

## 8U Advanced Practice Plan 4

**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. Condense the space to increase the conflict and encourage awareness.

### STATIONS

On the whistle to change station, players do 3 hops on the left foot and 3 hops on the right foot before moving on to the next activity. Coaches distribute water at each station as the players arrive.

#### *Station 1: Border Tag with Puck*

(7 minutes)

Players pair up starting on each side of a divider pad, one with a puck and one without. The player without the puck attempts to steal their partner's puck without stepping over the barrier. On change of possession, switch roles and start over.

#### *Station 2: 1v1 Angling*

(7 minutes)

The first player starts with puck and must go behind the vacant net before attacking the goaltender. The defensive player will angle the offensive player when coming out from behind the vacant net to defend (the offensive player does not have to stop behind the net; let them play out the different situations on their own).

#### *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: 2v1 Keep-Away*

(7 minutes)

Divide players into groups of three. Two players attempt to play keep-away from the other player in their group. If the puck is stolen, a new player becomes the odd man out.

#### *Station 5: 2v2 Tight Space*

(7 minutes)

Play 2v2 in a tight space with 40- to 60-second shifts.

#### *Station 6: 1v1 Hit the Tire*

(7 minutes)

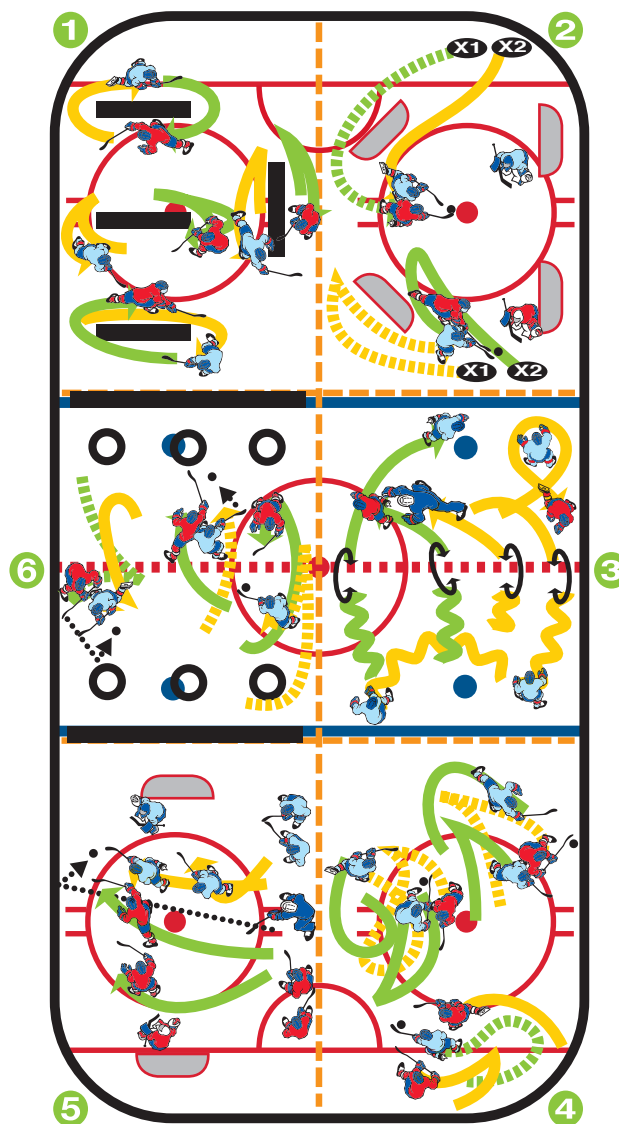
Pass the puck off the tire to score. The coach can have 1v1s or 2v2s happening at the same time.

### GAME

#### *Cross-Ice Hockey*

(10 minutes)

Divide the players into teams so kids can play every other shift 3v3 or 4v4 cross-ice. Use 2 or 3 zones depending upon numbers. Play for 50- to 60-second shifts. Change players on the whistle.



### COACHING TIP

Let them Play...Have Fun...Fail...Learn...Succeed.  
Let Them Be Kids.