

Warm Up: Boards Pass, 2 on 0 – 7 min

Players make indirect passes to themselves by the obstacles down the outside and return passing 2 on 0 down the middle. Assign coaches to set up stations.

Stations: 6 Stations x 6 minutes

On the whistle to change station, players do 3 hops on the left foot and 3 hops on the right foot before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Lap Race

The chaser begins at the behind the goal line and the rest of the group at the hash marks. On the whistle the group skates 2 laps around the nets. The chaser sees how many players he can lap before the race is over.

Station 2: Spin Tag

The coach or a selected player is the tagger. Tagged players wait along the boards until finished. Last player to be tagged is the winner. All player must do a 360 degree spin each time the coach blows the whistle. First game all spins to left, second game all spins to the right.

Station 3: 2v2 Tight Space

Play 2v2 in a tight space with 30 to 40 second shifts.

Station 4: 2v1 Keep Away

Divide players into groups of three. Two players attempt to play keep away from the other player in their group. If the puck is stolen a new player becomes the odd man out.

Station 5: Mr. Wizard (ABC's)

The coach points his stick (wand) and the players perform the appropriate agility. Straight up, forward skate. Point left, side step crossovers left. Point right, side step crossovers right. Point at ice, drop to knees and up. Point down ice, skate backwards.

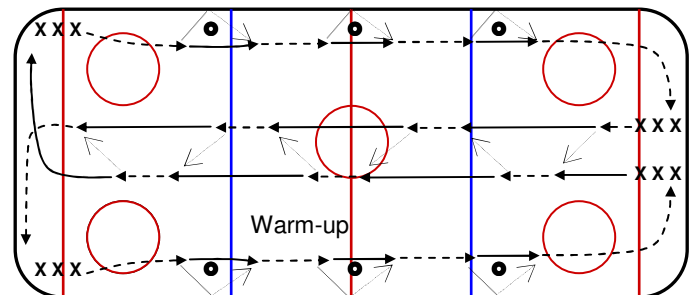
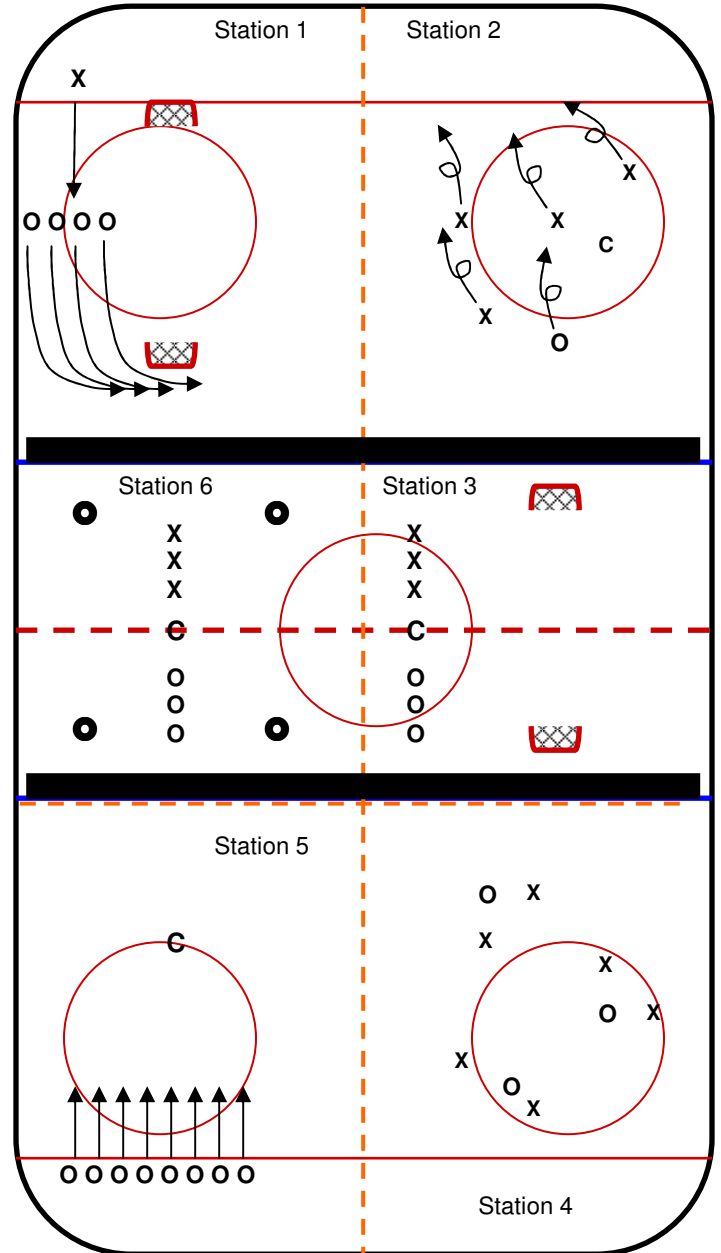
Station 6: 1v1 Hit the Tire X2

Pass the puck off the tire to score. The coach can have two 1v1's or 2v2's going on at the same time.

Games: Ringette (9 Minutes)

Play 4v4 cross ice ringette with 30 to 40 second shifts for the remaining time.

For more practice plans in the 8U Mite progression see www.admkids.com



Coaching Tip:
Let them Play...Have Fun...Fail...Learn...Succeed...
Let Them Be Kids.