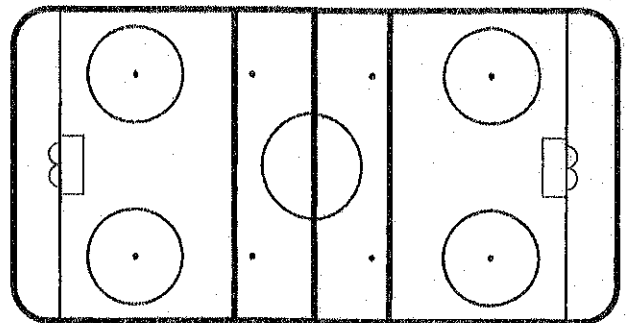
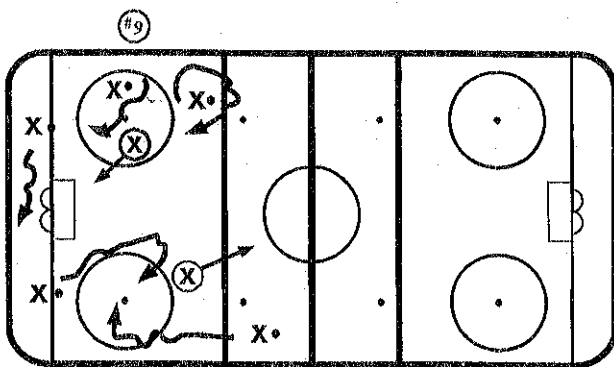
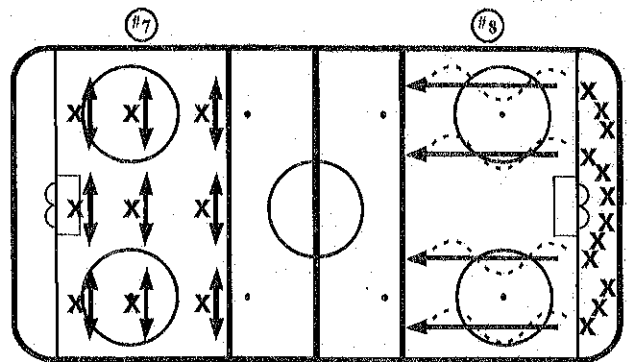
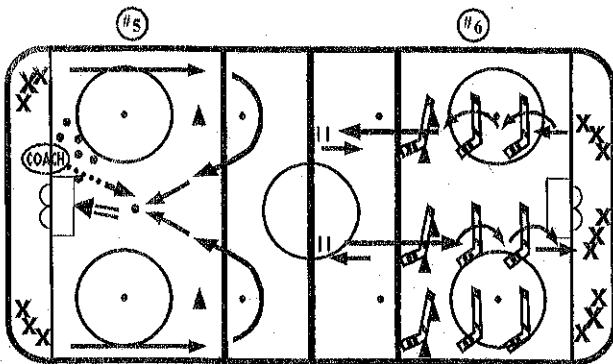
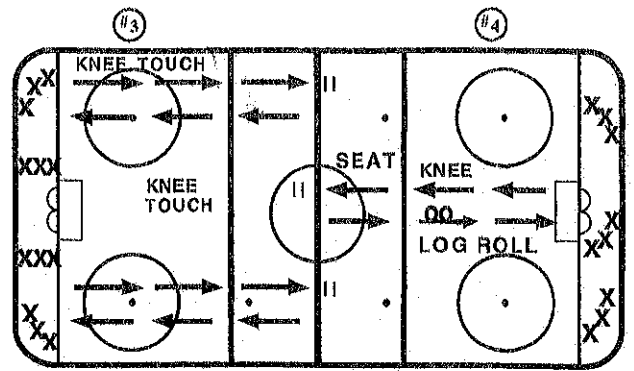
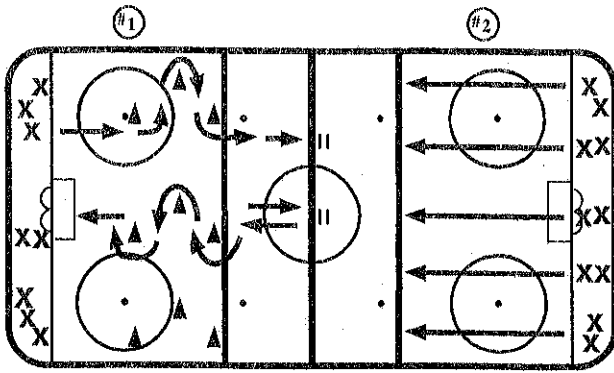
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Practice: #7

Level: 8-and-Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input checked="" type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
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<input 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. 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

