

Warm Up: Edges Around Sticks – 5 min

Divide into three groups for more direct instruction to the players. Players drop stick length wise in front of them. Inside edge around stick, outside edge around stick, 2 laps inside edge around stick, 2 laps outside edge, inside edge figure 8, outside edge figure 8, 2 foot side jumps over stick, 1 foot side hop over stick. Perform all exercises on both right and left feet.

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: 1v1 Attack the Net

Coach spots a puck into the corner. Two player compete for puck possession. The player that gains the puck attacks the net to score and the other player defends.

Station 2: Ringette Keep Away

Play keep away with the ringette rings. Have 3 less rings that the number of players. The coach can add in a time limit and on the whistle whoever doesn't have a ring, does 5 power jumps.

Station 3: Tarasov Agility (ABC's)

Players follow the coaches lead, with high knee runs in place, then side to side and forward and backwards. Coach can be creative to have the players move in multiple directions. Have players pass during rest periods.

Station 4: Puck Control, Give & Go

Players give and go with the coach finishing off with a fake and shot on goal. Have the players begin skating before making the pass to the coach. Pass and receive on the backhand, when on the backhand side.

Station 5: Cross Overs & Turns

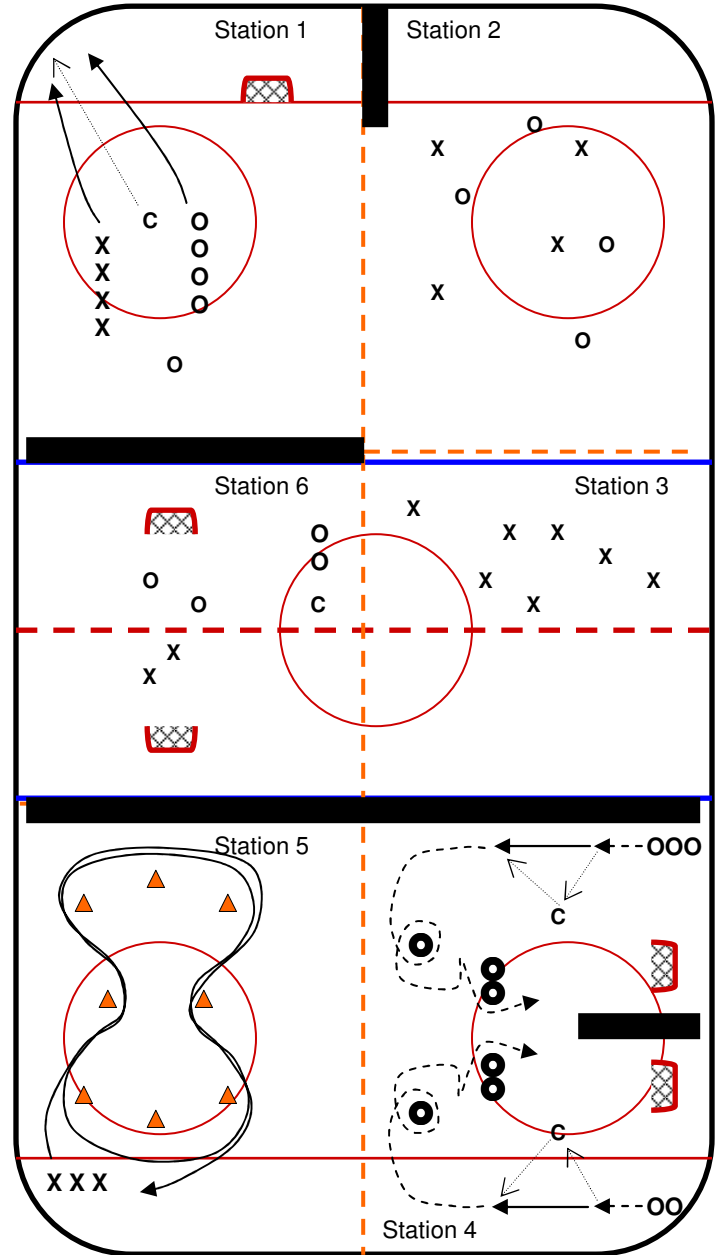
Have players make three laps through the peanut skating pattern using both cross-overs and tight turns. Have players skate both to the right and to the left, then switch to skating backwards.

Station 6: 2v2 Tight Space

Play 2v2 in small area for 30 to 40 second shifts.

Submarine Tag (9 minutes)

On the whistle, players must skate the length of the ice without being tagged. If tagged the player stands still with legs spread apart wide. To become free again a teammate must slide between their legs.



Coaching Tip:

Give short instruction and demonstrate the drill...get the kids involved quickly.

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