



Practice: 19 & 20

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Six Nets, Ringette Rings

Ice Time: 50 Minutes

Warm Up: Partner Skills (10 Minutes)

Divide up into six groups with two groups in each zone. Players work in pairs through the following sequence:

Begin with Russian Shadows (creative skating that partner imitates). Russian Shadows with pucks, 1v1 keep away. 2v2 keep away. Repeat each activity twice for 45 seconds. During rests between activities, have players work on passing skills, forehand, backhand, bullet pass (hard as possible)

Designate additional coaches to set up dividers.

Stations: 3 Stations x 13 minutes

Games Day

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: Cross-Ice Hockey

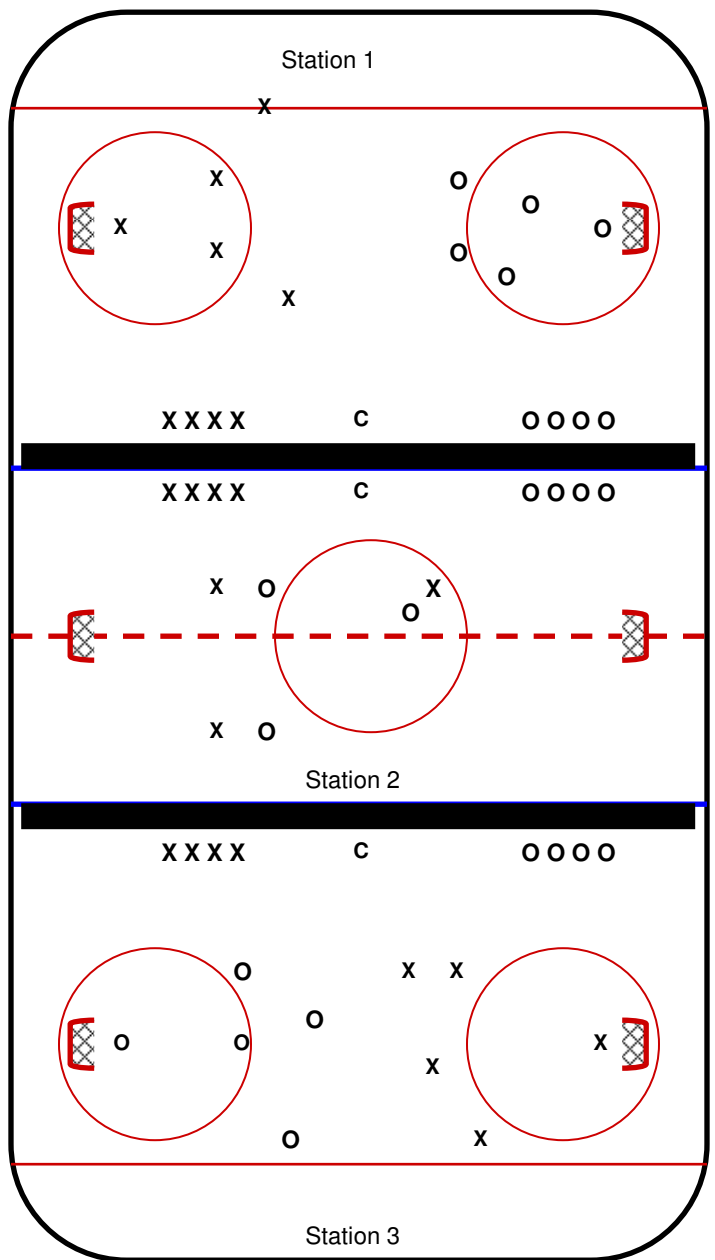
Play cross-ice hockey 5v5, 4v4 or a combination of both, whichever allows the players to play every other shift. Shift length is 45 seconds.

Station 2: Cross-Ice 1v1's

Play 1v1 cross-ice until someone scores. Keep 3 to 4 1v1 competitions going at all times. When a 1v1 competition ends the players go to the back of their team lines. Can also be done 2v2.

Station 3: Cross-Ice Ringette

Play cross-ice ringette 5v5, 4v4 or a combination of both, whichever allows the players to play every other shift. Shift length is 45 seconds.



Coaching Tip:

The smaller the ice, the bigger the competition.

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