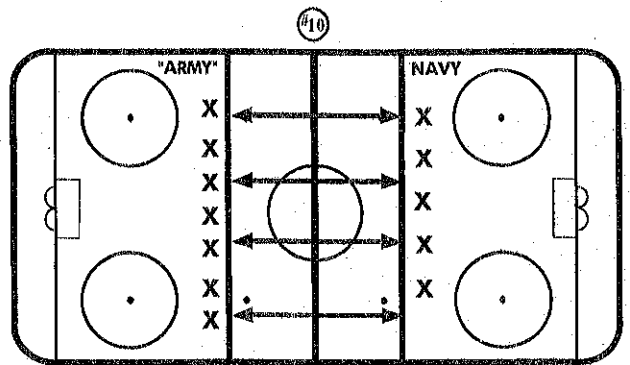
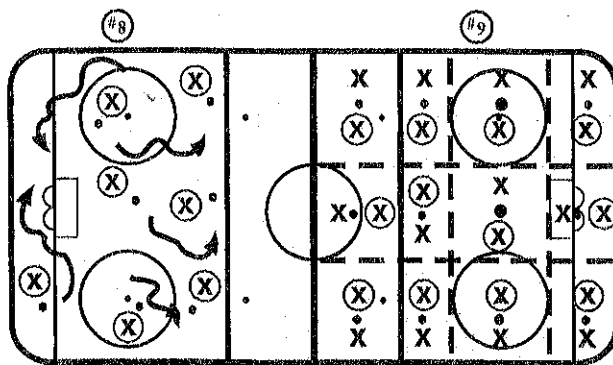
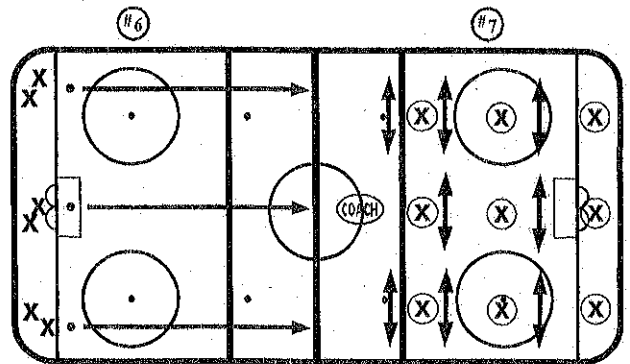
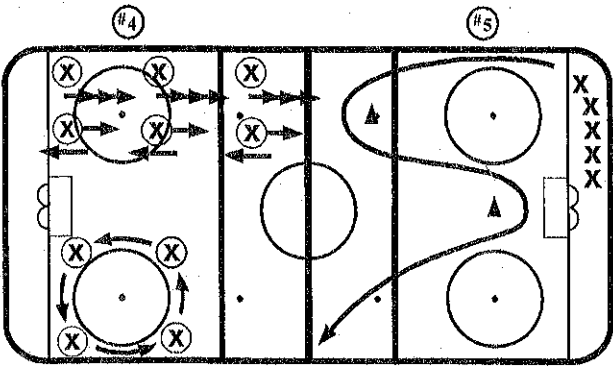
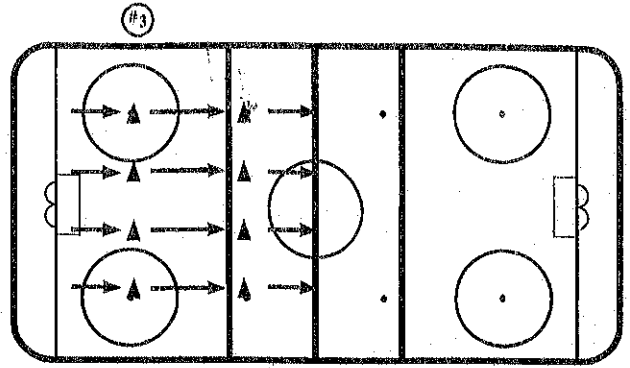
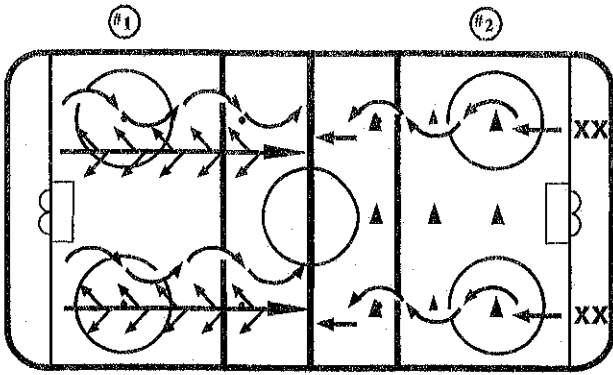
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Practice: #8

Level: 8-and-Under (Mite)

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

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



Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: _____

Practice: #9

Level: 8-and-Under (Mite)

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

Time	Drill	Emphasis
2 mins.	1. Three Lines - four cones inside edge zig-zag - relay race - up and back	
2 mins.	2. Three to four Lines - push puck acceleration - relay race - up and back	
2 mins.	3. Three Lines - zig-zag cones with puck - relay race - up and back	
3 mins.	4. Two Lines - figure 8 circle crossovers - race to puck and shoot	
2 mins.	5. Two Lines - circle crossovers - three cone triangle, inside edge - race to puck and shoot	
5 mins.	6. Two Groups - 1 on 1 puck chase - net turn backwards - stay out until one player scores	
5 mins.	7. Three Groups - circle crossovers - musical pucks - four pucks - five players - on whistle dive in and get puck	
10 mins.	8. Five to six Groups - three player chariot race - two players pull with sticks - one player on knees - change places and return - must do three times	
10 mins.	9. Group Nine - tennis ball dodge ball - 20 tennis balls - hit other team's players	

