



Practice: 1 & 2

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Six Nets, Cones, 6-7 Softballs **Ice Time:** 50 Minutes

Warm Up: Passing with Coaches - 5 min

Players skate around the rink with puck and make passes to any coach. Coaches are stationed at various positions along the board.

Designate two additional coaches to set up stations.

Stations: 6 Stations x 6 minutes

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Skating (ABC's)

Have players put their sticks down in a row. They line up facing the sticks and perform a number of different agility movements running over the sticks. Run 1 foot over each stick, 2 feet together hop, step over sideways facing left and right, using edges to slalom between them.

Station 2: Stationary Passing

Players partner up, stand 8-10' apart and pass the softball back and forth. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body. Softballs will help force proper technique.

Station 3: Sharks and Minnows Tag

Two players are designated as the sharks to start. The minnows must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too.

Station 4: Slalom Puck Control

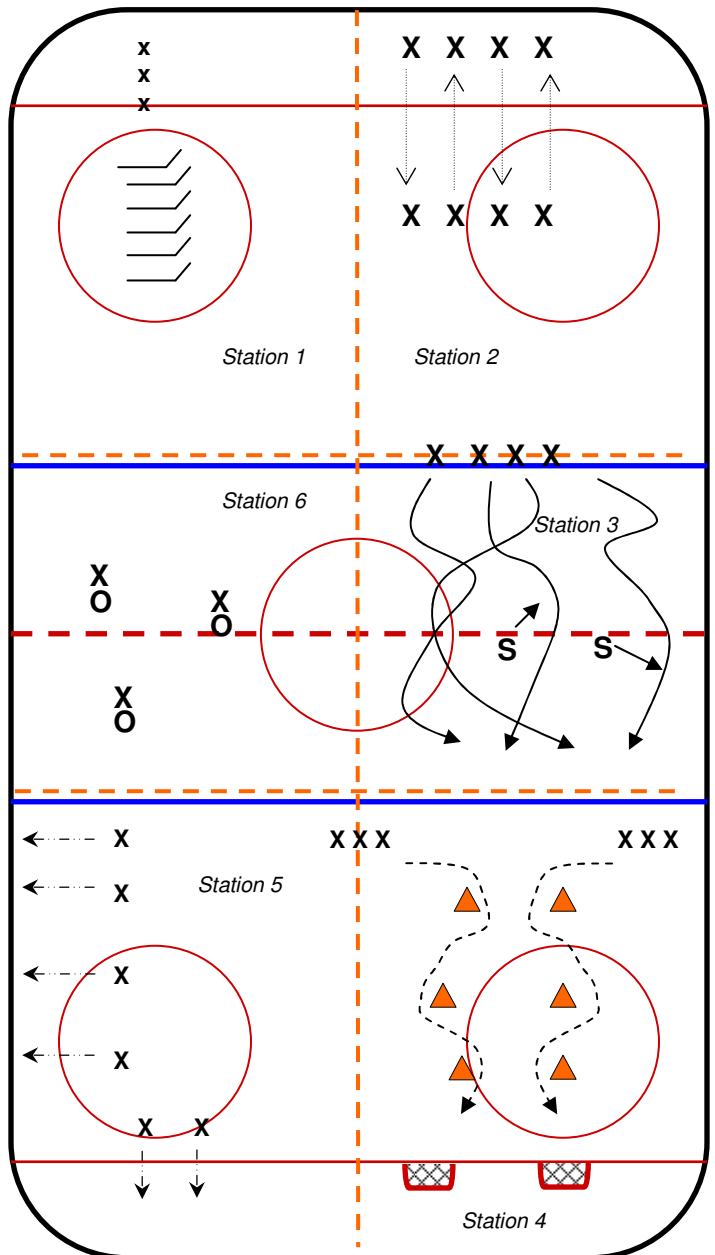
Players carry a puck through a slalom course ending with a shot on net. Emphasize proper shooting technique at the end. This can be turned into a race to force speed.

Station 5: Shooting

Have players shoot against the boards. Work on proper wrist shot technique, shooting off the proper foot, and weight distribution. Players should stand sideways to the boards so that proper weight transfer is used. Start with the puck behind the back foot and sweep puck towards target.

Station 6: 1v1 Keep Away

Have players play 1v1 keep away in a tight area. Have multiple 1v1's going at once to encourage playing in traffic areas.



Games: 4v4 Cross-Ice (9 minutes)

Play 4v4 cross-ice for the remaining time. Change every 30 seconds.

Coaching Tip:

Don't be afraid to repeat a practice before moving on to the next one in the sequence. Mite age players love repetition and knowing the activities make the practice run more efficiently.

