

# 8U Intermediate Practice Plan 6

**Date:** Mid-Season

**Time:** 60 minutes

**Number of Players:** 36-48

**Practice Theme/Goals:** Skating edges, passing, puck control, fun

**Equipment Required:** Borders, nets (4), ice marker, tires, bucket, ring or 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, the 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: 1v1 Pit Game x2

(7 minutes)

Players compete 1v1 in a tight space scoring on opposite goal. Coach continually spots puck into play when a goal is scored.

**Variation:** score on either net.

### Station 2: Edges Around Sticks

(7 minutes)

Players drop stick length wise in front of them. Inside edge around stick, outside edge around stick, 2 laps inside edge around stick, 2 laps outside edge, inside edge figure 8, outside edge figure 8, 2-foot side jumps over stick, 1-foot side hop over stick. Perform all exercises on both right and left foot.

### Station 3: 1v1 Keep-Away and Passing

(7 minutes)

Players play 1v1 keep-away in zone. On whistle to rest, players stationary pass to each other. Pass cross-body and sweep puck. Forehand, backhand, bullet pass (hard as possible).

### Station 4: Gunner's Alley

(7 minutes)

Divide players into 2 teams. Teams compete to pass pucks hitting the target (ring, ball, bucket) in an attempt to move the target across their opponent's line.

### Station 5: Forward Cross-Overs

(7 minutes)

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 6: Chaos with Agility

(7 minutes)

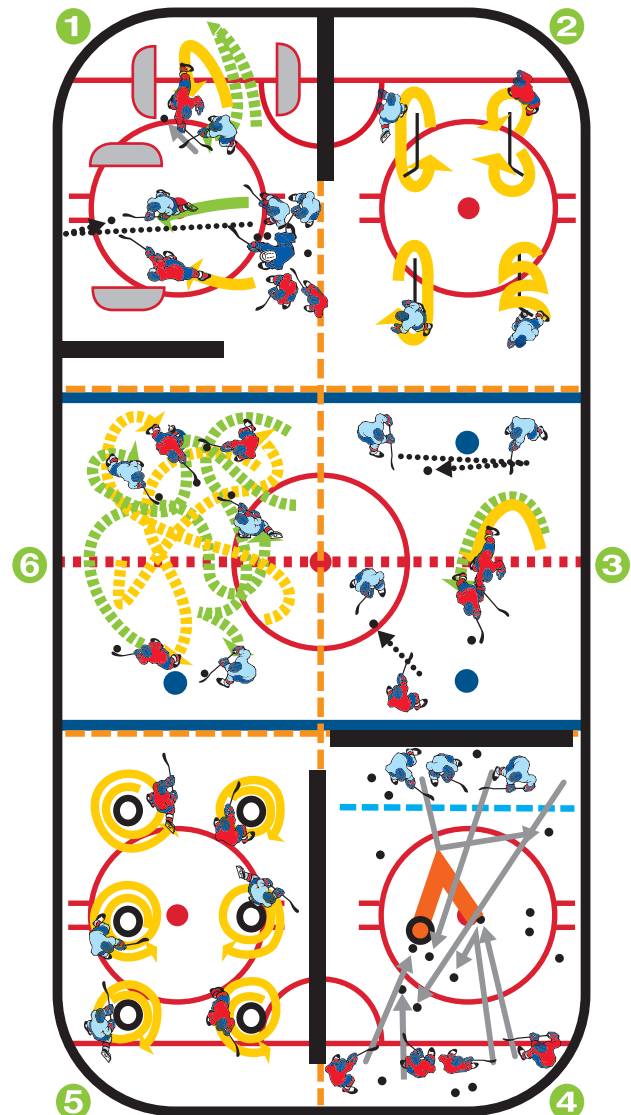
Every player has a puck. Players skate in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids. On signal from coach, players perform some agility skating; figure 8, stops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

## GAME

### 3v3 or 4v4 Cross-Ice

(10 minutes)

Play or 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

Yell at me and I will resent you.  
Pamper me and I will not respect you.  
Encourage me and I will never forget you.