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

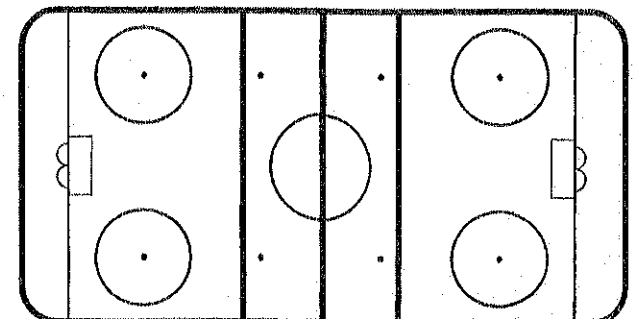
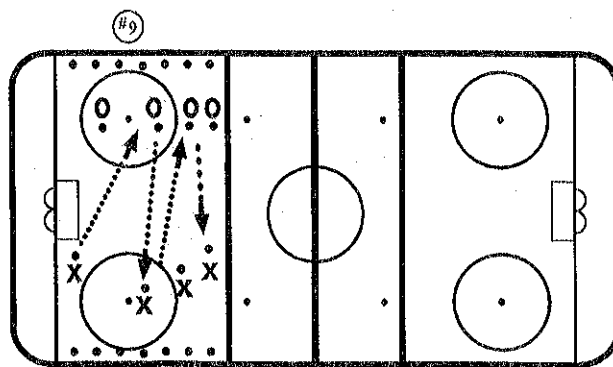
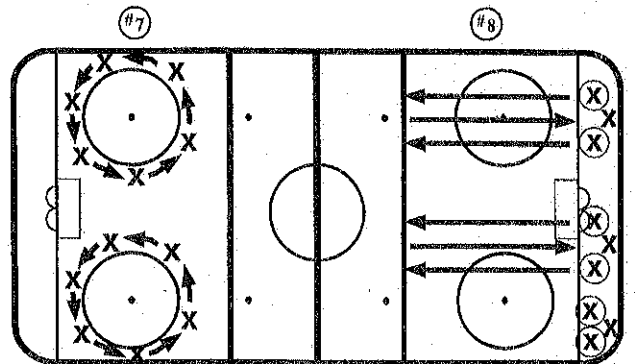
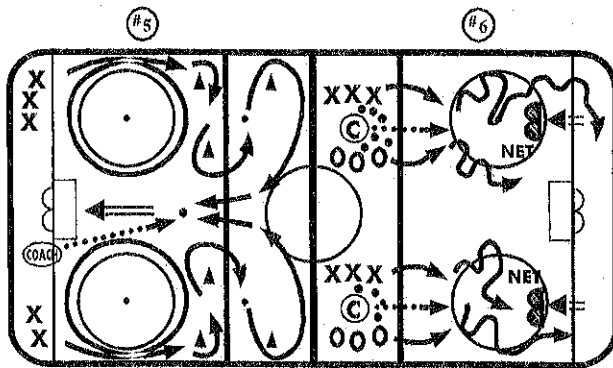
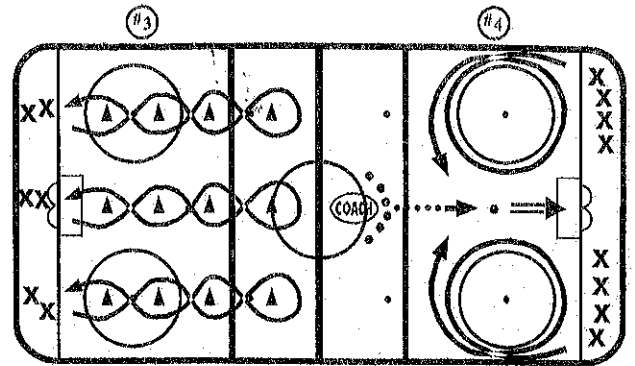
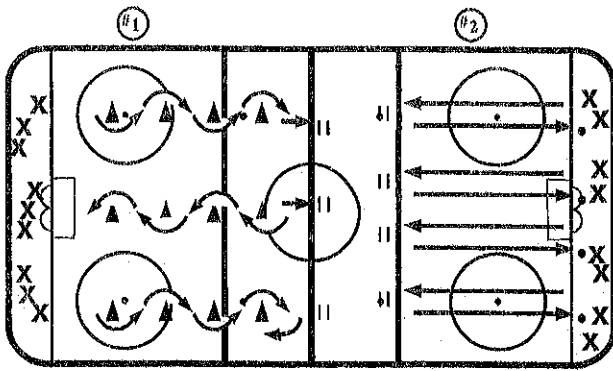
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Practice: #9

Level: 8-and-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"/> 1 on 1	<input type="checkbox"/> Breakout	<input checked="" type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input checked="" type="checkbox"/> 3 on 3 scrimmage
<input type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input checked="" type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

Time	Drill	Emphasis
2 mins.	1. Three Lines - four cones inside edge zig-zag - relay race - up and back	
2 mins.	2. Three to four Lines - push puck acceleration - relay race - up and back	
2 mins.	3. Three Lines - zig-zag cones with puck - relay race - up and back	
3 mins.	4. Two Lines - figure 8 circle crossovers - race to puck and shoot	
2 mins.	5. Two Lines - circle crossovers - three cone triangle, inside edge - race to puck and shoot	
5 mins.	6. Two Groups - 1 on 1 puck chase - net turn backwards - stay out until one player scores	
5 mins.	7. Three Groups - circle crossovers - musical pucks - four pucks - five players - on whistle dive in and get puck	
10 mins.	8. Five to six Groups - three player chariot race - two players pull with sticks - one player on knees - change places and return - must do three times	
10 mins.	9. Group Nine - tennis ball dodge ball - 20 tennis balls - hit other team's players	



Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

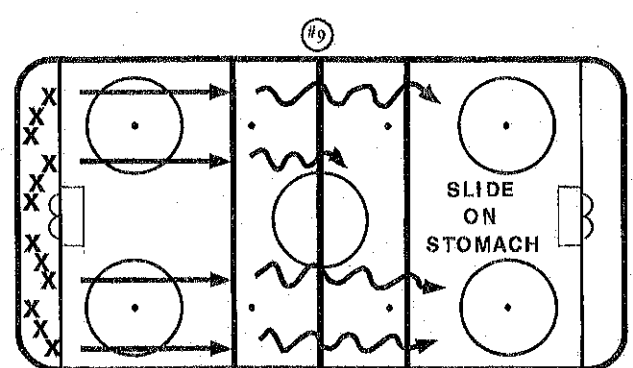
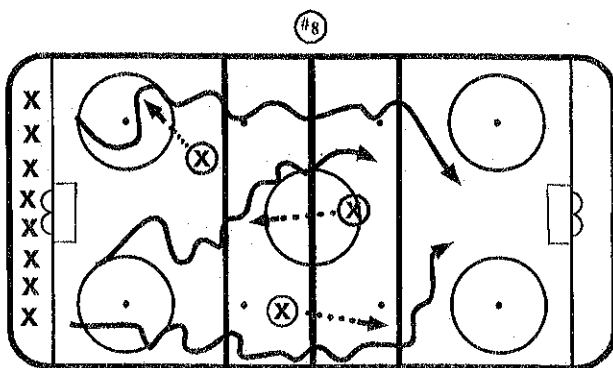
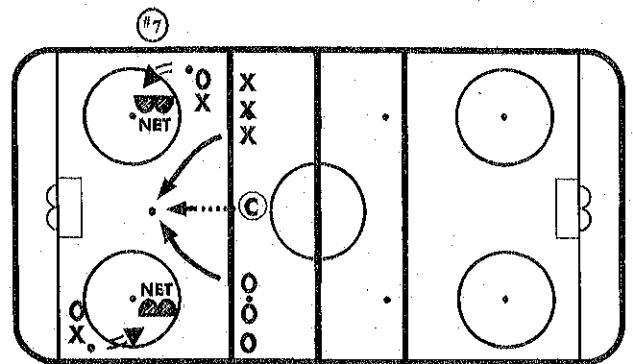
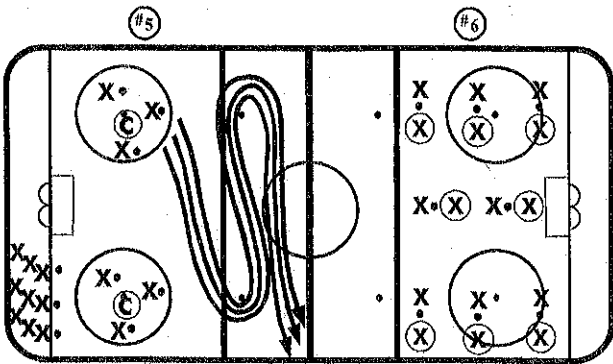
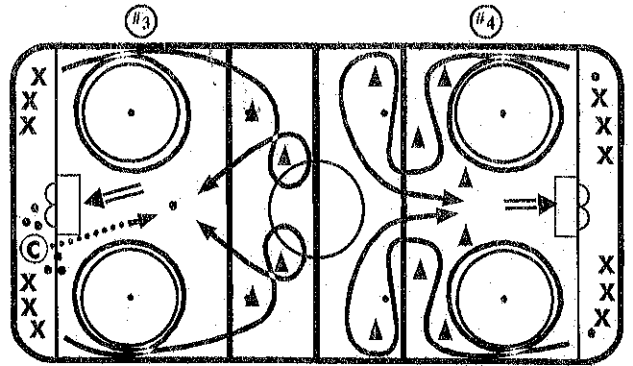
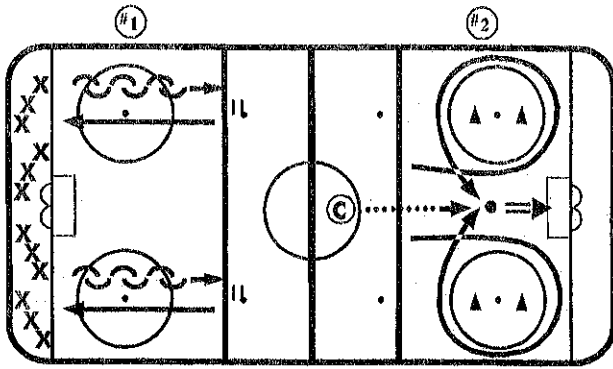
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Practice: #10 _____

Level: 8-and-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"/> 1 on 1	____ Breakout	<input checked="" type="checkbox"/> Relay Races
____ Passing	____ 2 on 2	____ Lanes	<input checked="" type="checkbox"/> 3 on 3 scrimmage
____ Shooting	____ Time Skills	____ Off, Triangle	____ 4 on 4 scrimmage
____ Checking			____ 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

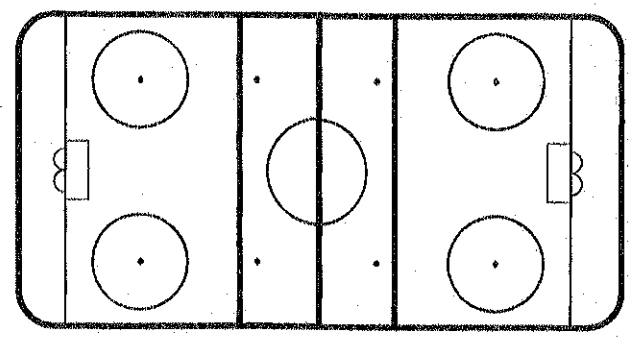
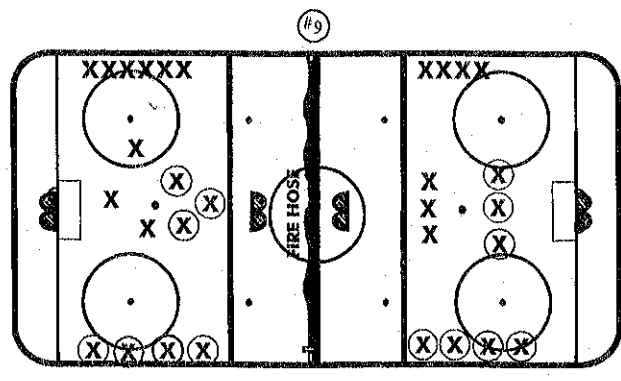
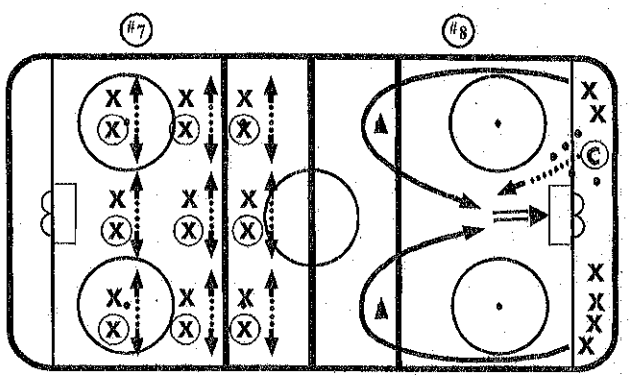
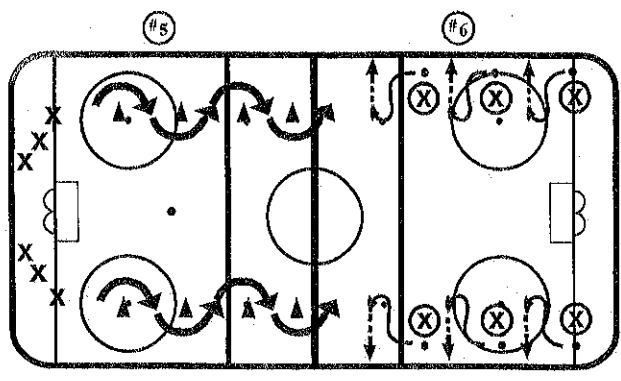
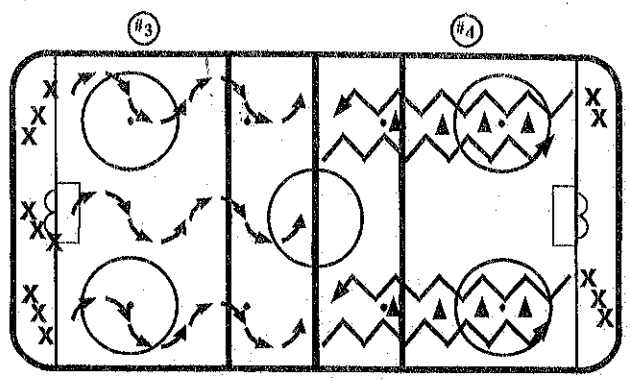
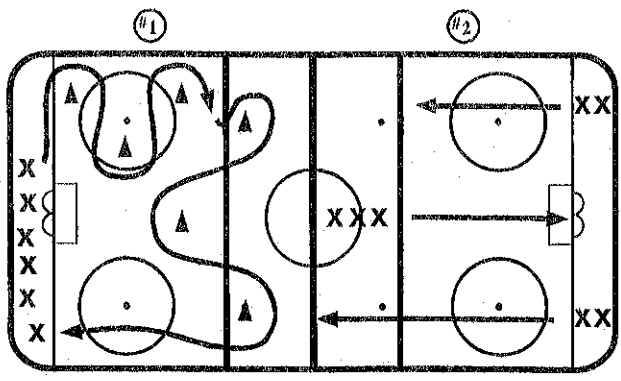
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Practice: #11

