

# 8U Intermediate Practice Plan 9

**Date:** Late Season

**Time:** 60 minutes

**Number of Players:** 36-48

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

**Equipment Required:** Borders, nets (5), cones, tires

## WARMUP

### 1v1 Keep-Away

*(8 minutes)*

Pair players by ability and have them play 1v1 keep-away. If a rest is needed, let them stationary pass for 30 seconds and then resume keep away.

## STATIONS

On the whistle to change station, players do 3 hops on the left foot and 3 hops on the right foot before moving on to the next activity. Coaches distribute water at each station as the players arrive.

### Station 1: Forward Cross-Overs L/R

*(7 minutes)*

Players skate around tires working on cross-over skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

### Station 2: Net Tag

*(7 minutes)*

Players evade the tagger by using the nets and tires or pads to screen out opponent.

### Station 3: Keep-Away Passing

*(7 minutes)*

Have players spread out in a circle with one player starting in the middle. Players attempt to pass to each other without the middle player touching the puck. If the middle player touches the puck, then that player becomes a passer. If more than 7 players, create 2 groups.

### Station 4: 2v2 Any Net

*(7 minutes)*

Play 2v2 with the players able to score on either net. Coach continues to spot pucks into the game when players score until the end of a 30-second shift.

### Station 5: Trucks and Trailers

*(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 while both players carry pucks. After 30 to 40 seconds, switch trucks and trailers.

### Station 6: Knockout

*(7 minutes)*

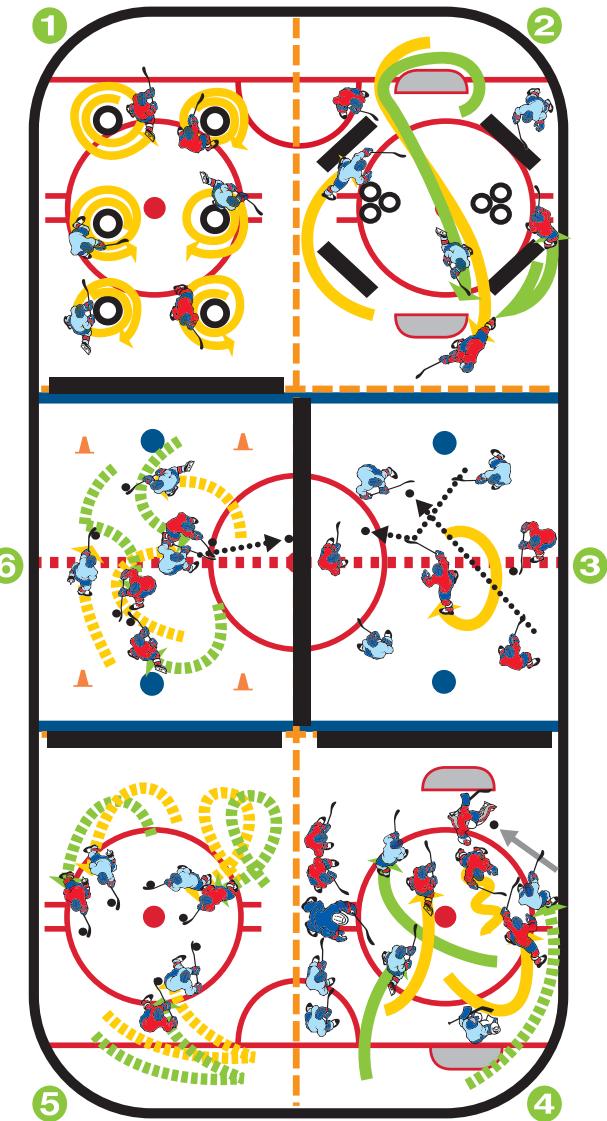
Define a playing area. Each player has a puck. On the whistle, players attempt to knock the other player's pucks out of the playing area while still possessing their own.

## GAME

### 3v3 or 4v4 Cross-Ice

*(10 minutes)*

Play or 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



## COACHING TIP

Turn the word "practice" into a positive thing!