



8U Off-Ice Practice Samples

Perform each drill or game for roughly 10 minutes or until the players start to lose interest, whichever occurs first. This will give your team approximately a 30 minute off-ice workout.

PRACTICE # 1

Modified Simon Says: Play Simon Says but without any elimination. If players are eliminated they are not training. For example, if Simon Says hop on your right foot every team member should hop on his or her right foot thru the next command. If the next command is “walk like a bear” all the players should still be hopping on their right foot because we did not say “Simon Says”. All the players that started walking like a bear should return to hopping on their right foot.

Body Shapes: Have the coach or team leader call out or demonstrate shapes for the team to imitate with their bodies. For example, stand like a pyramid or pose like the Heisman Trophy. The leader can change shapes quickly or have the players hold shapes for duration. Once the players start to understand the game have different players take turns calling out shapes. Examples of shapes include numbers and letters. You can group players together to spell 2 or 3 letter words or make double or triple digit numbers. Also, have them make things such as animals, tables, chairs, stars, squares, balls, etc.

Modified Fartleks: A Fartlek run is performed when the team runs slowly in a single file line. On a signal from the coach or team leader the player at the back of the line sprints to the front. Simply be creative with this drill. The players can side shuffle, crawl, walk backwards, etc. Also, the coach can call out different types of movement for the player at the back of the line to do while getting to the front. For example, carioca sprint to the front of the line. Or, run like a cheetah to the front of the line.

PRACTICE #2

Can You Balance: Have the team spread out so each player has some space to move around. Simply call out different ways for the team to balance. For example, balance in a push up position. Balance on your left knee and right hand. Balance like a bird on a tree branch. Have them hold postures for a long duration or switch postures very quickly. You can also have them balance on one foot while imitating different skills such as hitting a golf ball or casting a fishing pole, playing air guitar, etc. Other examples include balancing like a hunting dog on point, a surfer, a gymnast on the beam, or a trapeze artist.

Freeze Mirror: The coach or team leader performs different poses and postures for the players to imitate. As the team goes through different positions the command “freeze” is given. The players must then freeze in their posture. Again try holding positions for a long time or moving quickly through different positions. Also, change who is leading the team and who gives the command to “freeze”. The team can perform this drill as one big group, several small groups, or in pairs. Other examples include posing like the Heisman Trophy,

MLB logo, NBA logo, PGA Tour logo, birds and animals, letters and numbers, chairs, tables, soldier at attention, musician playing drums or guitar, etc.

Quick Guns: Start out by putting the players together in pairs and have them stand 1 step apart facing each other. One player is the cowboy and one is the target. The cowboy must stand with his hands on his hips (or 6 shooters). The target must stand with his hands together extended away from his body. The cowboy then tries to hit the target's hands. If the cowboy is successful the players maintain their current roles. If the target is able to move his hands making the cowboy miss they change rolls.

PRACTICE #3

Tips: Have the players stand in a large circle. The players will pass a ball to each other around the circle. However, they must pass the ball across the circle. They cannot pass it to somebody that is to their immediate right or left. The players cannot have the ball while their feet are in contact with the ground. In other words, they must jump to catch the ball and throw it before landing. If a player fumbles the ball to the ground or makes a throw that is not catchable he/she must step out of the circle and perform 10 pushups before returning to the game.

Wall Ball: This game can be played 1 on 1, 2 on 2, or 3 on 3. You will need a playground ball and a concrete block wall. Make a 2 foot diameter circle on the wall about waist high. Think of this as racquetball but with a small target on the wall. The players must volley back and forth by throwing the ball into the circle. If the ball bounces on the ground 2 times it is a point, much like racquetball or tennis. When a player catches the ball they cannot move before throwing it into the circle. First team to score ten points wins.

Hand Tennis: This one is self explanatory. In an open area make some defined boundaries with tape or sidewalk chalk. Divide the court in half much like a tennis net divides a tennis court. Simply have the players volley a tennis ball back and forth by striking it with their hands.

PRACTICE #4

Rock and Roll: Have the players start lying on their backs hugging their knees into their chest so they are shaped like a ball. They can rock and roll side to side and front to back to get practices. After that have them attempt to do a somersault forward and backward while in this tucked position. Also, have them attempt sideways somersaults. Progress this onto rock and roll races and relays.

Hopping: Have the players spread out so they have some room to move around. They can perform each hopping drill for 10 to 20 seconds at a time. Start by having them hop in place on 2 feet. Simply vary the style of hopping after each rest. Hop loudly or quietly. Hop as high or as far as possible. Hop from a crouched position. Hop with your arms over your head, behind your back, straight, bent, down at your sides, etc. You can then do all these things on one foot at a time. Also, you can use opposite extremities. For example, hop on you right

foot with your left arm over your head, behind your back or with your hand on your hip. Also, you can have them hop on one foot while they are drawing words, numbers, or shapes in the air with their hands. Another good variation is to ask them trivia questions while they are hopping.