Level: 8-and-Under (Mite)

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<input checked="" type="checkbox"/> Passing	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
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<input type="checkbox"/> Checking			<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

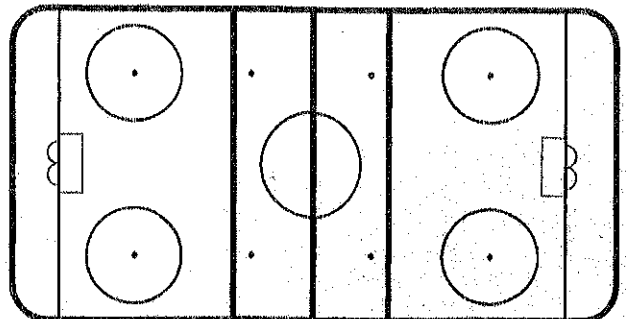
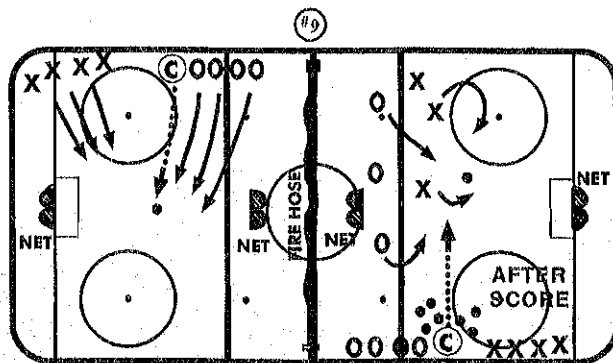
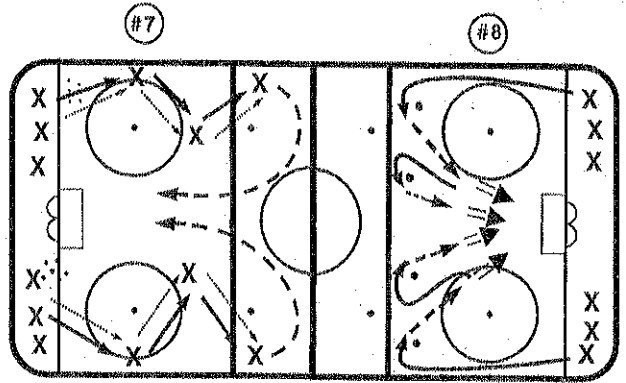
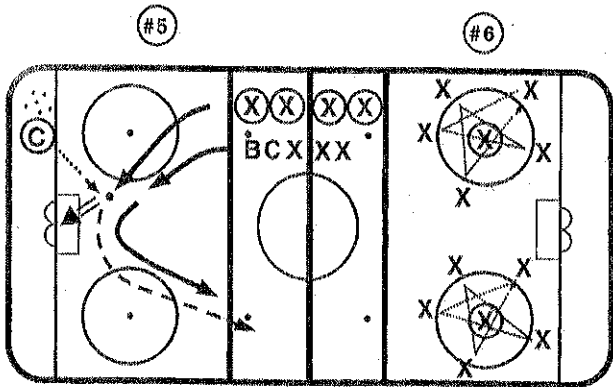
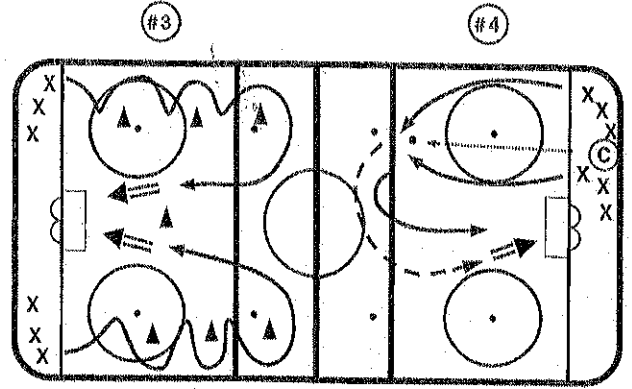
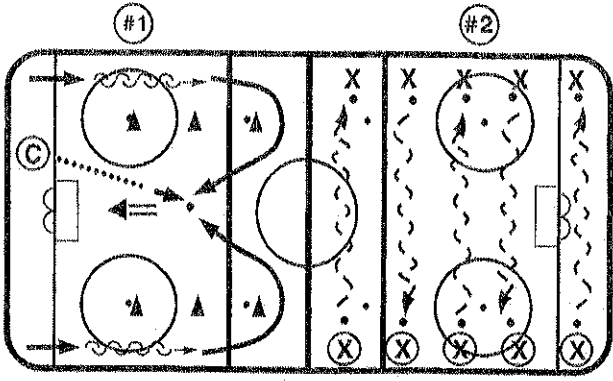
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Practice: #12 _____

