

Warm Up: Skating – 6 Minutes

Divide into 5 groups. Half of the players are stationary in a confined area, the other players skate random tight turns around the stationary players for 20 to 30 seconds. Then the groups switch. Players should lead with their stick down and in front following their stick blade around the turn. Keep head up to see traffic. Assign coaches to prepare stations.

Stations: 6 Stations x 6 minutes

On the whistle to change stations, players do pop corn (drop to their knees and up) 5 times before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Passing

Player starts backwards and gets a pass from the next person in line. Pivot forwards, give and go pass with coach. Skate through cones and make 2nd give & go pass to coach, 360 spin and finish with a shot on goal. The players must keep try to make passes without planting their feet (pass in stride). If on backhand, pass and receive on the backhand. Show a good target for reception.

Station 2: Bull in the Ring X2 (body contact)

Have players turn their sticks over. One player attempts to skate with a ringette ring inside the circle avoiding the checker. The checker attempts to steal the ring. Start with a ringette ring and then progress to using a puck if the players are advanced. Keep two set of players moving within the circle.

Station 3: 2v2 Score On Either Net

Play 2v2 in a tight space. Players can score on either net. Coaches continue to spot pucks into play for 30 second shifts.

Station 4: Obstacle Course (ABCs)

Skate through course working on tight turns, stops, spins and ABC's. Lead with stick.

Station 5: Passing

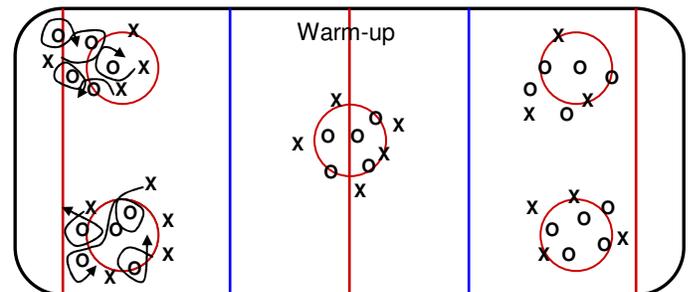
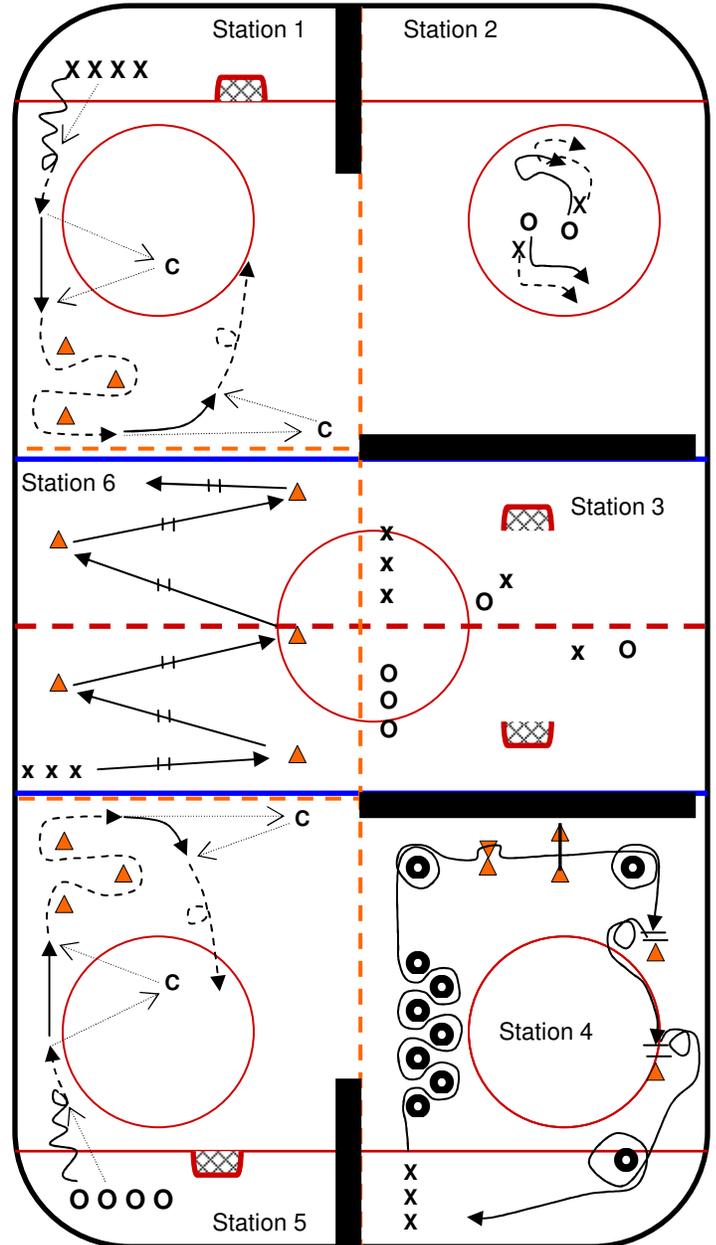
Same drill as in station 1.

Station 6: Stops and Starts

Stop & start at each cone working on technique. Coaches work individually with those that need help. Add in drop to knees between cones.

Games: Cross-Ice Scoro (7 Minutes)

Line each team up on opposite side boards. Put 20 pucks into the middle of the zone. On the whistle, each team tries to put as many pucks into the other teams net as possible. When all the pucks are in a net, the team with the most goals wins.



Coaching Tip:

The fun part of practice should always last a full 60 minutes.

For more practice plans in the 8U Mite progression see www.admkids.com