

**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 to change stations, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station as the players arrive.

**Station 1: Edges (ABCs)**

Run on skates F/B, inside edges, outside edges, inside edges backwards, outside edges backwards, swizzles F/B, two foot jump forward to backwards & backwards to forwards (face same side), single leg step forward to backwards & backwards to forwards (face same side)

**Station 2: Pass, Follow Pass**

Players make a pass to the next player in the chain and then follow their pass by pivoting and skating backwards to take the receivers spot. Last player in the chain finishes off with a shot on goal.

**Station 3: 1v1 X2**

Play 1v1 in tight space for 30 second shifts. Have two sets of 1v1's in play.

**Station 4: Puck Control, Fake & Shoot**

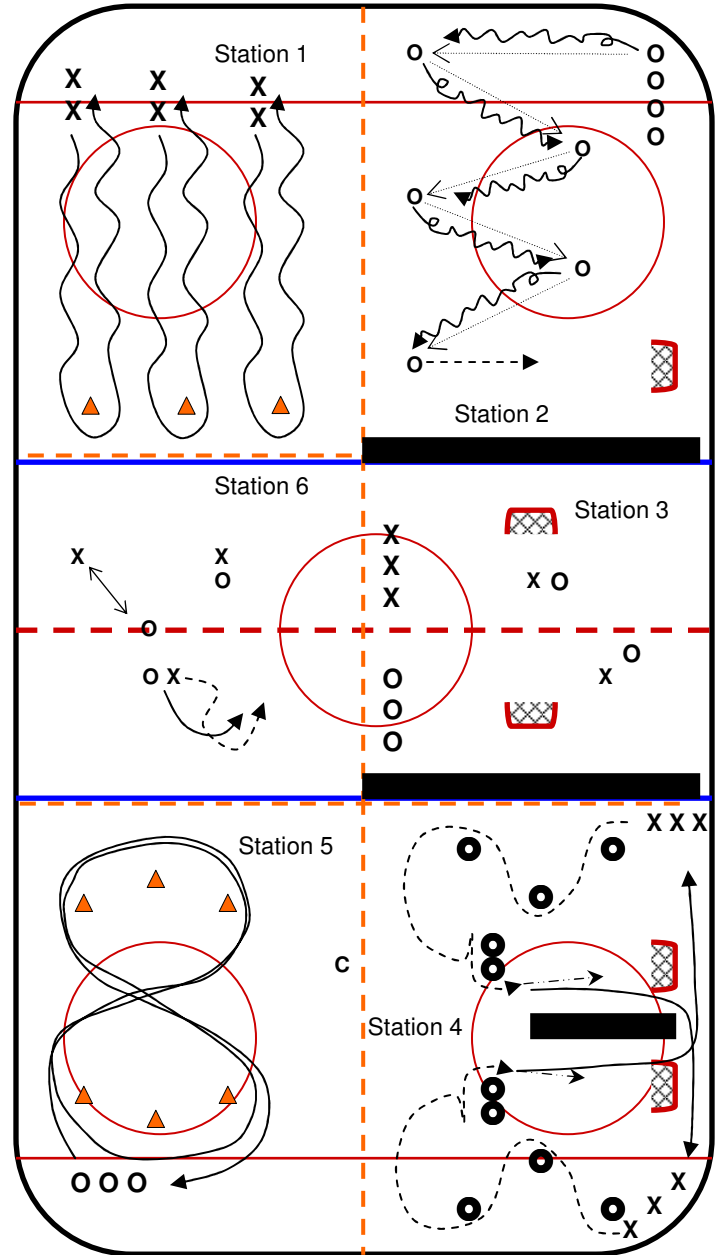
Players handle puck through obstacles. At the double tire the players must use an exaggerated fake before shooting on goal.

**Station 5: Forward & Backwards Cross Overs**

Work on skating technique. Each player skates two laps around the figure 8 with the next player in line starting as player one passes in front on first lap. Coaches should work individually with players on technique as needed. Keep stick to the middle.

**Station 6: 1v1 Keep Away & Passing**

Players play 1v1 keep away in zone. On whistle to rest, players stationary pass to each other. Pass cross body and sweep puck. Forehand, backhand, bullet pass (hard as possible). 30 seconds keep away then 30 second of passing. Coaches help with technique.



**Games: Ringette (9 Minutes)**

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

**Coaching Tip:**

**Keep as many players moving as possible, don't let them wait in lines.**

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