Level: 8-and-Under (Mite) _____

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input checked="" type="checkbox"/> Checking			<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

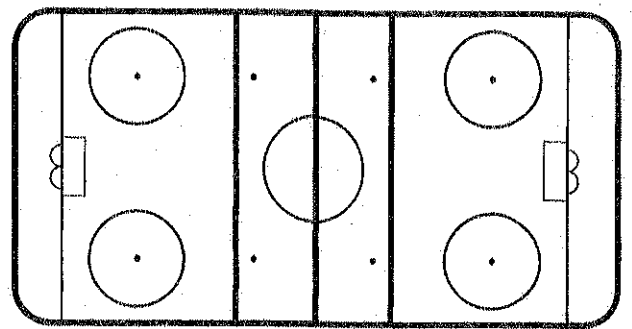
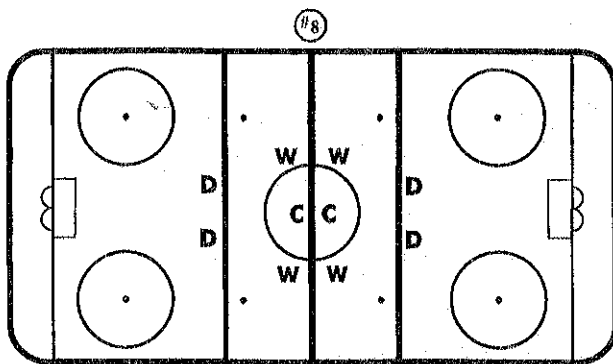
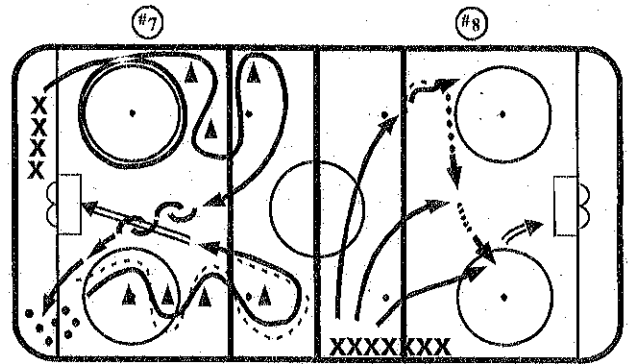
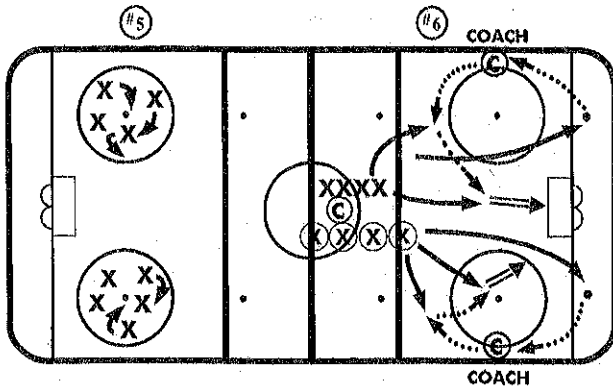
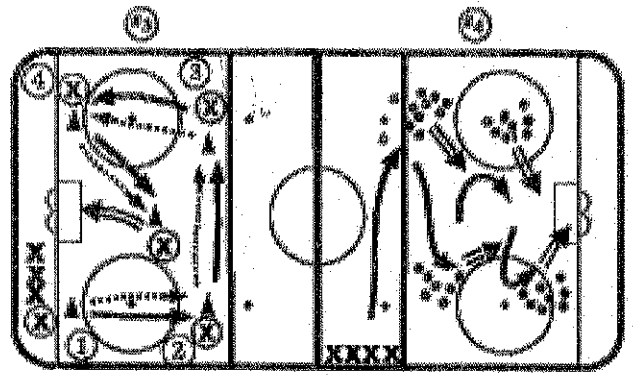
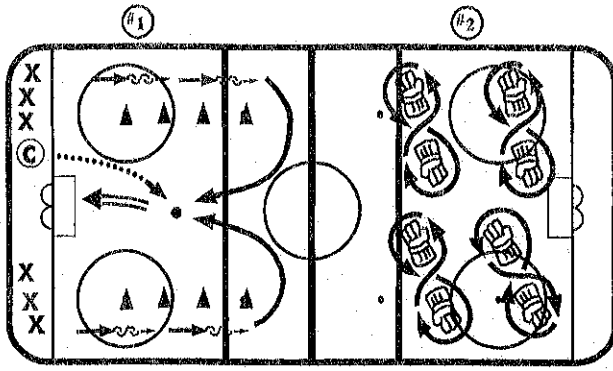
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Practice: #13

Level: 8-and-Under (Mite)

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<input checked="" type="checkbox"/> Shooting	<input checked="" type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input checked="" type="checkbox"/> Checking			<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

