



**Warm Up: ABC's Warm-up - 7 min**

Coaches should immediately set up the dividers across each blue line. Players will skate a figure 8 around the ice surface down the middle and back along the side boards. Players must jump over the dividers and perform a superman dive at the red line down the middle and drop to their knees at the red line coming back along the boards. Mix up the agility moves.

**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: Skating Agility Race (ABC's)**

Divide into teams and race through the slalom course. Return down the middle backwards. After a couple of races add in pucks.

**Station 2: Forward Cross Overs with Tight Turn**

Players skate two laps around the circle using 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 3: Soccer**

Play cross ice soccer for the first three station rotations. Play for 30 or 40 second shifts.

**Station 4: Transition Skating**

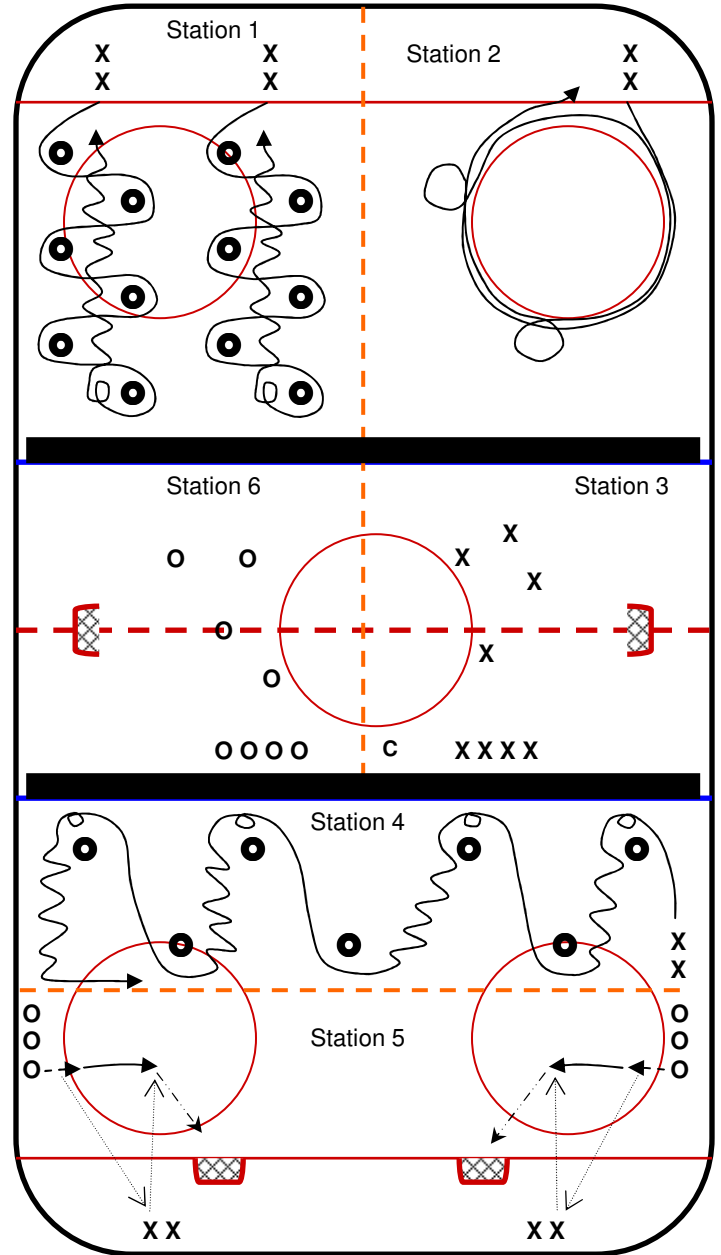
Skate forwards to the first tire and pivot to backwards, continue to the next tire and pivot to skating forwards. Continue through the course. Make sure to switch to the other side so players practice pivoting to both left and right. Coaches should work individually with players who need technical help.

**Station 5: Give and Go**

Players begin on the hash marks making a pass to the player below the goal line and then heading to the net for a return pass and shot on goal. After the shot the player moves to the passer line. Players should begin skating before making their initial pass and follow their shot to the net before moving on. Start the players off with good habits!

**Station 6: Tennis Ball Scrimmage**

Play cross ice hockey using tennis ball for the last three station rotations. Play for 30 to 40 second shifts.



**Games: Cross-Ice Scoro (7 Minutes)**

Line each team up on opposite side boards. Put 20 pucks into the middle of the zone. On the whistle, each team tries to put as many pucks into the other teams net as possible. When all the pucks are in a net, the team with the most goals wins.

**Coaching Tip:**

**The coach can never make the practice too much fun for Mites!**

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