



**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.

Designate two additional coaches to set up stations.

**Stations: 6 Stations x 6 minutes**

On the whistle to change stations the players do one 360 jump to the right and one to the left before moving on to the next activity. Coaches distribute water at each station as players arrive.

**Station 1: Puck Control**

Players skate with puck through slalom and finish off with a shot on goal. Check to see that the players are holding their sticks properly. Make fakes and slide puck by the attack triangles (stick on tire).

**Station 2: Shooting Technique**

Player work on wrist shot technique shooting against the boards. Players should stand sideways to boards so that proper weight transfer is used. Start with puck behind back foot and sweep puck towards target. Use a tire as the target to teach 'head up' and 'follow through'.

**Station 3: Soccer (ABC's)**

Play soccer 5v5 or 4v4 cross ice in 40 second shifts in whatever number that allows players to participate every other shift.

**Station 4: Obstacle Course**

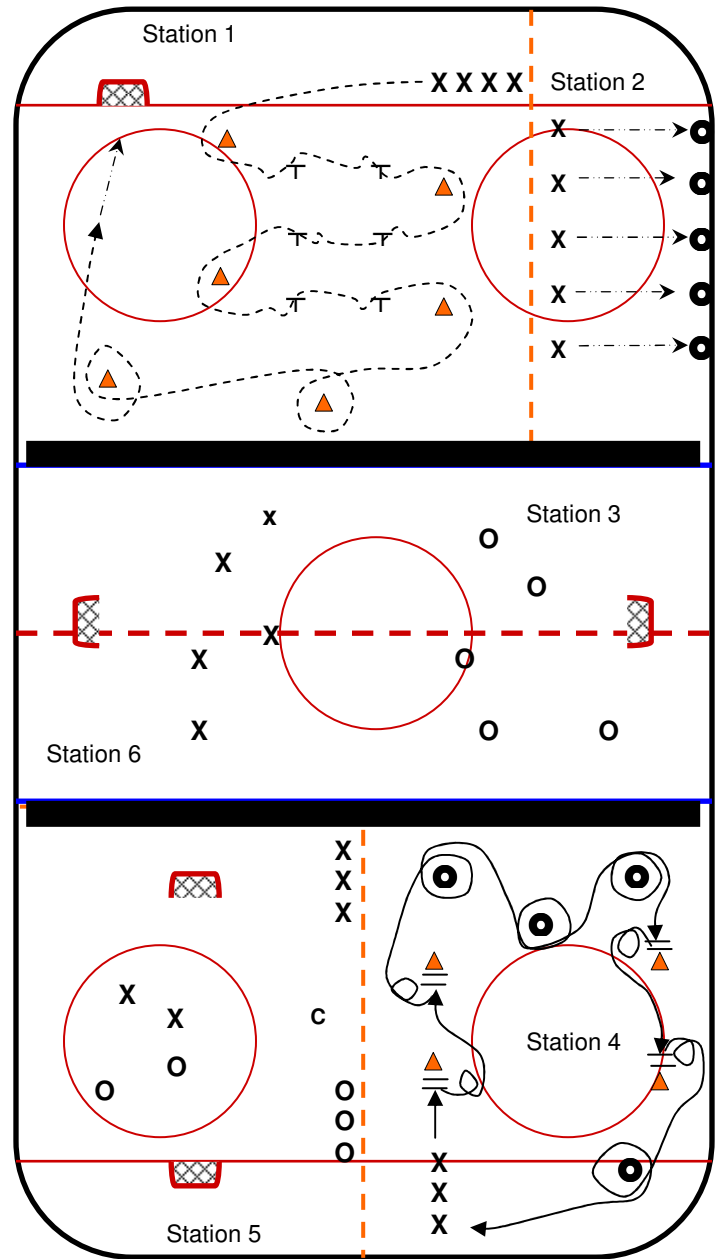
Run obstacle course to focus on stops, starts, and tight turn skating skills. Once players begin, be active and assist individual players with skating technique. Keep stick under control and blade near ice. Follow stick through course. If advanced, carry pucks.

**Station 5: 2v2 Score on Any Net**

Play 2v2 in 30 to 40 second shifts. Players can score on any net. The coach continues to spot puck into play after goals are scored until the shift time is complete.

**Station 6: Soccer (ABC's)**

Play soccer 5v5 or 4v4 cross ice in 40 second shifts in whatever number that allows players to participate every other shift.



**Game: 4v4 Cross-Ice (9 min)**

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

**Coaching Tip:**

**No Lines, no laps, no lectures... words to live by for coaching 8U Mites.**

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