

# 8U Intermediate Practice Plan 10

**Date:** Late Season

**Time:** 60 minutes

**Number of Players:** 36-48

**Practice Theme/Goals:** Skating skills, competition, fun

**Equipment Required:** Borders, nets (4), 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 drop to the ice and do two log rolls to the left and two to the right before moving on to the next activity. Coaches distribute water at each station as the players arrive.

### Station 1: Forward & Backward (ABCs)

*(7 minutes)*

Divide into groups of 2 or 3. Have players skate continuously. Forward to backward, drop to knees, Superman dive, log roll, step over stick, pass stick between legs, etc. Change movements on the fly.

### Station 2: 2v2 Hockey

*(7 minutes)*

Play 2v2 in the defined area with 60-second shifts.

### Station 3: Forward and Backward Tag

*(7 minutes)*

Use the center red line as the pivot point. Players can only skate forward on one side of the line and backward on the other. Coach or designated tagger must try to tag all players. If tagged, the player is frozen until a teammate skates a circle around them and sets them free.

### Station 4: 4 Corners with Whistle

*(7 minutes)*

Start with 1 more cone than the number of players and one 'IT' player in the middle. On the coach's signal, all 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.

### Station 5: Backward Cross-Overs

*(7 minutes)*

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

### Station 6: Gate Race

*(7 minutes)*

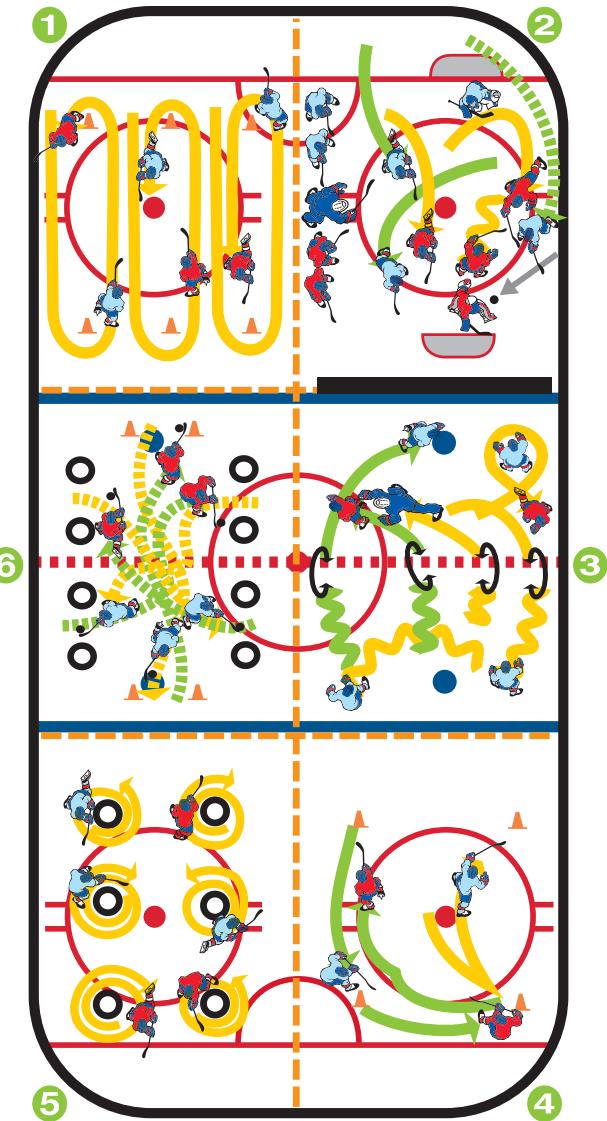
Use cones or tires to create a gate for each player. All players carry a puck. On the signal, players must skate through the gate opposite them, avoiding other players. Fastest through gate wins. Change to skating through opposite gate and then back through original gate.

## 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

Reducing the space forces players at all levels to think and act quicker.