

## 8U Intermediate Practice Plan 2

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 36-48

**Practice Theme/Goals:** Skating, puck control, fun

**Equipment Required:** Borders, nets (4), cones, tires, ringette rings

### WARMUP

#### *In and Out of Circles*

(8 minutes)

All players start with a puck, stickhandling around the rink. Coaches try to steal pucks. Face-off circles are safe zones for players.

### STATIONS

On the whistle to change stations, players do five power jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

#### *Station 1: Skating (ABCs)*

(7 minutes)

Have players continually move around the cones while changing movements on the fly. Run on skates, drop to knees, drop to single knee, drop to knees and spin 360°, arm circles forward, arm circles backward, arm circles 1 forward and 1 backward, 2-foot power jumps, log roll to right, log roll to left. Have players stop and start at each cone.

#### *Station 2: Freeze Tag*

(7 minutes)

Coach tags or selected players do the tagging. The tagged player is frozen and stands in the hockey ready position until set free. The tagged player is set free when someone skates a circle around him/her.

#### *Station 3: Chaos Puck Control*

(7 minutes)

Every player has a puck. Players skate around in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids. After a while, coaches can jump in and try to steal pucks. (Coaches shouldn't overdo it; the goal is for players, not coaches, to control the puck.)

#### *Station 4: Gunner's Alley*

(7 minutes)

Divide players into two teams. Teams compete to pass pucks hitting the target (ring, ball, bucket) in an attempt to move the target across their opponent's line.

#### *Station 5: 1v1 Hockey*

(7 minutes)

Keep two 1v1 hockey games going with a change of players every 40 seconds.

#### *Station 6: Lord of the Rings*

(7 minutes)

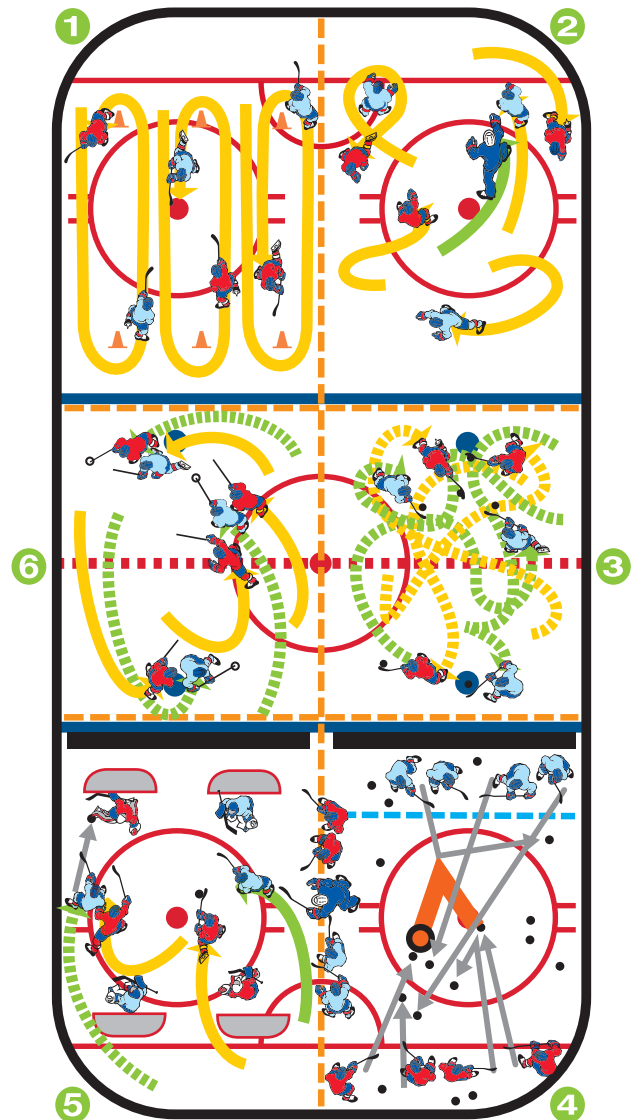
Start game with one less ring than the number of players. On the signal to start, the players attempt to grab a ring with their overturned stick and keep possession until the coaches single to stop. After each stoppage, remove a ring for the game.

### GAME

#### *3v3 or 4v4 Cross Ice*

(10 minutes)

Play 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

Have coaches distribute the water at each station by spraying it directly to the players. Coaches handling the bottles improves the efficiency and reduces wasted time.