

Warm Up: Free Play – 5 minutes

Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Players pair up and pass various object to each other around the rink. Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle, players do 5 two foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

Station 1: Puck Control, Indirect Pass

Players make an indirect pass to themselves at each tire. They then proceed to make an exaggerated fake to the left and to the right at the obstacles before shooting on goal.

Station 2: 2 on 0 Passing

Two players make as many passes as possible while moving down the center lane. Return through the cones.

Station 3: Puck Control, Indirect Pass

Players make an indirect pass to themselves at each tire. They then proceed to make an exaggerated fake to the left and to the right at the obstacles before shooting on goal.

Station 4: Ringette

Play cross ice ringette in the narrow lane.

Station 5: Puck Control (ABC's)

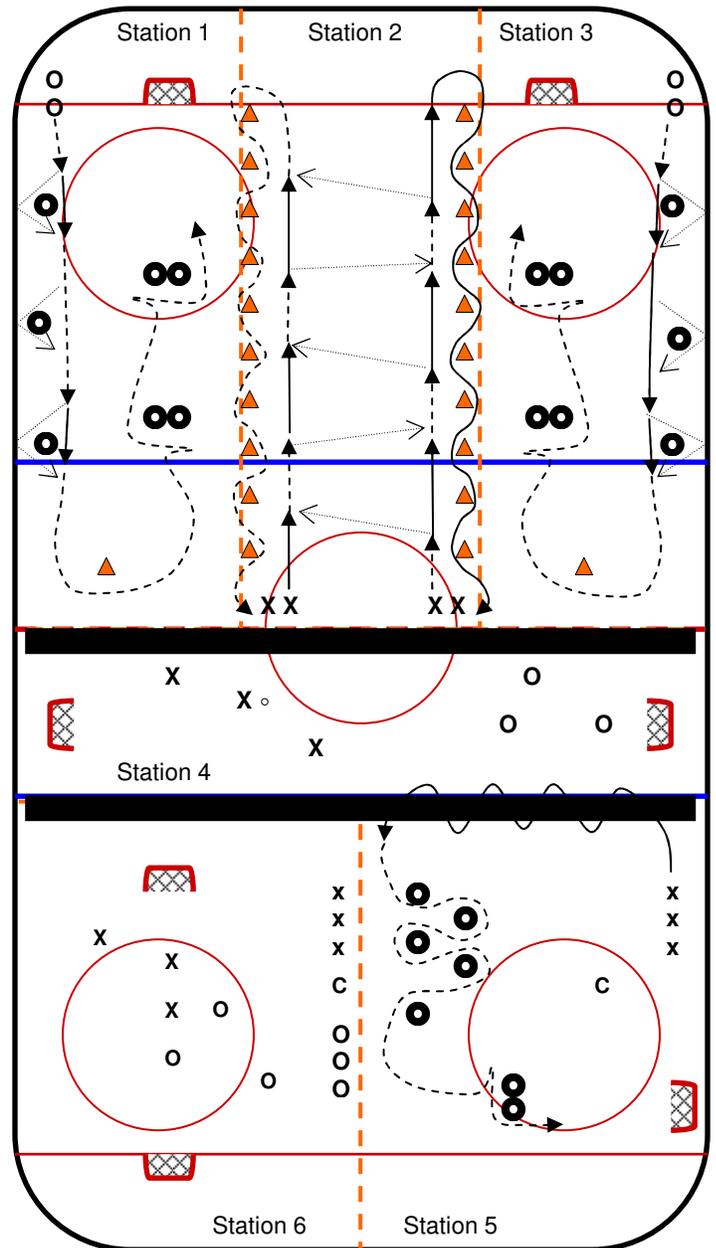
Players side jump back and forth over the divider, then pick up a puck and control it through the tires, finishing off with an exaggerated fake and shot on goal.

Station 6: 1v1 X2

Play 1v1 in tight space for 30 second shifts. Keep multiple 1v1's going.

Game: Full Ice Glove Tag (9 Min)

Players must skate the length of the ice without getting hit by a glove thrown by the coaches. If the player can catch a glove before it hits the ground, they have a free pass to opposite end. Tagged players wait along the boards.



Coaching Tip:

Full potential is easier to reach when you don't have to skate as far to find it.

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