

# 8U Beginner Practice Plan 1

**Date:** Sessions 1-3

**Time:** 50 minutes

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

**Practice Theme/Goals:** Skating development, fun

**Equipment Required:** Blue pucks, mini-nets, ringettes, soccer/tennis balls

## WARMUP

### Free Puck Time

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

(5 minutes)

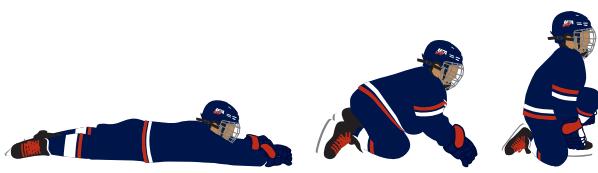
## DRILLS: Groups stay in the same area for the duration of practice.

### Drill 1: Getting Up

(7 minutes)

Briefly demonstrate proper technique of getting up. Have players fall to stomach and get back up into the basic hockey stance. Lie on stomach, elbows on ice with two hands straight out in front of body like superman. Using hands, move into kneeling position, place one skate on the ice and then stand up into a basic hockey stance.

**Race:** On coaches command, players crawl like a dog, log roll once each way and get up.



### Drill 2: Basic Stance & Walking

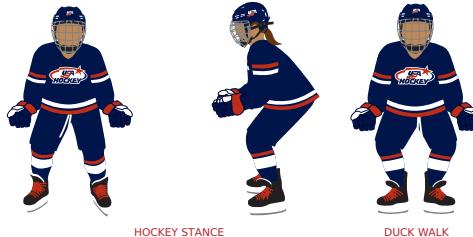
(7 minutes)

**Part 1:** Demonstrate and have players perform hockey stance.

**Part 2:** Players walk like a duck staying in the basic hockey stance.

**Part 3:** Rock forward onto toes and backward onto heels with knees bent while standing stationary.

**Race:** Duck walk forward to boards or blue line.



### Drill 3: Bending & Twisting

(7 minutes)

Divide players into two teams. Create two goals using nets or stacked tires.

**Time to Clean Your Room:** Players pick up soccer balls, tennis balls, ringettes, blue pucks, softballs, etc., and place them in designated goals within 2 minutes. Team with most objects in goals wins.



### Drill 5: Agility, Balance, Coordination

(7 minutes)

**Simon Says:** Players perform ABC's.

**Stationary:** March like Frankenstein, log roll, squat like a frog, rag doll, fall down and get up, kangaroo hop, hockey stance, hands in the air, dance.

**Movement:** Scurry like a mouse, take quick small steps or waddle like a penguin (arms out like wings) to destination.



### Drill 4: Marching, Bend, Sit & Stand

(7 minutes)

Players perform stationary exercises to enhance balance.

**Rag Doll:** Bend over and touch toes with both hands.

**Frog:** Sit low in wide stance with knees bent, butt down and hands between legs.

**Reach for the Sky:** Raise arms above the head, wave hands side to side then place hands on helmet.

**Frankenstein:** March legs with arms held in front of body.

**Soldier:** March in place swinging arms.

**Play Simon Says.**



### Drill 6: Balloons

(7 minutes)

Using blowup balloons have kids move to keep several balloons in the air at the same time.

