

8U Beginner Practice Plan 6

Date: Sessions 16-18

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skill development, fun

Equipment Required: Blue pucks, cones, tires, nets (4), ice marker

WARMUP

Free Play Time

(5 minutes)

Let players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids play.

STATIONS

On the whistle, players drop to knees and get up three times before changing stations.

Station 1: Sharks and Minnows

(8 minutes)

Two players are designated as the sharks to start. The minnows must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too.

Station 2: Hit the Bucket

(8 minutes)

Give players plenty of pucks and have them spread out around the outside of the face-off circle. Players try to pass or shoot the puck to hit and move the bucket, ball, ring, or whatever object is used. The objective is to move the object outside the circle. Position players perpendicular to the bucket so that they shift weight and sweep the puck.

Station 3: Chaos Puck Handling

(8 minutes)

Players stickhandle skating around obstacles. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on top of the stick like you would hold a hammer. Use ringette rings instead of pucks.

Station 4: Scatter Puck

(8 minutes)

All players have a blue puck. Divide the players into 2 teams. Each team must stay on their designated half of the area. For 30 seconds players shoot blue pucks to the other team's side of the ice. Team with the least number of pucks on their side when time runs out wins. Repeat several times. **Coaching Point:** emphasize sweeping the puck.

Station 5: Hockey Game

(8 minutes)

In area, play 2v2 hockey. Use tires or cones as goal markers if you do not have enough mini-nets.

Station 6: ABC's – Obstacle Course

(8 minutes)

Relay Race: Divide players into 2 teams. Lay sticks in suggested pattern.

Part 1: Have players walk laterally over each stick, glide turn around cone, forward stride back to line tagging next player. End with a snow plow stop.

Part 2: Players step over sticks, glide turn around cone and forward stride to line tagging next player.

Part 3: Players weave in and out of sticks. Glide turn around cone and forward stride to line.

