

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 stations the players do one 360 jump to the right and one to the left before moving on to the next activity. Coaches distribute water at each station as players arrive.

Station 1: Loose Puck Race

Players race through the slalom course and compete for a loose puck. Whoever gains possession attempts to score and the other player defends.

Station 2: Backwards Bumper Butts

Players skate backwards and attempt to run into each other knocking the others off balance. Everyone should begin with their hands on their knees. If a player is knocked down or their hands leave their knees, they are out. Last player standing – wins!

Station 3: Obstacle Course (ABC's)

Run obstacle course to focus agility, balance and coordination skills. Once players begin, be active and assist individual players with skating technique. Keep stick under control and blade near ice. Follow stick through course.

Station 4: Loose Puck Race 1v1 Game

Coach spots a puck for the players to race to. Players compete for 30 second shifts. Keep two 1v1 battles going at a time.

Station 5: Backwards Cross Overs with Tight Turn

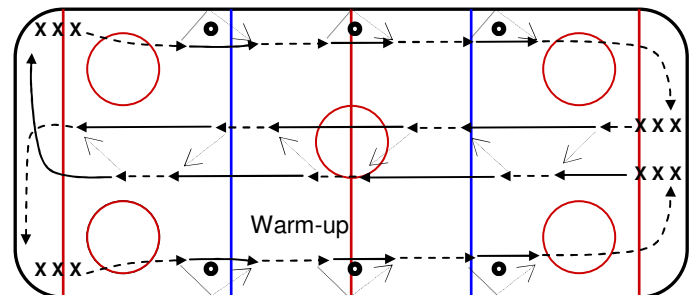
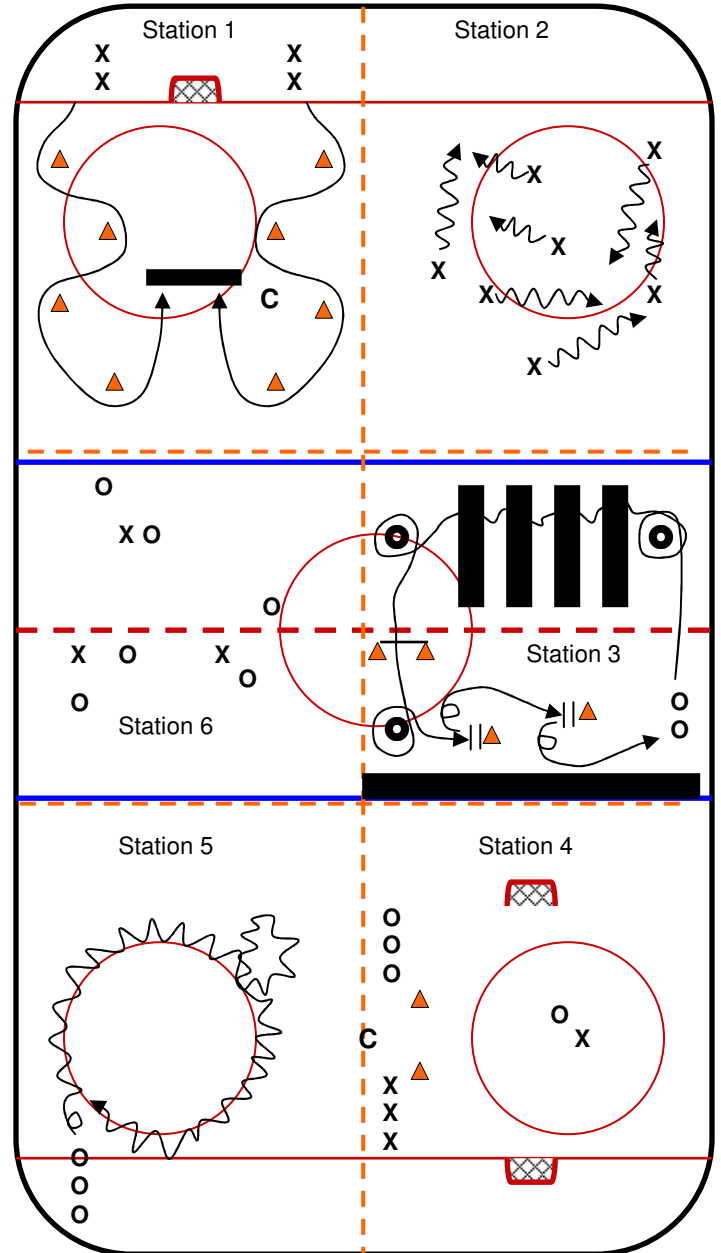
Players skate two laps around the circle using backwards cross overs. On a cue from the coach the player cuts back using a tight turn to the outside completing a 360 degree turn and then continues on with the crossovers.

Station 6: 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.

Game: 4v4 Cross-Ice – 7 minutes

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



Coaching Tip:

Catch every player doing something right in practice...especially effort.

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