



## Practice: 7 & 8

**Theme / Goals:** Skill Development/Fun

**Equipment Required / Set-up:** Borders, Six Nets

**Ice Time:** 50 Minutes

### Warm Up: 5 min – Puckhandling

Players skate around the rink handling a puck. On whistle, they jump into the nearest circle and stickhandle, exit on next whistle and continue around the rink.

Coaches use this time to set up stations

### Stations: 6 Stations x 6 minutes

On the whistle, players do 5 two foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

#### Station 1: Forward Cross Overs Left

Players skate the circle working on cross-over skating technique. Each player skates two laps around the circle with the next player in line starting as player one passes in front on his first lap. Coaches should work individually with players that need technical instruction. Keep stick to inside.

#### Station 2: Net Tag

Player X attempts to evade player O using the nets as a screen. This activity can be done with multiple players at the same time.

#### Station 3: Pass & Follow

Players pass the puck to the next player and then take that players spot. Sweep puck and show a good target for reception. Finish with a wrist shot on goal.

#### Station 4: 3v3 Tight Space

Play 3v3 and change on the whistle every 30 seconds

#### Station 5: Forward Cross Overs Right

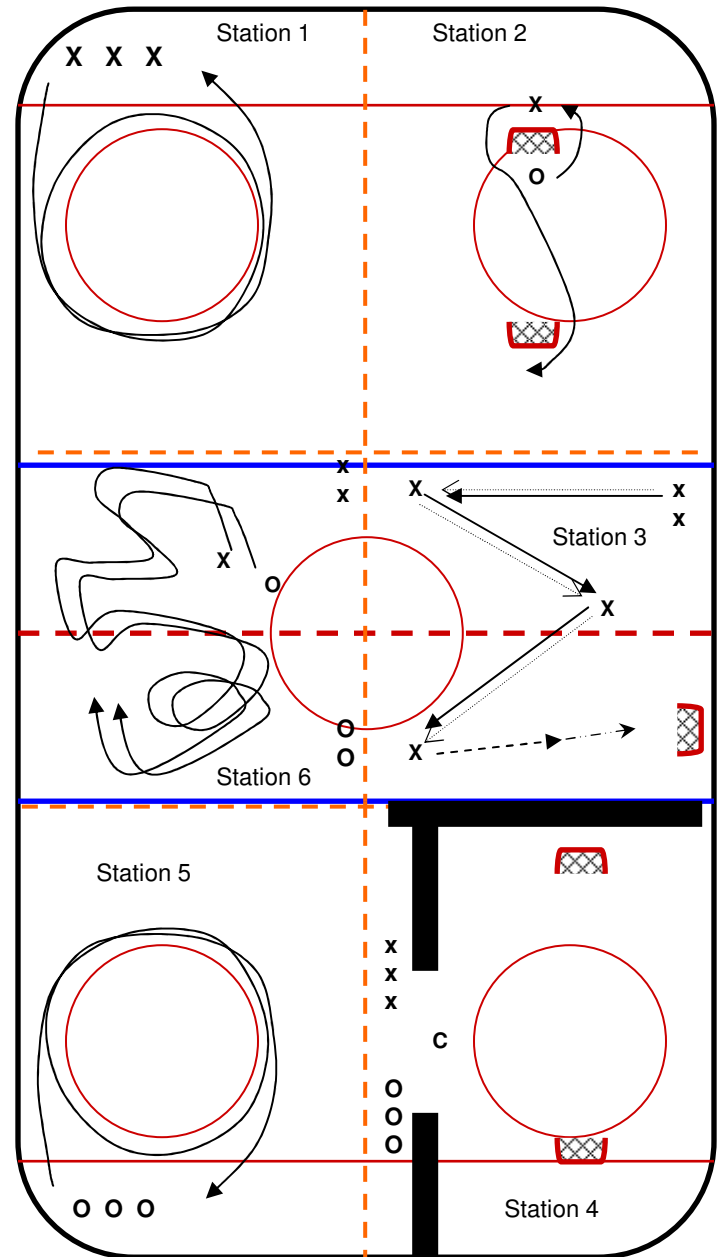
Players skate the circle working on cross-over skating technique. Keep stick to inside.

#### Station 6: Russian Shadows (follow the leader)

Two players go together and play follow the leader. Encourage them to be creative with their movements. Can carry pucks as well and can have multiple groups going at once. Works on skating, edges, agility, coordination, and balance.

### Soccer in all 3 zones (9 minutes)

Cross ice Soccer in all three zones for remaining time.



### Coaching Tip:

**What I hear - I forget**

**What I see - I remember**

**What I do - I understand**  
- Confucius

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)