

## 8U Advanced Practice Plan 2

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 36-48

**Practice Theme/Goals:** Puck battles, body position, skating

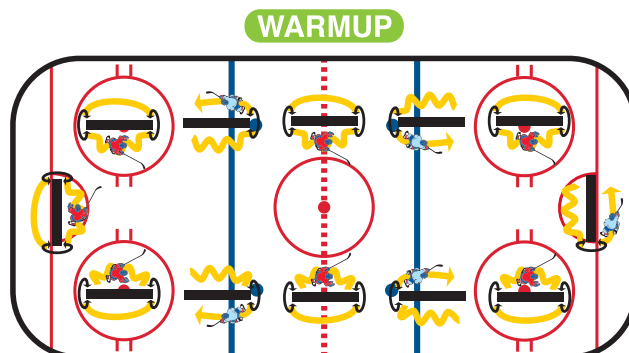
**Equipment Required:** Borders, nets (6), cones, tires, ringettes

### WARMUP

#### *Pivot Around Pads*

(8 minutes)

Split into groups of 2-3 players at each pad, based upon mobility level of the players. This will allow everyone to keep moving. Start with forward-to-backward pivots and backward-to-forward pivots at each end. Change to forward crossovers and backward crossovers. Make sure to go both ways. Pull players aside that need additional instruction.



### STATIONS

On the whistle, players do 5 two-foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

#### *Station 1: 1v1 Attack the Net*

(7 minutes)

Coach spots a puck into the corner. Two players compete for puck possession. The player that gains the puck attacks the net to score and the other player defends.

#### *Station 2: Lord of the Rings*

(7 minutes)

Start game with 1 less ring than the number of players. On the signal to start, the players attempt to grab a ring with their overturned stick and keep possession until the coaches single to stop. After each stoppage, remove a ring for the game.

#### *Station 3: Passing Game*

(7 minutes)

Each team tries to score on the opponent's net. The puck cannot be carried over the red line; it must be passed to a teammate. Play 3v3 or use the whole group with multiple pucks.

#### *Station 4: Inside Outside*

(7 minutes)

Split the players into two groups with all players possessing a puck. One group starts inside the circle, the other outside the circle. On the coach's signal, the inside group tries to speed up stickhandling to avoid the other players. The outside group skates at a comfortable speed clockwise around the outside of the circle. Switch inside and outside groups every 30 seconds. Switch to counterclockwise after a few reps.

#### *Station 5: Peanut Race, Crossovers*

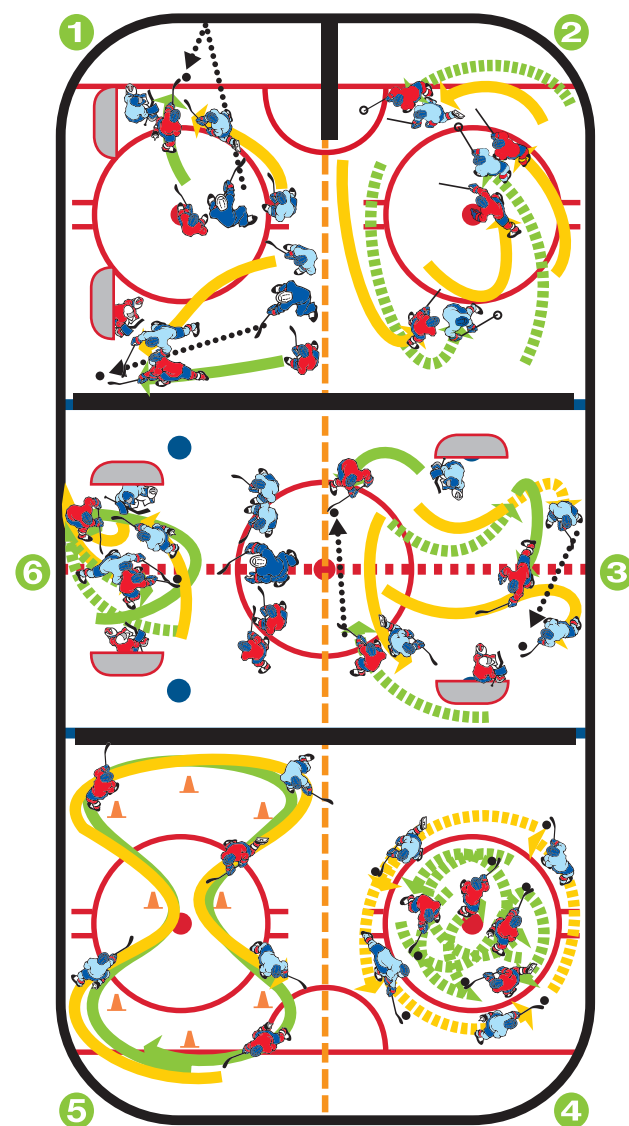
(7 minutes)

Have players make three laps through the peanut skating pattern using both crossovers and tight turns. Have players skate both to the right and to the left, then switch to skating backward.

#### *Station 6: 2v2 Tight Space*

(7 minutes)

Play 2v2 in small area for 40- to 60-second shifts.



### GAME

#### *Sharks & Minnows with Pucks*

(10 minutes)

Start with a few sharks in the middle without pucks, everyone else at the end boards with a puck. On the coach's signal, the minnows attempt to carry their puck to the opposite end of the ice. If a shark steals their puck, the minnow then becomes a shark as well. Play until all the minnows become sharks. **Variation:** When a shark steals a minnow's puck, they become a minnow and carry the puck to the end. The minnow whose puck was stolen becomes a new shark and must try to take someone else's puck.