

# 8U Intermediate Practice Plan 1

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 36-48

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

**Equipment Required:** Borders, nets (6), cones, puck bucket or soccer ball

## 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 jumping jacks before moving on to the next activity. Coaches distribute water at each station as the players arrive.

### *Station 1: Agility Race Around Sticks*

*(7 minutes)*

Have players start by laying their sticks on the ice, or use an ice marker to draw lines. Have player race to the cone performing various agility and balance maneuvers around or over the sticks; 2-foot hops, single-foot hops, weave around the sticks, etc. Vary starting positions, from knees, on stomach, etc.

### *Station 2: Hit the Bucket*

*(7 minutes)*

Give players plenty of pucks and have them spread out around the outside of the face-off circle. Players try to pass or shoot the puck to hit and move the bucket, ball, ring, or whatever object used. Objective is to move the object outside the circle. Have players position sideways (perpendicular) to the bucket so that they shift weight and sweep the puck.

### *Station 3: Sharks and Minnows Tag*

*(7 minutes)*

Two players are designated as the sharks to start. The minnows must skate from blue line to blue line without being tagged. If they are tagged, they become sharks, too.

### *Station 4: Border Tag*

*(7 minutes)*

Players pair up starting on each side of a divider pad. One player is designated "IT" and tries to tag their partner. Once tagged, switch roles and repeat. Players are not allowed to step over the pads.

### *Station 5: Chaos Puck Control*

*(7 minutes)*

Every player has a puck. Players skate 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.

### *Station 6: 1v1 Keep-Away*

*(7 minutes)*

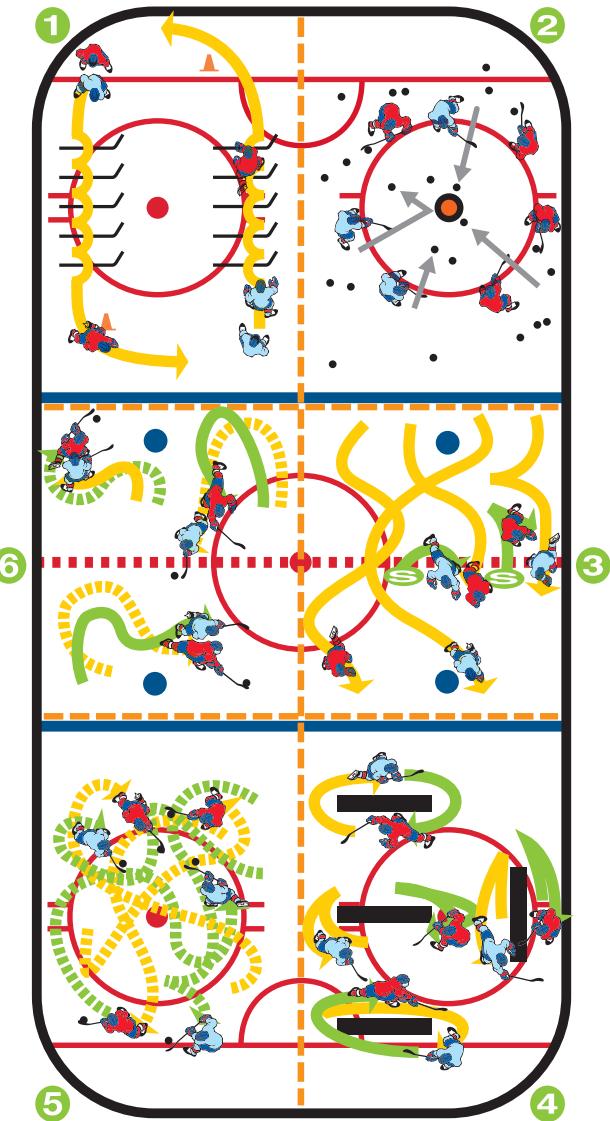
Have players play 1v1 keep-away in a tight area. Have multiple 1v1s going at once to encourage playing in traffic areas. Every 60 seconds, the players can rest by passing back and forth. Rest 30 seconds, then repeat.

## GAME

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

*(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

Repeat a practice before moving on to the next one in the sequence. 8U players love fun repetition, and knowing the activities makes the practice run more efficiently.