

Warm Up: Agility Skating – 7 Minutes

Split into 5 groups one at each goal line, blue line and red line. Skate along the line across the ice performing different agility skating. 2 Foot hop over the line, single leg hop over the line, two foot slalom. Add pucks and repeat. Assign coaches to prepare stations.

Stations: 6 Stations x 6 minutes

On the whistle to change station, players drop to the ice and do two log rolls to the left and two to the right before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: 1v1v1 Keep Away

Dived players into groups of three. Players Play keep away from each other in a confined space. Encourage players to try and use their hand skills to beat their opponents instead of just skating away from them.

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: Backwards C-Cut Starts

Coach work with players on their backwards C-cut starts and backwards skating. One coach works on left foot start and other coach on a right foot start.

Station 4: Tight Turns

Players skate 360 degree tight turns around each tire. Keep stick under control and lead with the stick blade near ice and out in front. After a few minutes add in pucks.

Station 5: Passing Lanes Game

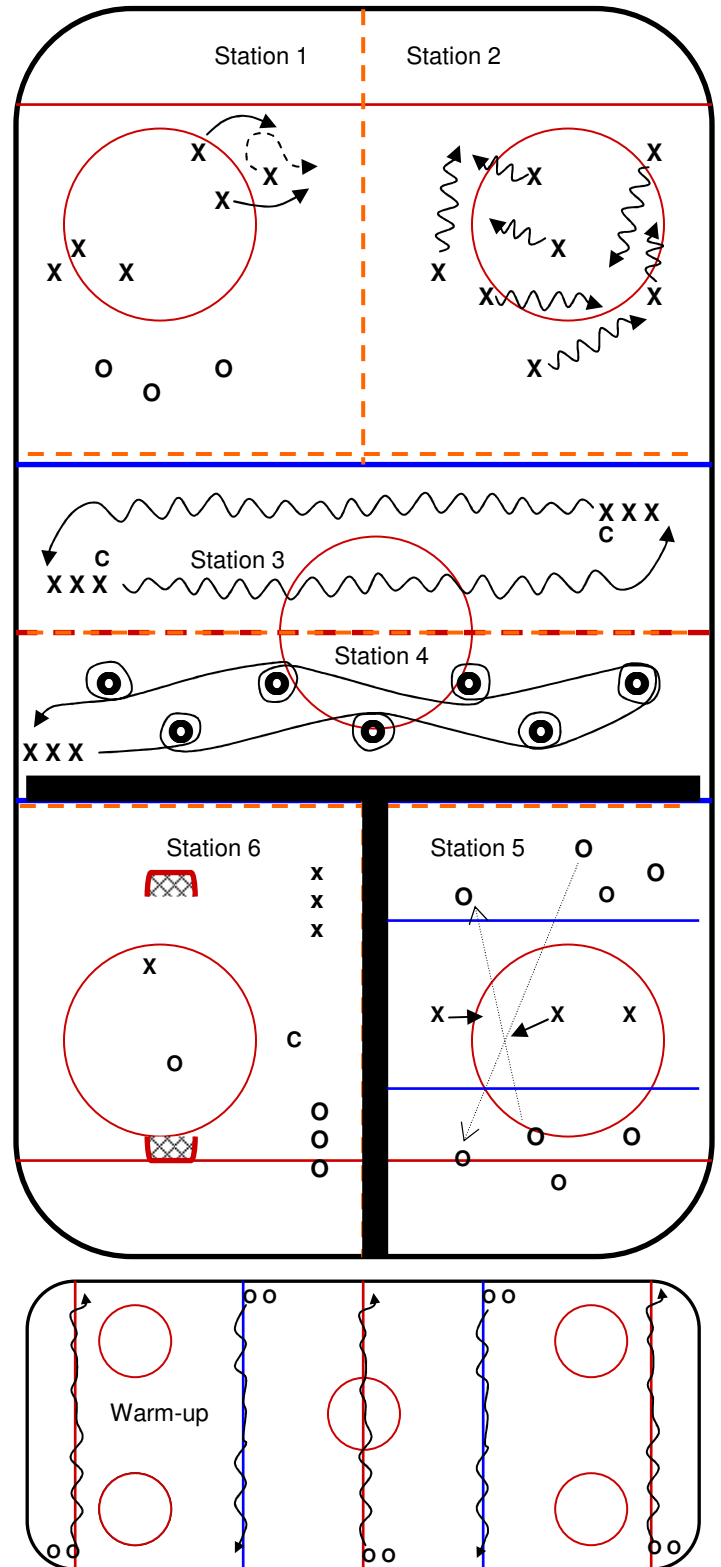
Using a marker, divide the ice into three zones. The players in the end zones attempt to pass pucks to each other through the middle zone without being intercepted. Players in the middle zone attempt to steal passes. All passes must be on the ice and direct (not off the boards). If a player in the middle zone intercepts a pass, he now becomes a new passer. The old passer moves to the middle. Keep 3 to 4 pucks in play.

Station 6: 2v2 Score Any Net

Play 2v2 in a tight space for 30 second shifts. Players can score on either net.

Game: 4v4 Cross-Ice – 9 minutes

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



Coaching Tip: Encourage competition at the puck...win your 1v1 battle.

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