

## 8U Intermediate Practice Plan 5

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 36-48

**Practice Theme/Goals:** Skating agility, puck control, fun

**Equipment Required:** Borders, nets (6), cones, tires, soccer ball

### WARMUP

#### Trucks and Trailers

(8 minutes)

Have players pair up, each with a puck. Designate which player is the truck and which player is the trailer to start. On the signal to start, trucks try to shake their trailer and the trailer attempts to stay directly behind and as close as possible to their truck while both players carry pucks. After 30 to 40 seconds, switch trucks and trailers. Reduce playing area over time.

### STATIONS

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

(7 minutes)

Every player has a puck. Players skate in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids.

#### Station 2: Shooting Technique

(7 minutes)

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

#### Station 3: Soccer (ABCs)

(7 minutes)

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

#### Station 4: Box Tag

(7 minutes)

Use 6 divider pads to create a rectangle "box". Have one player start as the tagger inside the box. The rest of the players try to jump inside and then jump back outside the box without being tagged while staying on their skates. If tagged they become the new tagger.

#### Station 5: 2v2 Hockey

(7 minutes)

Play 2v2 for 40- to 60-second shifts. The coach continues to spot puck into play after goals are scored until the shift time is complete.

#### Station 6: Soccer (ABCs)

(7 minutes)

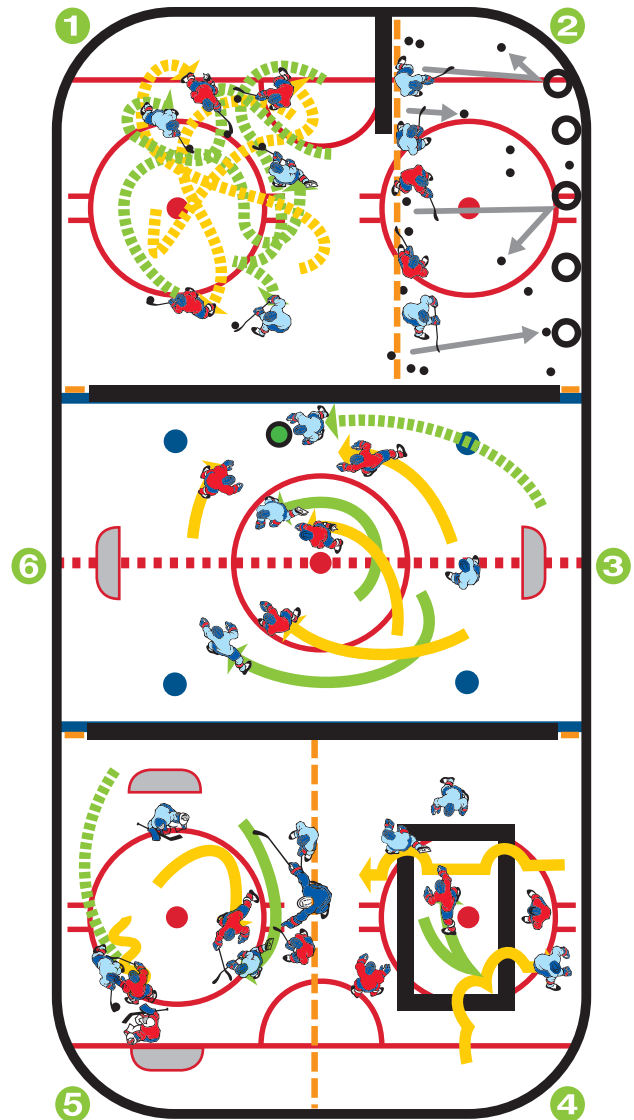
Play soccer 5v5 or 4v4 cross-ice in 40-second shifts in whatever number that allows players to participate every other shift.

### GAME

#### 3v3 or 4v4 Cross-Ice

(10 minutes)

Play 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



### COACHING TIP

No lines, no laps, no lectures...  
words to live by for coaching 8U.