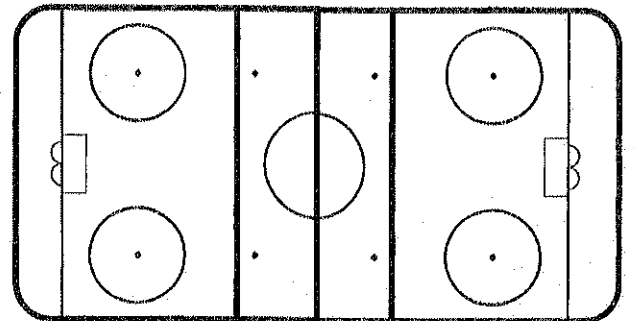
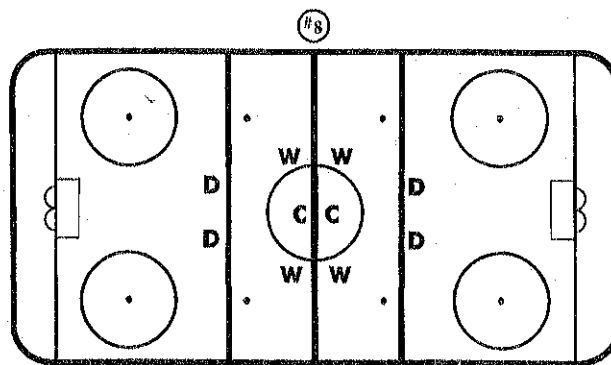
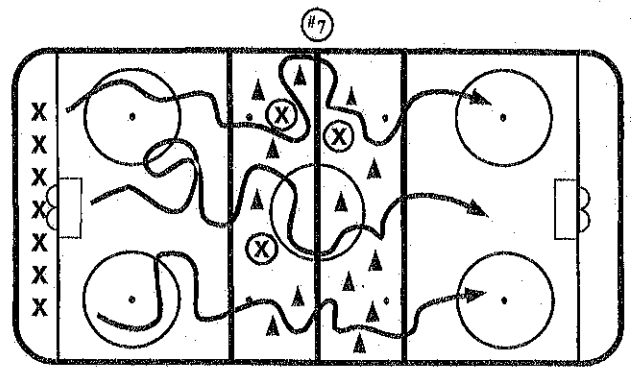
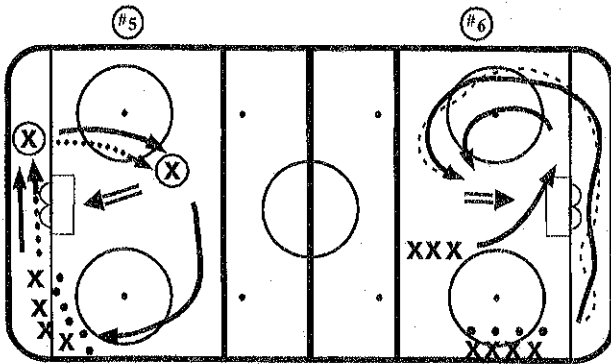
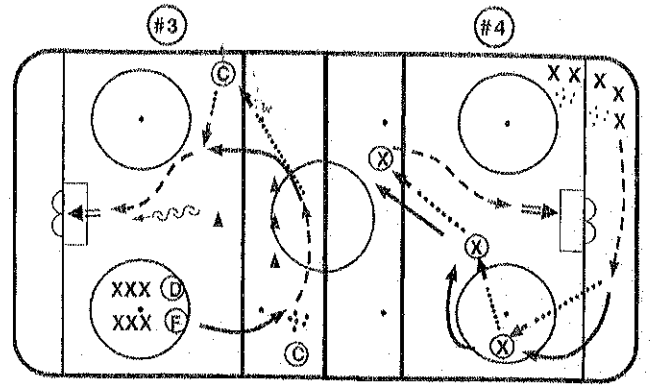
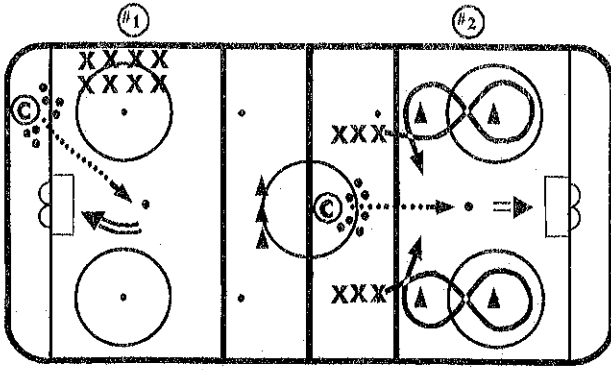
Date: _____

