

**Warm Up: 5 min – Puckhandling**

Players skate around the rink handling a puck. On whistle, they jump into the nearest circle and stickhandle, exit on next whistle and continue around the rink.

Coaches use this time to set up stations

**Stations: 6 Stations x 6 minutes**

On the whistle, players do 5 two foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

**Station 1: Forward Cross Overs**

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**

Player X attempts to evade player O using the nets as a screen. Have multiple groups going at the same time. Encourage deception with stops and starts. Use other obstacles like dividers or sets of tires if you don't have enough nets.

**Station 3: Pass & Follow**

Players pass the puck to the next player and then take that players spot. Sweep puck and show a good target for reception. Finish with a wrist shot on goal.

**Station 4: 3v3 Tight Space**

Play 3v3 and change on the whistle every 30 seconds

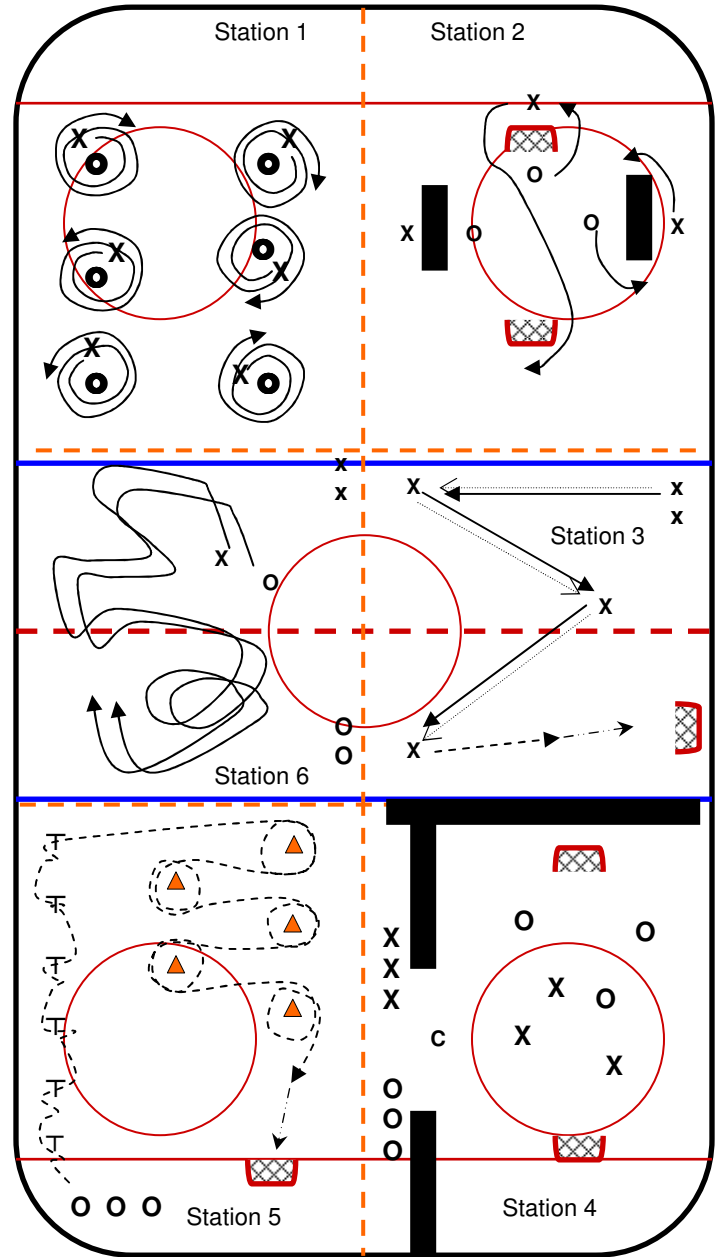
**Station 5: Puckhandling & Skating**

Make fakes and slide the puck by the attack triangles (use a stick on a tire and cone) then carry the using tight turns around the cones finishing with a shot on goal.

**Station 6: Russian Shadows (follow the leader)** Two players go together and play follow the leader. Encourage them to be creative with their movements. Can carry pucks as well and can have multiple groups going at once. Works on skating, edges, agility, coordination, and balance.

**Soccer in all 3 zones (9 minutes)**

Cross ice Soccer in all three zones for remaining time.



**Coaching Tip:**

- What I hear - I forget**
- What I see - I remember**
- What I do - I understand**
- Confucius**

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