



## Practice: 17 & 18

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

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

**Ice Time:** 50 Minutes

### Warm Up: Skating – 7 Minutes

Whole ice skating with everyone moving – includes, forward stride, cross-overs, 2 ft stops & head up w/ traffic. Begin out of two corners from same end and finishes in the far corner. Keep stick under control and lead with the stick...repeat coming back, can add pucks as progression. 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

Players skate around the cone making passes to the coaches, finishing off 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

One player attempts to skate with a puck inside the circle avoiding the checker. The checker attempts to push the puck carrier outside the circle while carrying a soccer ball with two hands.

#### 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 (ABC's)

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

#### Station 5: Passing

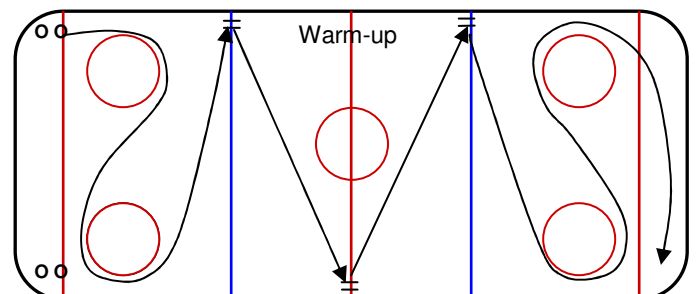
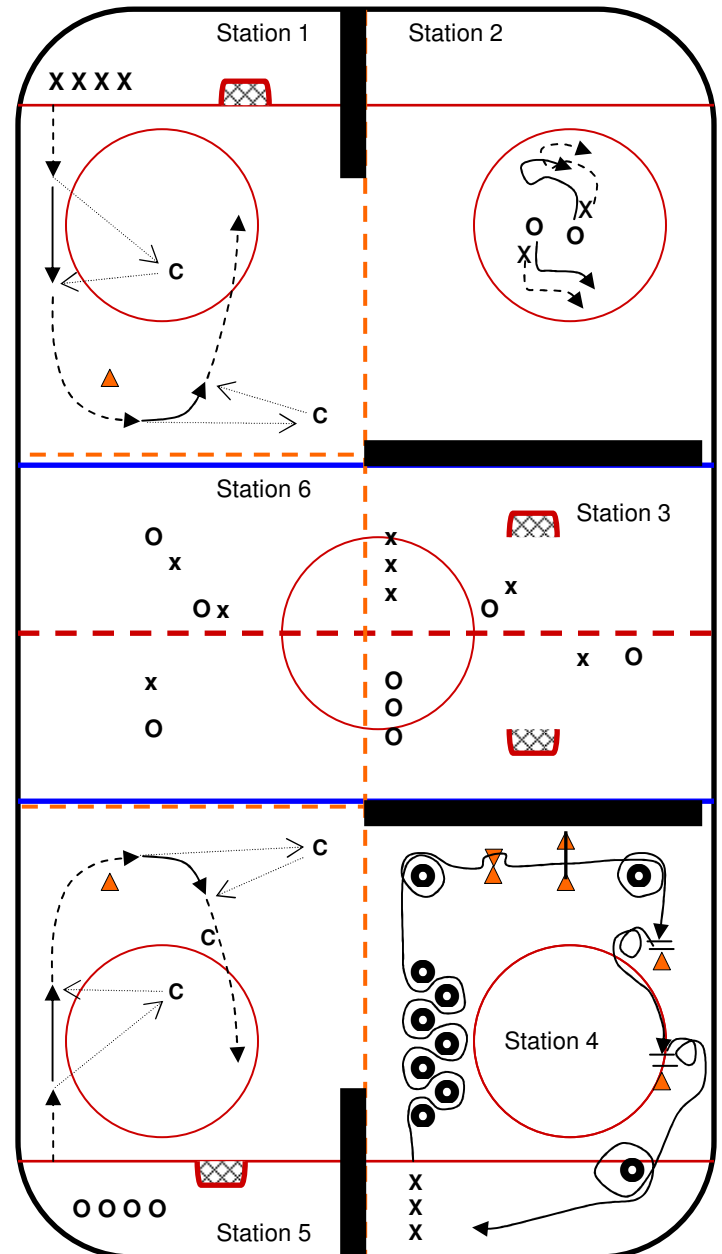
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#### Station 6: 1v1 Keep Away

Players pair up and play 1v1 keep away. Have all players active. Play for 30 to 40 seconds and then have players pass with each other while resting.

### 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](http://www.admkids.com)