

8U Advanced Practice Plan 5

Date: Mid-Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skill development, fun

Equipment Required: Borders, nets (6), tires

WARMUP

Trucks, Trailers and Dogfight

(8 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. On touch, players switch roles. Over time, reduce the size of the playing area.

STATIONS

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

Station 1: Guard the Gate

(7 minutes)

Play 1v1. To score, a player must carry the puck through his or her opponent's gate (2 tires about 8-10 feet apart) in the same direction that a goal is scored on a net. When a goal is scored, the offensive player may continue to possess the puck and try to score again.

Station 2: Two Box Retrieval

(7 minutes)

Create two boxes from divider pads and place 10 pucks in one box and 10 small cones in the other box. Draw a center line. Divide the players into two teams. The space inside the boxes are free zones. The object is to steal an object from the other team's and place it in your box without getting tagged in the other team's zone. If you are tagged in the other team's zone, you must return a stolen object.

Station 3: 4 Corners, No Whistle

(7 minutes)

Start with one more cone than the number of players and one 'IT' player in the middle. Players must change cones with no 2 players ending up at the same cone. The IT player tries to get to a vacated cone before someone else. Outside players must all start and stop facing the middle. The goal is to communicate on their own and try to switch places. If the IT player can keep everyone from changing spots for 20 seconds, then they win and are replaced. Hold players accountable to facing middle for stops and starts.

Station 4: Have One, Need One

(7 minutes)

Half the players have pucks and the other half are without. The players with puck move around communicating "have one" while the players without pucks communicate "need one." The goal is for two players to communicate, make eye contact and pass the puck to a new player, then find someone else to share with. If players are successful, the coach can move in after a while as someone looking to intercept passes.

Station 5: Gretzky Game

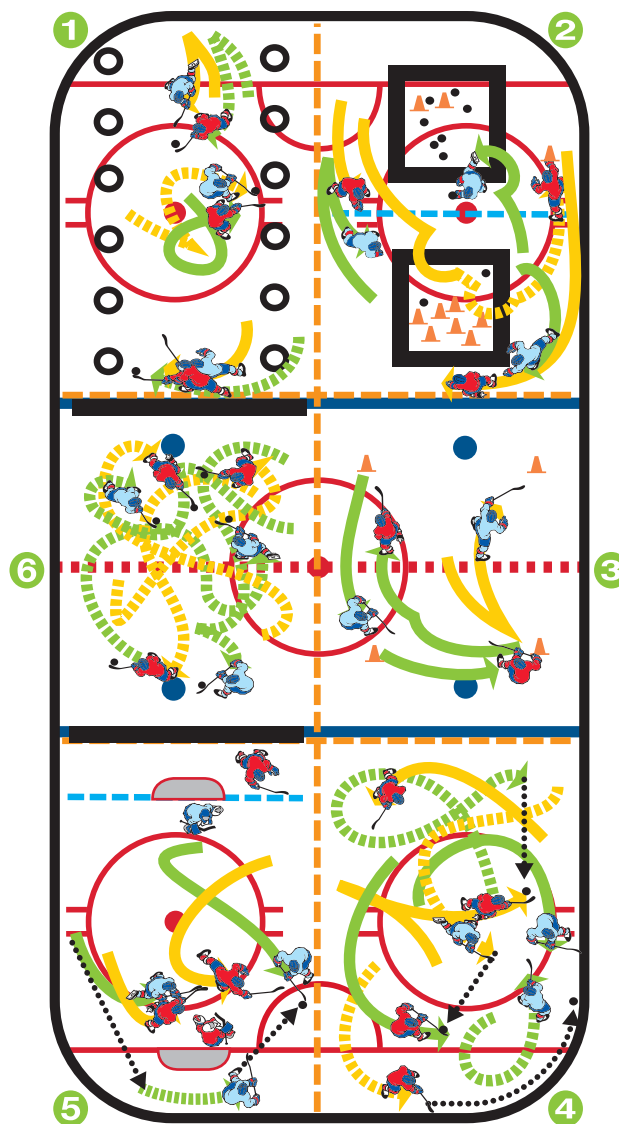
(7 minutes)

Play 2v2 with each team having an extra player (Gretzky) below the opponent's goal line who serves as a passer. On change of possession, pass to Gretzky before you can score.

Station 6: Chaos with Agility

(7 minutes)

Every player has a puck. Players skate around in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers



and to weave around the other kids. On coach's signal, players perform some agility skating (figure 8, stops and starts both ways, inside edges, etc.) then return to Chaos Puck Control.

GAME

Offside Game

(10 minutes)

Draw a center line down the middle of the zone and play 3v3 cross-ice using the center line as the offensive blue line. Players cannot enter the offensive zone before the puck when starting from their defensive side of the ice. If a turnover happens in their offensive zone, they can attack.