

**Warm Up: Free Play – 5 minutes**

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches 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: Tire Push Race**

In a relay race, players push a small golf cart tire around the far obstacle. Emphasize knee bend and driving with the legs.

**Station 2: Statues / Figure Skating (ABC's)**

Players move around the zone and on a signal from the coach freeze and hold a creative position and gliding for a few 3 to 4 seconds (statue). Next have the players demonstrate their most creative figure skating maneuvers.

**Station 3: Partner Passing on the Move**

Players pair up and move around the zone passing with their partner. Coach can direct players to use their feet to collect the puck as well.

**Station 4: 1v1 Angling Left**

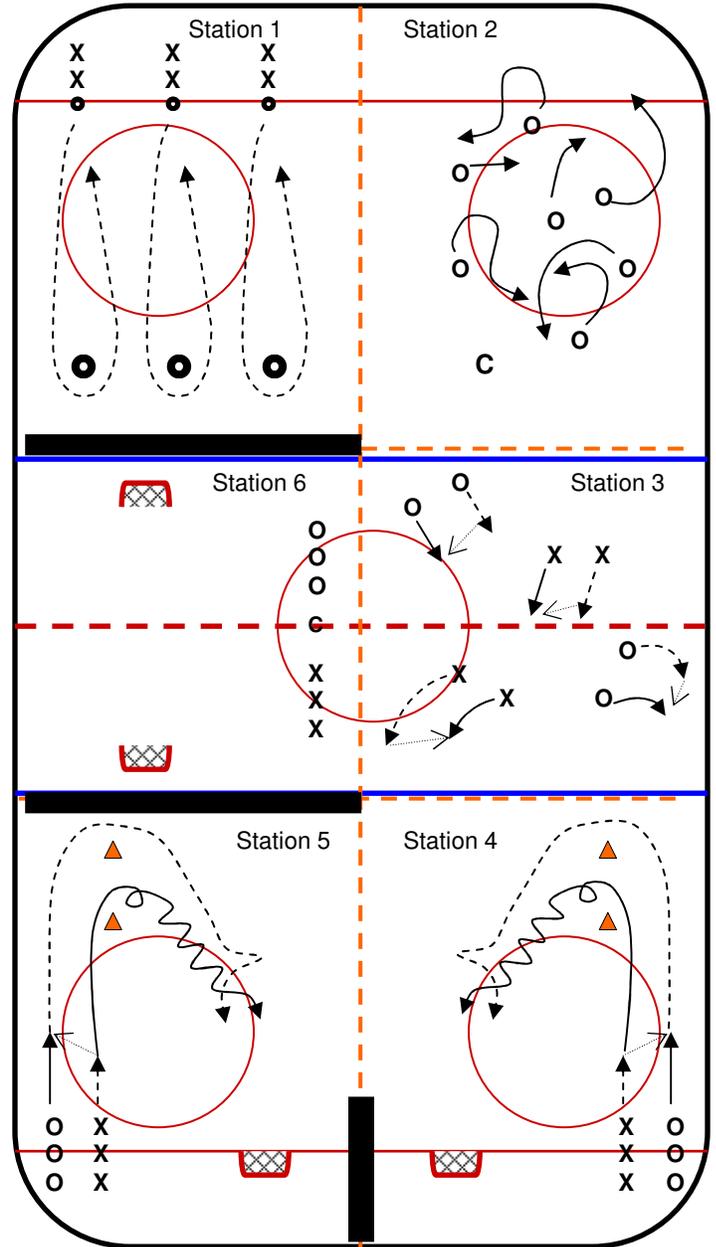
The inside player passes to the outside players who skates around the far cone and attacks the net. The inside player follows up by skating around the near cone and angles the attacking player to the left.

**Station 5: 1v1 Angling Right**

The inside player passes to the outside players who skates around the far cone and attacks the net. The inside player follows up by skating around the near cone and angles the attacking player to the right.

**Station 6: 3v3 Tight Space**

Play 3v3 in a tight space with 30 to 40 second shifts.



**Soccer in all 3 zones (9 minutes)**

Play 4v4 cross ice Soccer in all three zones for remaining time.

**Coaching Tip:**

**More time spent playing with the puck develops their 'I love this game' skill.**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)