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



Practice: 3 & 4

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Four Nets, Cones, Tires, Softballs **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 in the opposite direction.

Coaches use this time to set up stations

Stations: 6 Stations x 6 minutes

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Skating (ABC's)

Run on skates, drop to knees, drop to single knee, drop to knees and spin 360, arm circles forward, arm circles backward, arm circles 1 forward & 1 backward, 2 foot power jumps, log role to right, log role to left.

Station 2: Freeze Tag

Coach tags or selected players do the tagging. The tagged player is frozen and stands in the hockey ready position until he is set free. The tagged player is set free when someone skates a circle around him.

Station 3: Passing

Players practice passing technique on both the forehand and backhand. Players should be positioned so that they make the passes across their body. Sweep the ball when passing and keep the hands out away from the body. Use softballs to force proper technique.

Station 4: Chaos Stickhandling

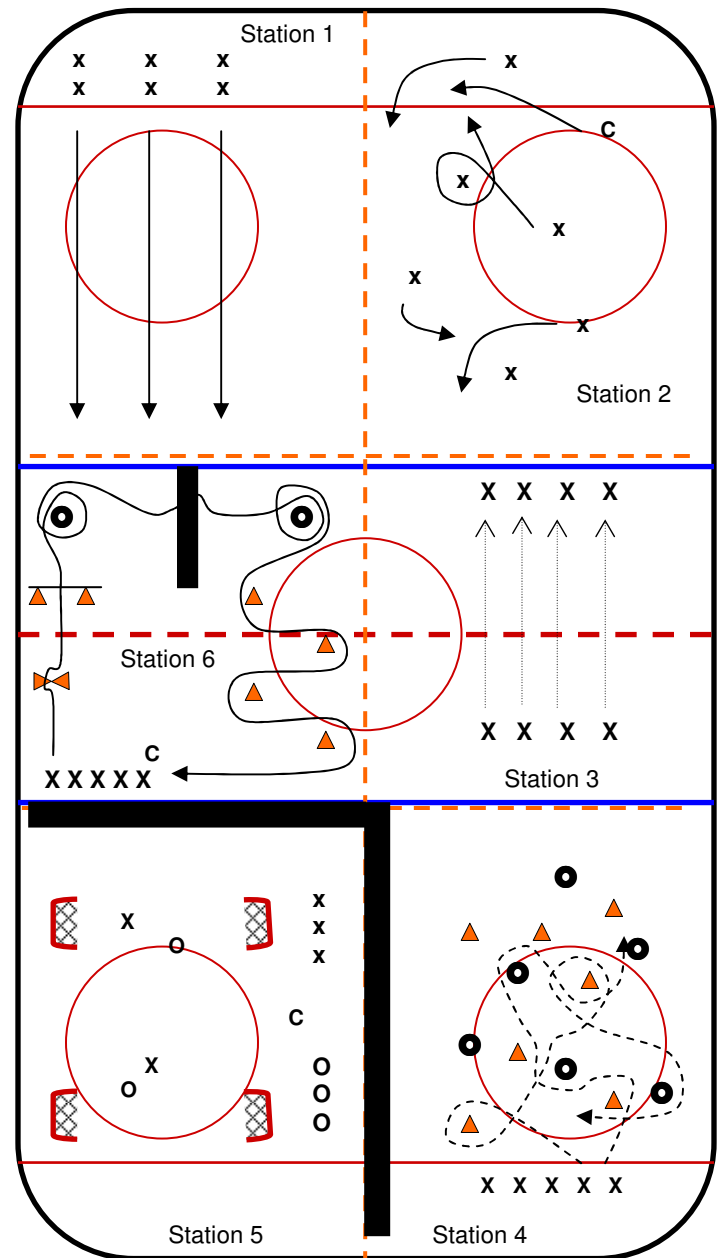
Players stickhandle skating around obstacles. All players are involved. The coach can switch to players going in pairs in a follow the leader setup. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on top of the stick like you would hold a hammer.

Station 5: 1v1 Hockey

Keep two 1v1 hockey game going with a change of players every 30 seconds.

Station 6: Obstacle Course (ABC's)

Have players begin obstacle course by starting on their knees, stomach, back, etc. Jump over obstacle, immediately followed by sliding under an obstacle. Include 360 degree turns and a slalom course. On all turns, lead with stick.



Game: Pom Pom Pull Away (9 Minutes)

Players must skate to opposite end of ice without being tagged by selected taggers. Once tagged players stand along boards. Last survivor wins.

Coaching Tip:

Have the coaches distribute the water at each station by spraying it directly to the players. Coaches handling the bottles improves the efficiency and reduces time wasted.

