

Warm Up: Free Play – 5 minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.)

Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle to change station, players do 3 hops on the left foot and 3 hops on the right foot before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Forward Cross Overs L/R

Players skate around tires working on cross-over skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

Station 2: Net Tag

Players evade the tagger by using the nets and tires to screen out opponent.

Station 3: Passing with Movement

Pass forehand then backhand. Catch pass and spin 360. Skate forward and pass, stop and skate backwards to starting spot.

Station 4: 2v2 Any Net

Play 2v2, with the players able to score on either net. Coach continues to spot pucks into the game when players score until the end of a 30 second shift.

Station 5: 2 on 0 Passing

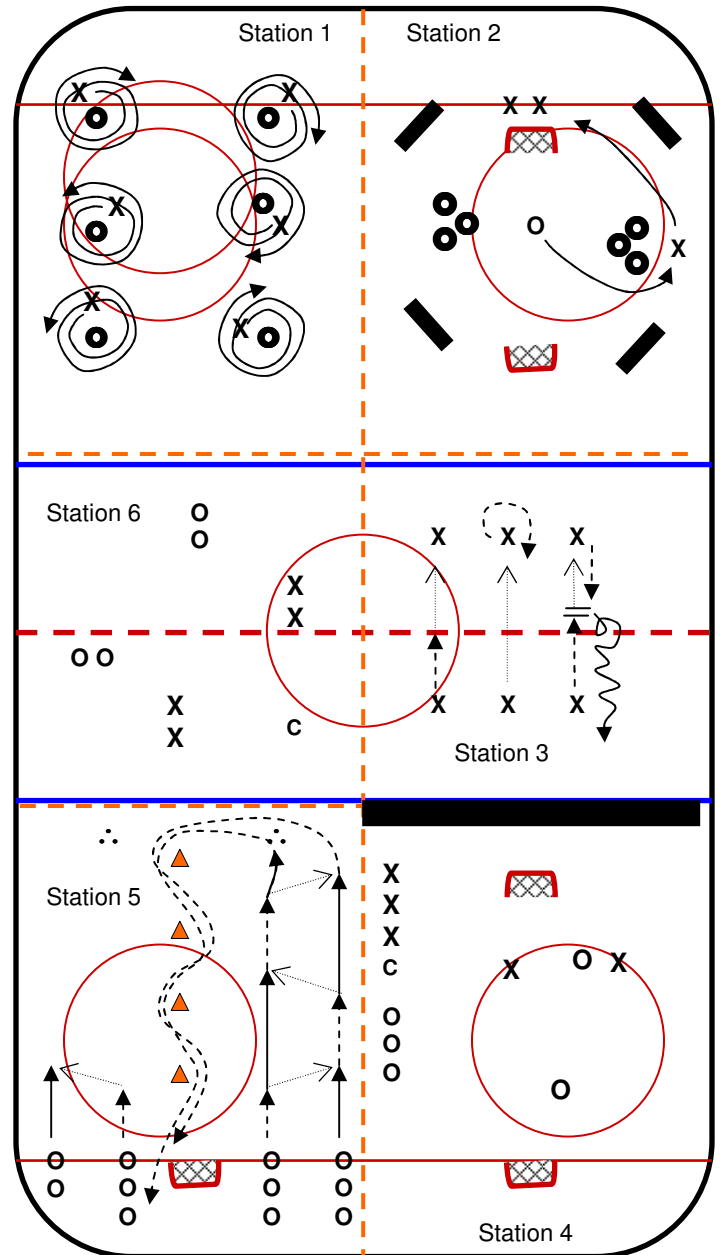
2 on 0 passing with weave back through cones. Players should change lines so they are passing on both forehand and backhand. Use proper technique and sweep the puck. Have stick on the ice to show a target on pass reception.

Station 6: Steal Pucks

Each player has a puck. On the whistle players attempt to steal other players pucks while still possessing their own.

Submarine Tag (9 minutes)

On the whistle, players must skate the length of the ice without being tagged. If tagged the player stands still with legs spread apart wide. To become free again a teammate must slide between their legs.



Coaching tip:

Turn the word “practice” into a positive thing!

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