



Warm Up: Passing with Coaches - 5 min

Players skate around the rink with puck and make passes to any coach. Coaches are stationed at various positions along the board.

Designate two additional coaches 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: Skating Edge Control (ABC's)

Swizzles, inside edges, outside edges, 2 foot slalom, inside edges pump, single leg alternate edges, power jumps, swizzles out jump feet together. Practice the skill to the blue line and back.

Station 2: Puck Control

Slalom through cones and finish with wrist shot. For the more advanced players, stickhandle through the cones (or small tires) with the puck traveling on one side of the cone and the body on the opposite. This is good coordination drill for puck control. Check to see that each player is holding their stick properly and that two hands are used to stickhandle.

Station 3: Tag with Both Feet on Ice

Players must push with inside edges and keep both feet on ice as the maneuver to escape the coach. If tagged the tagged player drops to knees until a teammate skates a circle around him and is then set free.

Station 4: Passing Shuttle

Player with puck skates 3 strides, passes to opposite line and then skates to the back of that line. Next the player with the puck skates 3 strides and passes to opposite line. Work both forehand passing and backhand passing. Remember to sweep puck.

Station 5: 3 v 3 Tight Space

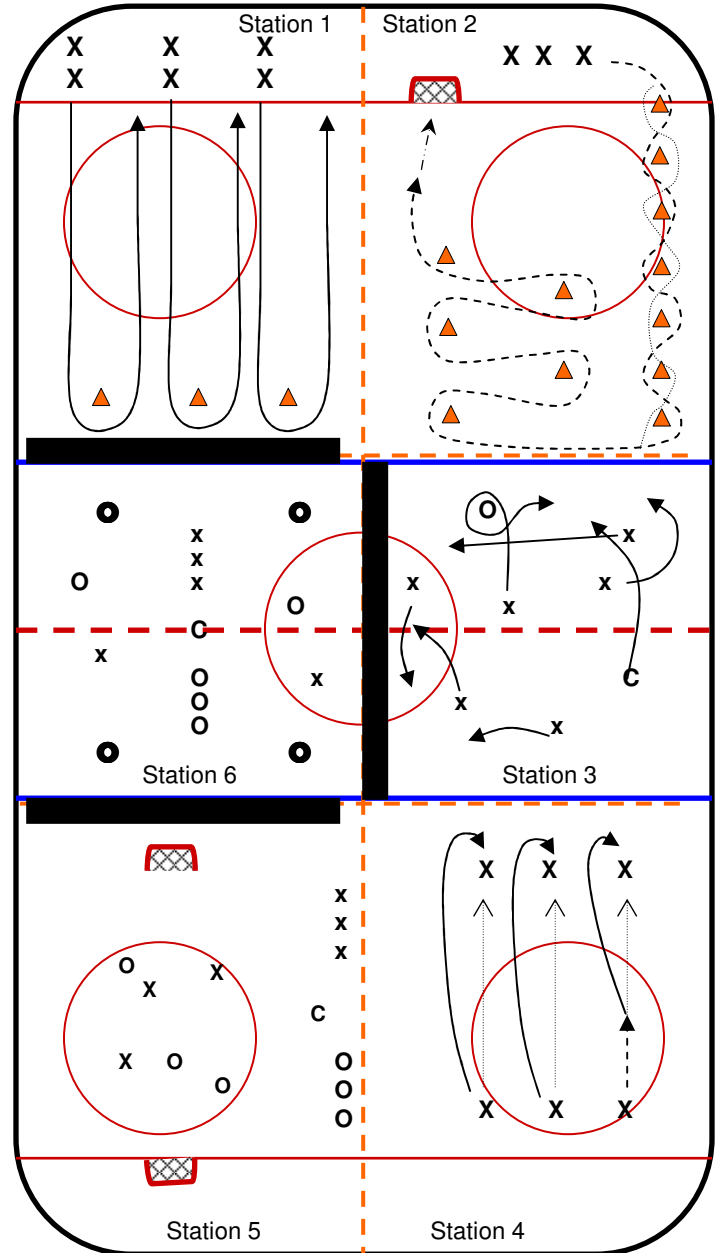
Play 3v3, change on whistle every 30 seconds.

Station 6: 1v1 or 2v2 Hit the Tire

Pass the puck off the tire to score. The coach can have two 1v1's or 2v2's going on at the same time.

Game: 4v4 Cross-Ice – 9 minutes

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



Coaching Tip:

Good rule of thumb for running Mite practice is that coaches should talk less and players do more.

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