



Equipment Required / Set-up: Borders, Six Nets, Cones, Tires,

Ice Time: 50 Minutes

Tennis Balls, Ringette Rings

**Warm Up: ABC's Warm-up - 5 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. Additional coaches to 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: 3v3 Ringette**

Play 3v3 tight space ringette. 40 second shifts and change.

**Station 2: Freeze Tag**

Once tagged the player drops to knees with stick out on ice. The player is unfrozen when a teammate skates a circle around him and jumps over his stick.

**Station 3: Obstacle Course (ABCs)**

Have players start on knees, stomach, back, etc. Jump dividers, dive under sticks and 360 around far tire. Keep stick under control and follow stick.

**Station 4: Skating Tight Turns**

Skate the tight turn slalom course. Half way through add pucks. Once started, work individually with players that need technical skills help. Keep stick down, under control and lead with stick. Add pucks.

**Station 5: Puck Control Fakes**

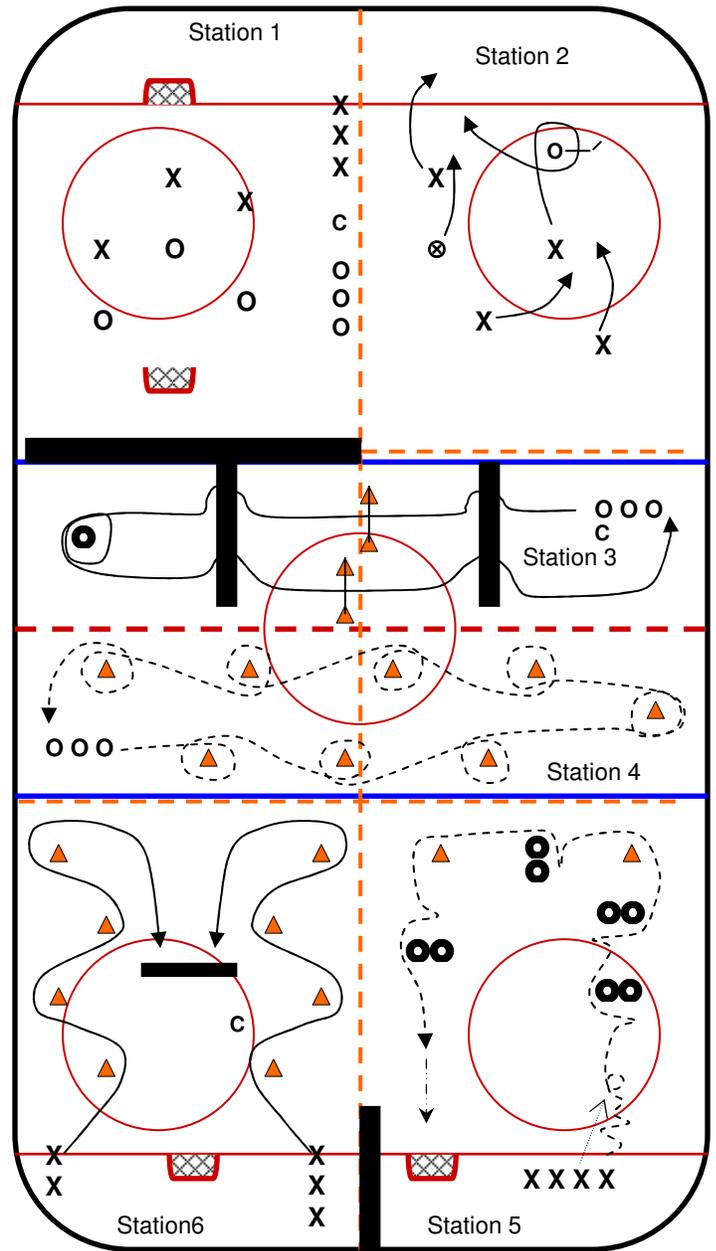
Begin by skating backwards and receiving a pass from the next player in line. Have players attempt a wide fake at each set of double tires. Emphasize exaggerated moves and putting the puck as wide as possible. Finish off with a shot on goal.

**Station 6: Loose Puck Races (ABCs)**

Players race for a loose puck and finish with a shot on goal. Vary course and add extra agility. Examples, start from knees or stomach, complete 360 around cone, jumps etc. Keep stick down and under control, lead with stick.

**Games: 3v3 Cross-ice w/ Tennis Balls (9 minutes)**

Play cross-ice hockey in all three zones using tennis balls. Change shifts every 30 to 40 seconds.



**Coaching Tip:**

**Play attaches the emotional engagement for kids at this age to make skills repetition fun.**

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