Cars: Divide your team into several groups and name each group after a certain kind of car. Each member of the group also gets a number. For example, you will have Fords, GM's, Hondas, and Subarus. Within those groups you will have numbered cars like Fords 1, 2, and 3 or Subaru 1, 2, and 3. Have the team sit in a circle and describe different relay races to them. Then call out different car types or numbers for the race. Keep track of wins for each car type and number. For example, Fords run to the mailbox and back. Now who won, number 1, 2, or 3. Next, 2's get up and run clockwise around the circle. Who won amongst the 2's...Ford, GM, Honda, or Subaru?

PRACTICE #5

Throwing: Using a bunch of tennis balls have different throwing contests. How high can you throw? How far can you throw? Make a target and see how accurately you can throw? With your strong hand, with your weak hand, with 2 hands, and without taking a step.

Hockey baseball: Play baseball using nerf balls or tennis balls. Have the pitcher pitch by rolling the tennis ball to home plate and the batter hits by shooting a one timer. Fielders and base running are the same as baseball.

One on One: Have the players play one on one in different sports. For example, play one on one two hand touch football. Simply draw a circle or square on the ground for an end zone. Encourage head and shoulder fakes, stutter steps, and changes of direction. You could then play the same one on one game by having them stick handle into the end zone. One on one basketball dribbling into the end zone or one on one soccer dribbling are also a good options.

Additional small area activities

Lumberjack Circuit: Perform the drills in a 30 seconds working followed by 30 seconds resting manner. The players will need to work in pairs for these drills. Repeat the circuit several times through to achieve the desired workout.

1. Bucksaws: Facing your partner with knees bent grab right hands like a handshake. Then put your left hand over your partner's right hand. One person pulls while the other pushes to create a motion like a 2 man bucksaw. The better the pair works together the faster they can saw.
2. Chainsaws: Start like bucksaws. However, instead of making a forward and back motion the pair will need to make a circular motion.
3. Back to Back Getups: Sitting back to back with a partner the players will need to interlock arms. Pushing with the legs against each other to stand up. Push against each other to return to sitting as well.

4. Seesaws: Face each other and join hands much like bucksaws. With the arms straight lean back away from your partner. One partner squats down low while the other stands up tall. Working together simply seesaw up and down.
5. Pedal Power: Sit on the ground and lean back on the hands such that the soles of the shoes are contacting the soles of your partner's shoes. One partner pushes and one pulls the feet such that they mimic the motion of bicycle pedals.

Push/Pull Circuit: Perform the drills in a 30 second working followed by 30 seconds resting manner. The players will need to work in pairs for these drills.

1. Two Handed Tug of War: The players will be separated from their partner by a line on the ground. Reaching across the line they will grasp their partner's hands like a right handed and left handed handshake. Simply try to pull your partner across the line.
2. Two Handed Push of War: This game is similar to the tug of war except the players are pushing each other. Use 2 lines if possible, one behind each player.
3. Hopping Tug of War: Much like the two handed tug of war, pull your partner while hopping. Perform half the interval while hopping on your left foot and half on the right foot.
4. Hopping Push of War: Again, like the push of war but add the hopping. Half of the interval is done hopping on the left foot and half on the right.
5. Hand Wrestling: Grasp your partner's right hand like a handshake. Place your left foot forward and your right foot back. The goal is to make your partner move his or her front foot or have to place the back foot forward. Repeat for both sides of the body.

Wrestling Circuit: These drills are performed in a 30 seconds work and 30 seconds rest manner. All drills are performed with a partner.

1. Shoulder Boxing: Grasp hands with your partner such as in a right handed hand shake. The player's objective is to slap his partner's shoulder with his left hand. Perform this drill with both hands. Also, you can try for opposite side shoulder slaps or hip slaps as well.
2. Circle Wrestling: draw 2 circles on the ground that are touching each other and that are 2 foot in diameter. Each player must stand in a circle. The objective is to push or pull your partner out of his or her circle without stepping out of your own.
3. Ball Tugs: Both partners hold onto a ball while on different sides of a line. The objective is to pull on the ball bringing your partner across the line or pull the ball from your partner's hands.
4. Lying Arm Wrestling: Simply have the pairs lie on their stomachs and arm wrestle each other.

Dot Drills: Using tape or sidewalk chalk make a '5' on a dice that is 2 ft. x 4ft. Perform each drill in short fast bursts of 10 seconds each. A rest interval between drills is 10 to 20 seconds.

1. Figure '8': Quickly hop through the dots making an '8'. These can be done on 2 feet and 1 foot.

2. End to End: Start on the end of the dots so your left foot is on the left most dot and right foot is on the right most dot. Jump forward so both feet are on the center dot. Then jump to the far end dots with the feet apart like the start position. Spin and keep going end to end through the dots.
3. “M”: Jump through the dots drawing the letter “M”.
4. “V”: jumping through 3 dots make the letter V.
5. “I”: jump side to side through 2 dots to make an I.

Card Catcher: Divide the players into groups of 3 or 4 and have them line up single file. Each group will need a deck of playing cards. Have a coach or leader for each group stand 5 feet or so in front of the line. The leader will throw 1 card into the air. The players will attempt to catch the cards as they flutter to the ground. The leader can make the game more challenging by asking the players questions just as he throws the cards.



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