

# 8U Intermediate Practice Plan 7

**Date:** Mid-Season

**Time:** 60 minutes

**Number of Players:** 36-48

**Practice Theme/Goals:** Skating agility, puck control, fun

**Equipment Required:** Borders, net, tires or cones (8), softballs (8)

## 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

Have water at each station. Each coach does own unique agility exercise with players before rotating.

### Station 1: Puck Control

**(7 minutes)**

Players align around circle and mirror coach for stationary puck handling. With good hand position on stick, coach demonstrates good knee bend. Perform wide dribbles with lean and knee bend to each side. Alternate narrow and wide dribbles, knee bend to each side, around body. Front-to-back dribble on both sides of the body. Try with eyes closed.

### Station 2: Freeze Tag

**(7 minutes)**

Once tagged, the player drops to knees with stick out on ice. The player is unfrozen when a teammate skates a circle around him/her and jumps over stick.

### Station 3: Coordination Kick

**(7 minutes)**

Players must skate through the tires controlling a softball with only their skates.

### Station 4: Paint the Cones

**(7 minutes)**

Players spread around the circle. They must skate up to the cone and stop, attempting to cover the cone with snow. Have players alternate lead foot for stop.

### Station 5: Pivot Skating

**(7 minutes)**

Begin with 2 or 3 players to a divider pad. Skate various maneuvers around the pads with all players moving. Start with forward-to-backward pivots, backward-to-forward pivots, duck feet around the ends, etc.

### Station 6: Trucks and Trailers

**(7 minutes)**

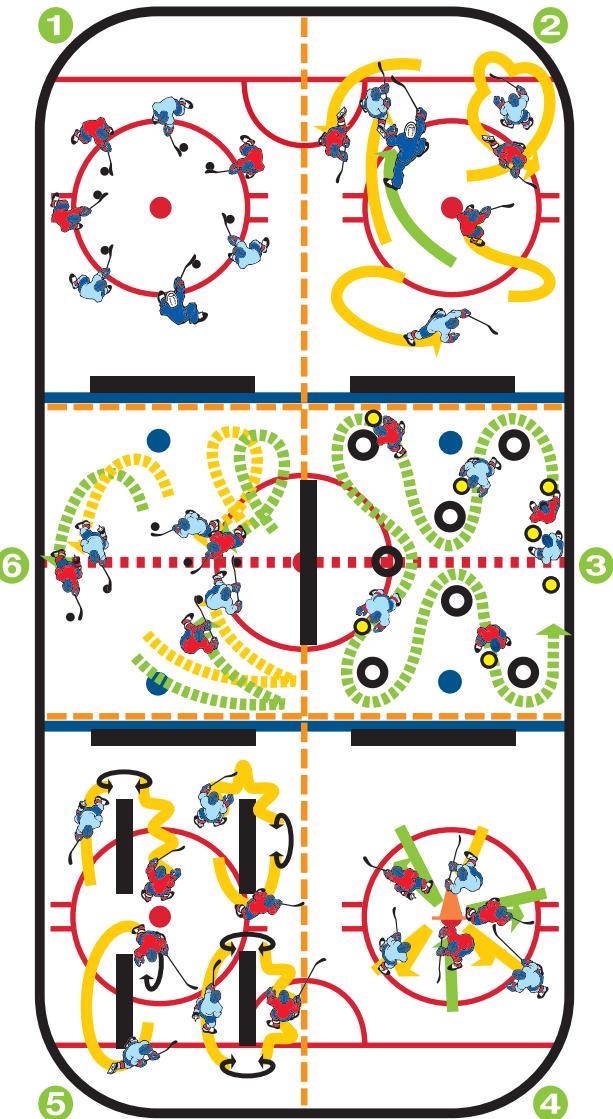
Have players pair up, each with a puck. Designate which player is the truck and which is the trailer to start. On the signal to start, the trucks try to shake their trailer and the trailer attempts to stay directly behind and as close as possible to their truck while both players carry pucks. After 30 to 40 seconds, switch trucks and trailers.

## 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

Play attaches the emotional engagement for kids at this age to make skills repetition fun.