

8U Beginner Practice Plan 3

Date: Sessions 7-9

Time: 50 minutes

No. of Players: Up to 48
(Groups of 6-8)

Practice Theme/Goals: Skating development, fun

Equipment Required: Blue pucks, cones, ice marker and ringettes

WARMUP

Free Puck Time

(5 minutes)

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

DRILLS: Groups stay in the same area for the duration of practice.

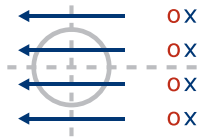
Drill 1: T-Push with 2-Foot Glide

(7 minutes)

Divide players into two groups.

Razor Scooter: Have players perform T-Push and 2-Foot Glide exercises pretending they are riding a scooter. Place the left skate behind the right skate, forming a "T". Bend knees, push down and out with left skate, gliding as far as possible on both skates. Repeat pushing with right skate. Arms are out pretending to hold handlebars.

Game: Who can push and glide the furthest.

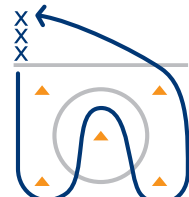


Drill 2: Edges

(7 minutes)

2-Foot Glide Turns: Players take a few strides to gain momentum then work on glide turns up the ice around cones. Focus on bent knees, skates shoulder-width apart, head and shoulders initiate turn by leaning toward cone, lead with inside skate (make sure they do not drag toe around cone), when player reaches cone they turn toes, belly button and head towards next cone and skate to the next cone.

**Make sure to perform drill in both directions.*



Drill 3: Stopping

(7 minutes)

1-Foot Snow Plow: Draw a smiley face for each player on the ice. Have players scrape off drawing with inside edge of the skate blade by turning heel out and toe in, pushing skate down and out toward 1:00 using inside edge.

Part 2: Have players take 4 strides or march forward 4 steps and 2-foot glide toward end of area. Turn toe in and heel out, push down and out with skate to stop. Keep weight on ball of foot to stop. Keep knees bent.

**Make sure to perform drill on both right and left skates.*



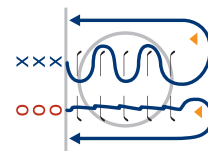
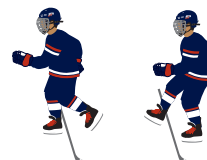
Drill 4: Obstacle Course

(7 minutes)

Walking Over Obstacles: Place sticks on the ice or use ice marker to draw lines in a ladder pattern. Have players perform agility skating skills either over or around the sticks/lines, skate around cone and return back to line. After performing each drill 2 times have players race.

- Walk forward over each stick.
- Touch ice with hand between each stick.
- Walk around the sticks in an S formation.

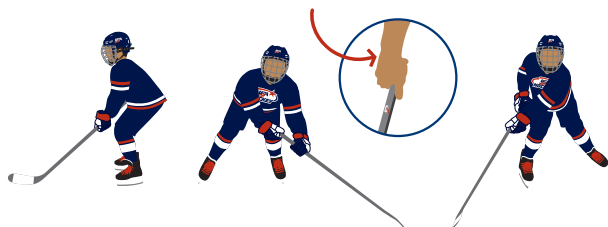
**If you have 6-10 players, set up two lines.*



Drill 5: Skating with Ringette

(7 minutes)

Players turn sticks over (with butt-end on ice) and skate across area moving ringette from left side to right side of the body. Alternate between narrow and wide movements.



Drill 6: British Bulldog with Ringettes

(7 minutes)

Players start at one end. 1 to 3 bulldogs (players or coaches) stand in the middle of the area. Players on the line try to skate with ringette to the other side of the area without losing ringette to the bulldog.

