

8U Advanced Practice Plan 6

Date: Mid-Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skill development, fun

Equipment Required: Borders, nets (6), tires

WARMUP

Trucks, Trailers and Dogfight

(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. After 30 to 40 seconds, switch trucks and trailers. Dogfight: Have the trailer try to touch the truck's skate with their puck. On touch, players switch roles. Condense the space to increase the conflict and encourage awareness.

STATIONS

On the whistle, players do 5 two-foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

Station 1: Offense, Defense, Out (2v2)

(7 minutes)

Play starts as a 2v2. 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 2: 2v2 Tight Space

(7 minutes)

Play 2v2 in a tight space with 40- to 60-second shifts.

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). Players must perform a fake before each pass.

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: Tight Turns

(7 minutes)

Players skate around tires working on turn skating technique. Keep stick to inside. Work both to the left and the right. Coaches should work individually with players that need technical instruction. Change to forward-to-backward pivots. Every so often, have players all change tires.

Station 6: Gate Race

(7 minutes)

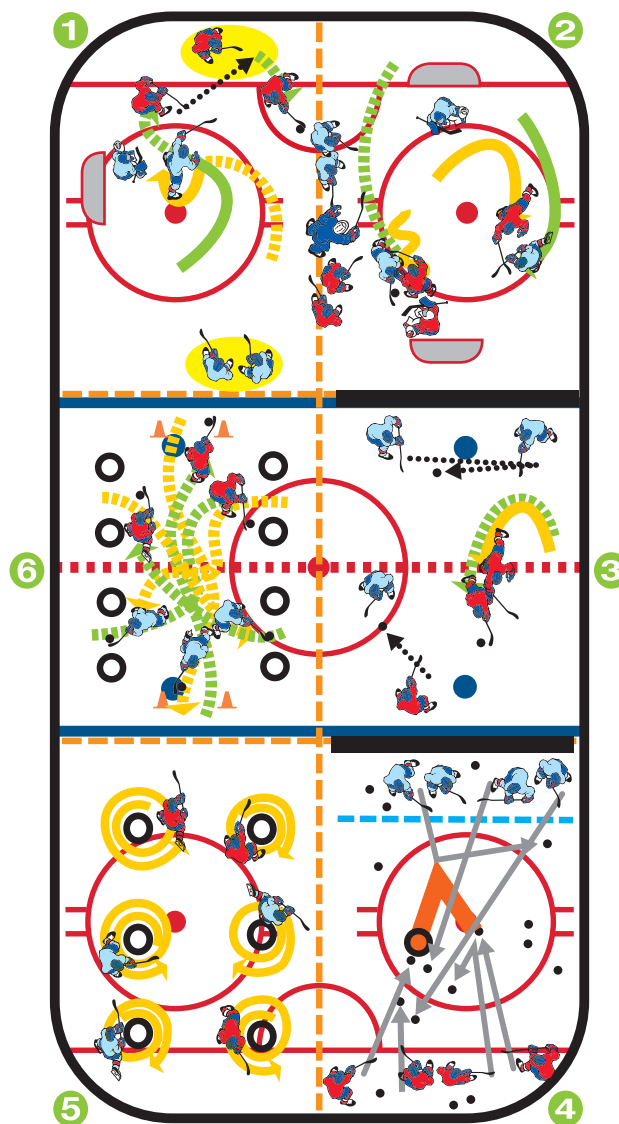
Use cones or tires to create a gate for each player. All players carry a puck. On the signal, players must skate through the gate opposite them, avoiding other players. Fastest through gate wins. Change to skating through opposite gate and then back through original gate.

GAME

Offside Game

(10 minutes)

Draw a center line down the middle of the zone and play 3v3 cross-ice using the center line as the offensive blue line. Players cannot enter the offensive zone before the puck when starting from their defensive side of the ice. If a turnover happens in their offensive zone, they can attack.



COACHING TIP

The coach can never make the practice too much fun for 8U players!