

# 8U Advanced Practice Plan 1

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 36-48

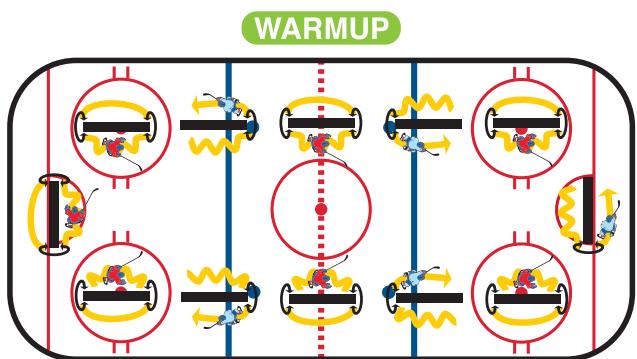
**Practice Theme/Goals:** Angling, 1v1 play, skating, fun

**Equipment Required:** Borders, nets (5), tires (3), light and dark hockey socks

## 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 forward crossovers and backward crossovers. Make sure to go both ways. Pull players aside that need additional instruction.



## STATIONS

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity.

### Station 1: 1v1 Keep-Away & 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 2: 1v1 Angling

(7 minutes)

The first player starts with puck and must go behind the vacant net before attacking the goaltender. The defensive player will angle offensive player when coming out from behind the vacant net to defend (the offensive player does not have to stop behind the net, let them play out the different situations on their own).

### Station 3: Sock Game

(7 minutes)

Each player starts with a dark and a light hockey sock stuck hanging out of their pants. Divide the group into two teams. On signal to start, players must try to steal their opponents colored sock while protecting their own. If a player has both socks stolen, they sit out until the round is completed. Repeat for remaining time.

### Station 4: Tire Push Game

(7 minutes)

Players are split into two teams. Each team must push the tires across the ice and touch the tire to the boards on the opponent's side of the rink to score a point. Have multiple tires in play. When a goal is scored, coach drops the tire back at center ice.

### Station 5: Truck, Trailers & Dogfight

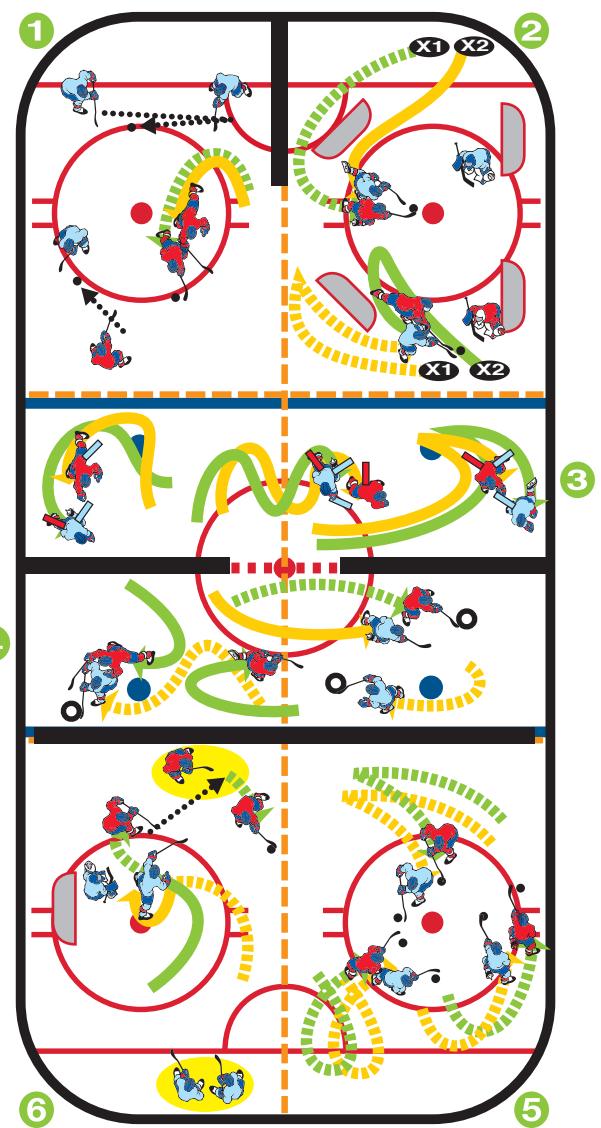
(7 minutes)

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. When touched by puck, players switch roles.

### Station 6: Offense, Defense, Out

(7 minutes)

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



## GAME

### Sharks & Minnows with Pucks

(10 minutes)

Start with a few sharks in the middle without pucks, everyone else at the end boards with a puck. On the signal from the coach, the minnows attempt to carry their puck to the opposite end of the ice. If a shark steals their puck, the minnow then becomes a shark as well. Play until all the minnows become sharks. **Variation:** When a shark steals a minnow's puck, they become a minnow and carry the puck to the end. The minnow whose puck was stolen becomes a new shark and must try to take someone else's puck.