

8U Beginner Practice Plan 2

Date: Sessions 4-6

Time: 50 minutes

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

Practice Theme/Goals: Skating development, fun

Equipment Required: Blue pucks, cones, ice marker and soccer 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: March with 2-Foot Glide

(7 minutes)

Divide players into Group 1 and Group 2. Players march forward 4-6 steps to generate momentum, bend knees and 2-foot glide, gliding as far as possible.

Game: who can march and glide the furthest.



Drill 2: Soccer Hands

(7 minutes)

Hand Ball Soccer: Use soccer balls. Divide players into two teams. Make three goals with cones. Start with three balls in play and add more if you have more than six players. One ball per every two players.

- Player dribbles ball by pushing ball on ice with hands.
- Players score by dribbling ball through two cones.
- No goaltending. Players can't use goal 2 times in a row.



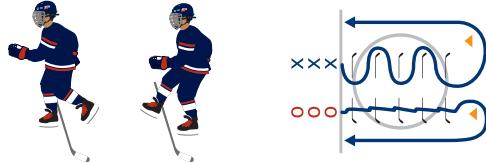
Drill 3: ABC's

(7 minutes)

Walking Over Obstacles: Place sticks on the ice or use ice marker to draw lines in a ladder pattern. Have players perform agility skating skills either over or around the sticks/lines, skate around cone and return back to line. After performing each drill 2 times have players race.

- Walk forward over each stick.
- Touch ice with hand between each stick.
- Walk around the sticks in an S formation.

*If you have 6-10 players, set up two lines.

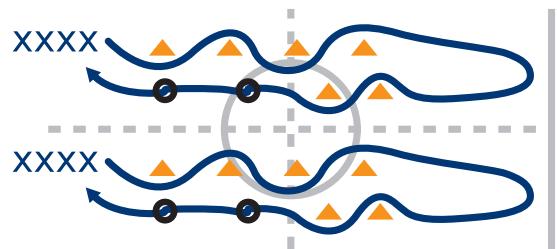


Drill 4: Relay Race

(7 minutes)

As shown or create your own.

Variation: 360 around each obstacle.



Drill 5: Inside Edges

(7 minutes)

Swizzles: Put heels together to form a V position. Using inside edges, push toes outward, then toes inward making toes touch. Make the shape of a fish. Repeat creating fish forward from one end of space to the other. Create fish around 5 small cones, skate hard around 6th cone and return to line.



Drill 6: Ball Tag

(7 minutes)

Coaches throw tennis balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

