

## 8U Intermediate Practice Plan 8

**Date:** Mid-Season

**Time:** 60 minutes

**Number of Players:** 36-48

**Practice Theme/Goals:** Skating, competing, fun

**Equipment Required:** Borders, nets (4), tires or cones (8), ice marker

### WARMUP

#### Submarine Tag

(8 minutes)

Start with a few players as taggers. The others must skate from end to end without being tagged. If tagged, players must stand with feet apart and wait for someone to crawl between their legs to unfreeze them. Players can only crawl from front to back.

### STATIONS

On the whistle to change station, players drop to the ice and do two log rolls to the left and two to the right before moving on to the next activity. Coaches distribute water at each station as the players arrive.

#### Station 1: 1v1v1 Keep-Away

(7 minutes)

Divide players into groups of three. Players play keep-away from each other in a confined space. Encourage players to try and use their hand skills to beat their opponents instead of just skating away from them.

#### Station 2: Backward Bumper Butts

(7 minutes)

Players skate backward and attempt to run into each other, knocking the others off balance. Everyone should begin with their hands on their knees. If a player is knocked down or their hands leave their knees, they are out. Last player standing wins!

#### Station 3: Pick 3

(7 minutes)

On coach's signal, 2 players (one from each line) must complete a full circle around 3 of the 4 tires before they can pick up a puck and shoot. Encourage conflict where players can bump into each other to gain an advantage in the race.

#### Station 4: Passing Lanes Game

(7 minutes)

Using a marker, divide the ice into three zones. The players in the end zones attempt to pass pucks to each other through the middle zone without being intercepted. Players in the middle zone attempt to steal passes. All passes must be on the ice and direct (not off the boards). If a player in the middle zone intercepts a pass, he/she now becomes a new passer. The old passer moves to the middle. Keep 3 to 4 pucks in play.

#### Station 5: 2v2 Hockey

(7 minutes)

Play 2v2 in a tight space for 30-second shifts.

#### Station 6: Border Tag

(7 minutes)

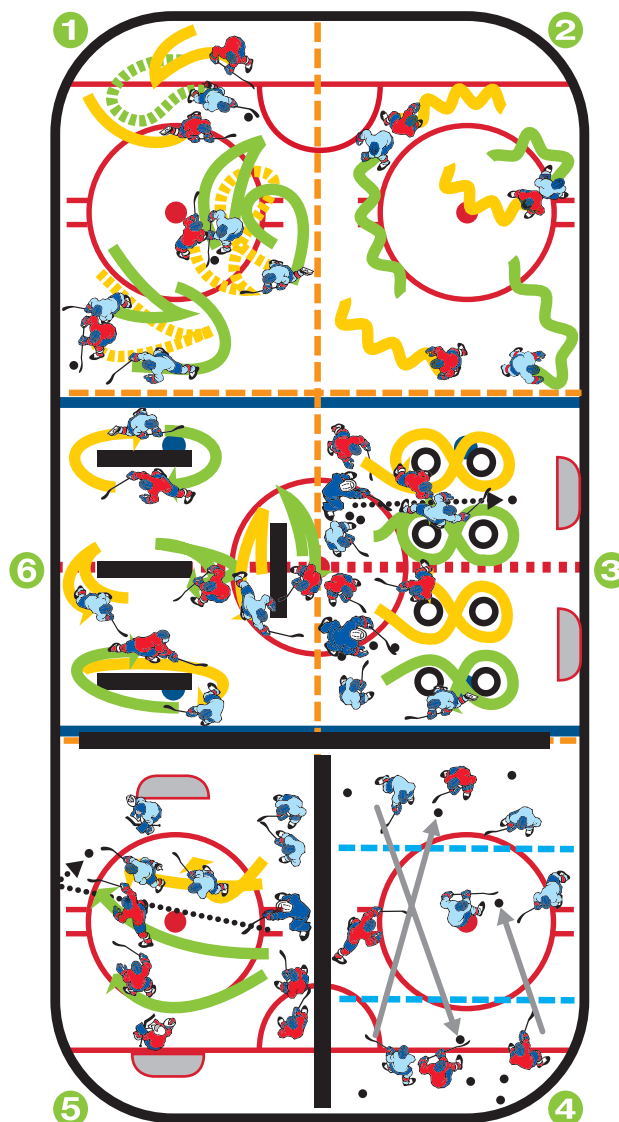
Players pair up starting on each side of a divider pad. One player is designated "IT" and tries to tag their partner. Once tagged, switch roles and repeat. Player are not allowed to step over the pads.

### GAME

#### Sharks and Minnows with Puck

(10 minutes)

Start with several players designated as sharks. All the minnows start with pucks. Minnows try to skate end to end without losing their puck. If a shark steals your puck, they become a minnow and you become a shark and must steal someone else's puck.



### COACHING TIP

Encourage competition at the puck...  
win your 1v1 battle.