

## 8U Advanced Practice Plan 3

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 36-48

**Practice Theme/Goals:** Puck control, agility skating

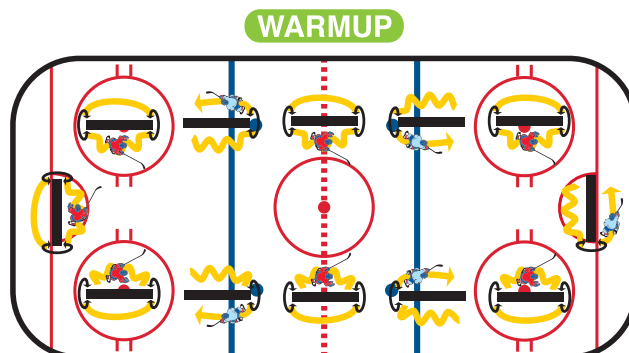
**Equipment Required:** Borders, nets, tires

### WARMUP

#### *Pivot Around Pads*

(8 minutes)

Split into groups of 2-3 players at each pad, based upon mobility level of the players. This will allow everyone to keep moving. Start with forward-to-backward pivots and backward-to-forward pivots at each end. Change to duck feet or 360° outside-to-inside spin at each end of the pad. Make sure to go both ways. Pull players aside that need additional instruction.



### STATIONS

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: Tire Push Race*

(7 minutes)

In a relay race, players push a small golf cart tire around the far obstacle. Emphasize knee bend and driving with the legs.

#### *Station 2: Chaos with Agility*

(7 minutes)

Every player has a puck. Players skate around in a small area trying to avoid others. Players are not to shoot the pucks, as the goal is to maintain possession. Encourage them to try different maneuvers and to weave around the other kids. On coach's signal, players perform some agility skating (figure 8, stops and starts both ways, inside edges, etc.) then return to Chaos Puck Control.

#### *Station 3: 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 4: Offense, Defense, Out*

(7 minutes)

Play starts as a 1v1. When the defender steals the puck, they must pass to their waiting teammate who become the new offensive player. The original offensive player becomes the new defender and the original defender exits the play.

#### *Station 5: Chaos Passing*

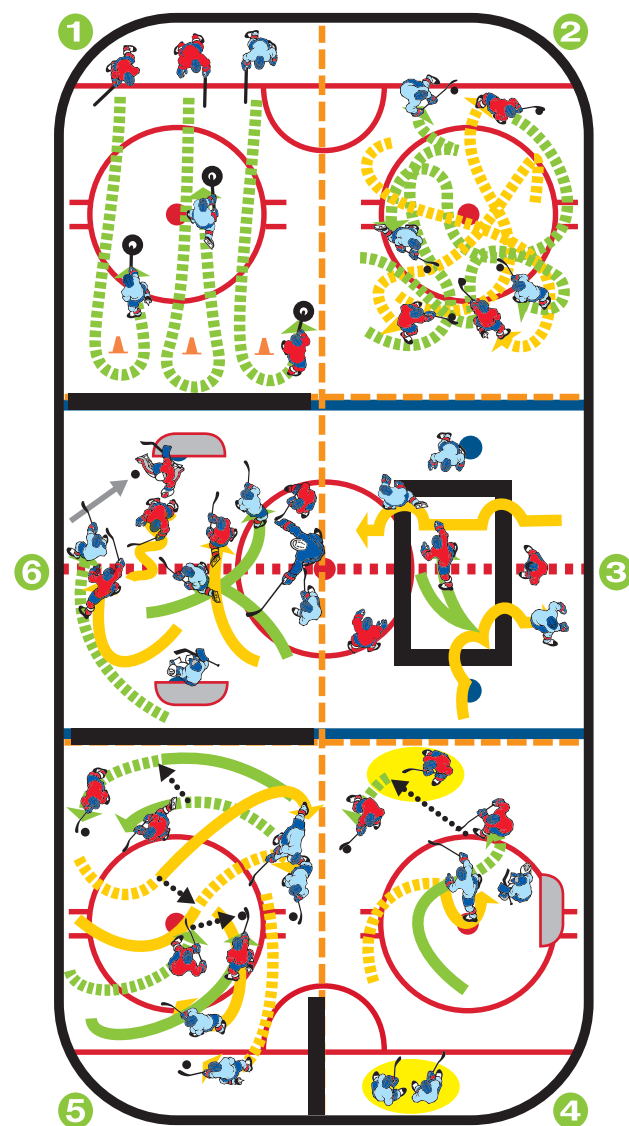
(7 minutes)

Have players pair up and move around the zone passing with their partner while avoiding the other players. After a few minutes, begin to reduce the space. Find a balance between success and failure for the players.

#### *Station 6: 3v3 Tight Space*

(7 minutes)

Play 3v3 in a tight space with 40- to 60-second shifts.



### GAME

#### *Cross-Ice Hockey*

(10 minutes)

Divide the players into teams so kids can play every other shift 3v3 or 4v4 cross-ice. Use 2 or 3 zones depending upon numbers. Play for 50- to 60-second shifts. Change players on the whistle.