Practice: #14 _____

Level: 8-and-Under (Mite) _____

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



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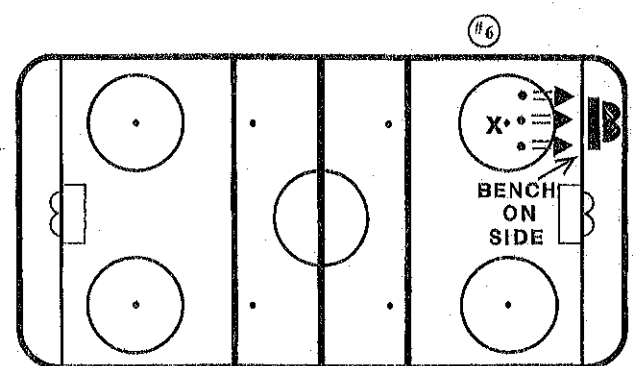
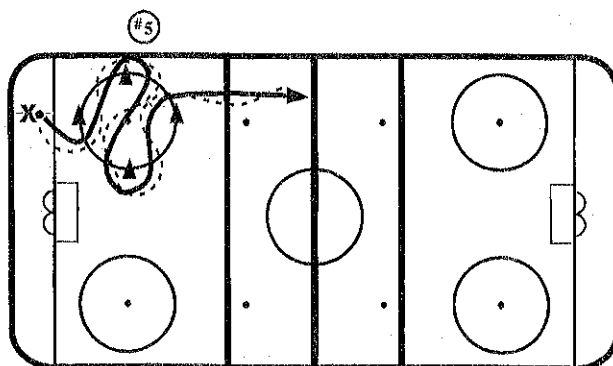
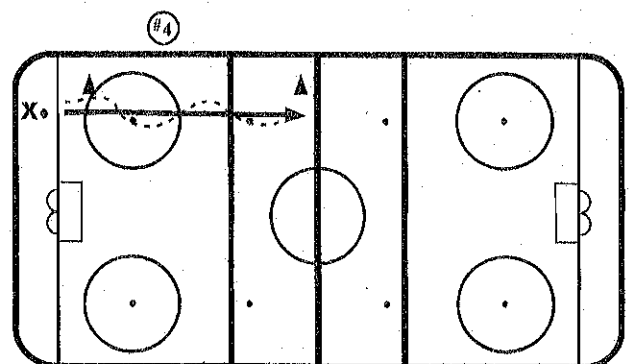
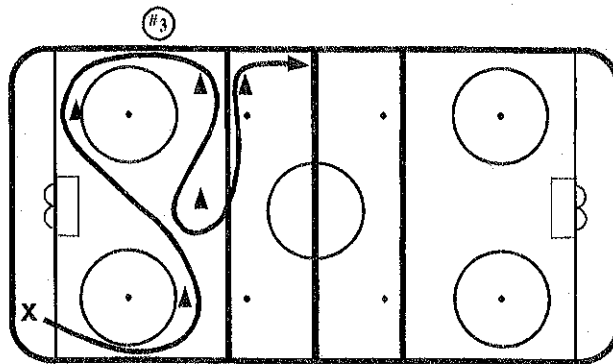
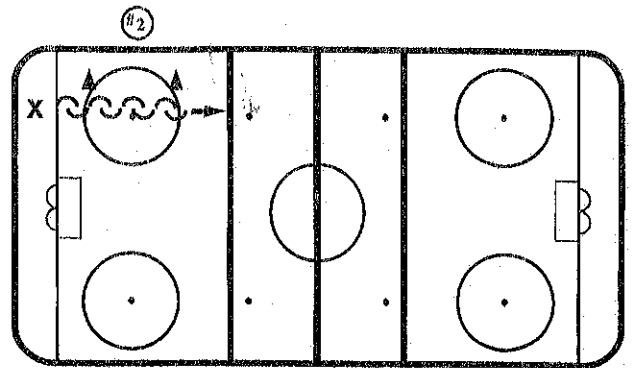
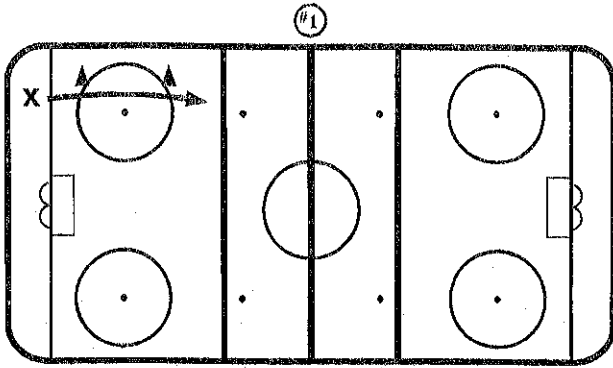
Date: _____

Practice: #15

Level: 8-and-Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
<input checked="" type="checkbox"/> Skating	<input type="checkbox"/> Skill Races	Positional Play	<input type="checkbox"/> Tag Games
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input 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 type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<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: _____

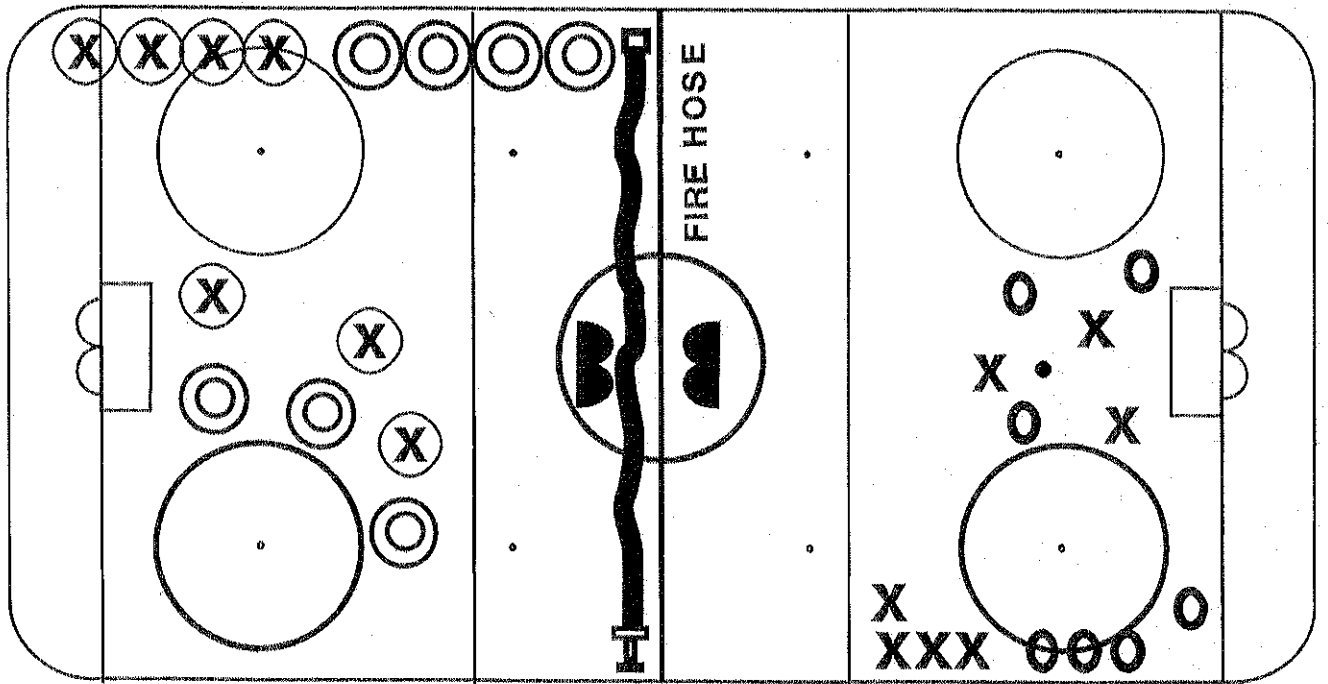
Practice: #16

Level: 8-and-Under (Mite)

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

#1



Hockey Practice Plan

Objectives: To learn, practice and reinforce skills

Date: _____

Practice: #17

Level: 8-and-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"/> 1 on 1	<input checked="" type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input checked="" type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input checked="" type="checkbox"/> 3 on 3 scrimmage
<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input 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	