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



Practice: 5 & 6

Theme / Goals: Skill Development/Fun

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

Ice Time: 50 minutes

Warm Up: Passing with Coaches - 5 min

Players skate around the rink with puck and make passes to any coach. Coaches are stationed at various positions along the board.

Designate two additional coaches 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: Skating Edge Control (ABC's)

Swizzles, inside edges, outside edges, 2 foot slalom, inside edges pump, single leg alternate edges, power jumps, swizzles out jump feet together.

Station 2: Puck Control

Slalom through cones and finish with wrist shot. Next, skate full circles around each cone and finish with a wrist shot. Coach can add chaser to slalom. Check to see that each player is holding their stick properly.

Station 3: Tag with Both Feet on Ice

Players must push with inside edges and keep both feet on ice as the maneuver to escape the coach. If tagged the tagged player drops to knees until a teammate skates a circle around him and is then set free.

Station 4: Passing Shuttle

Player with puck skates 3 strides, passes to opposite line and then skates to the back of that line. Next the player with the puck skates 3 strides and passes to opposite line. Work both forehand passing and backhand passing. Remember to sweep puck.

Station 5: 3 v 3 Tight Space

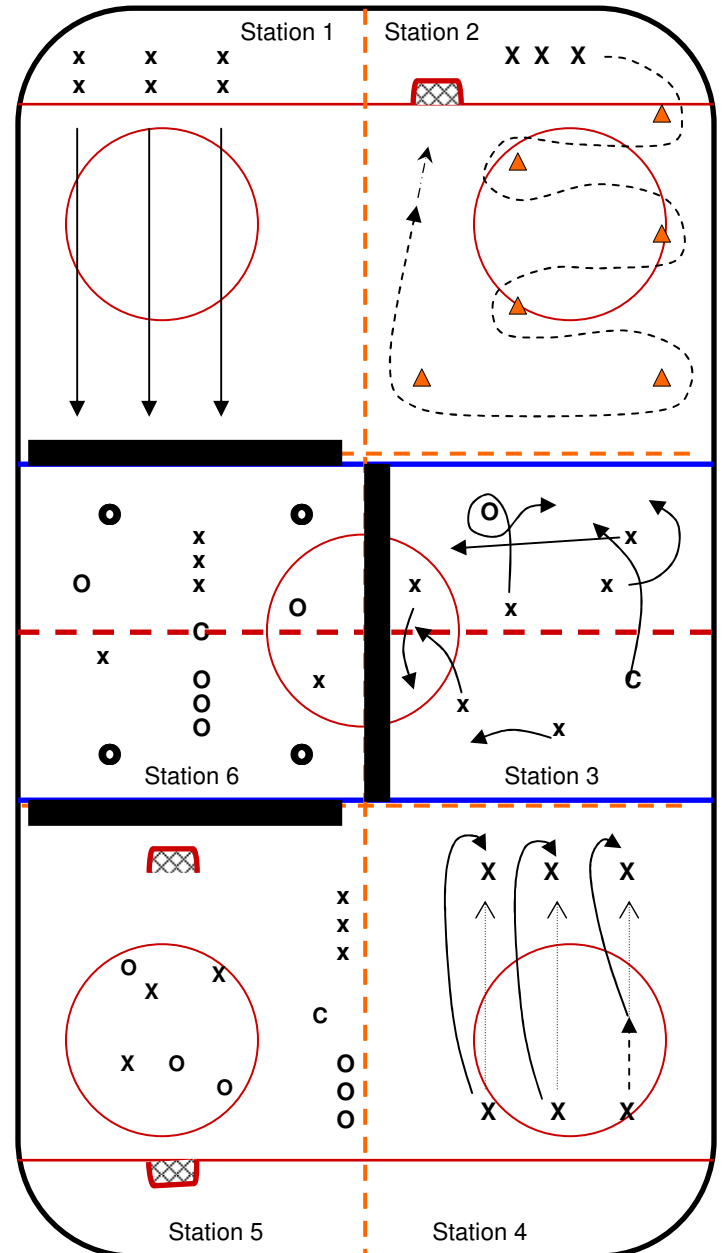
Play 3v3, change on whistle every 30 seconds.

Station 6: 1v1 or 2v2 Hit the Tire

Pass the puck off the tire to score. The coach can have two 1v1's or 2v2's going on at the same time.

Game: 4v4 Cross-Ice – 9 minutes

Play 4v4 cross ice hockey in all three zones for the remaining time.



Coaching Tip:

Good rule of thumb for running Mite practice is that coaches should talk less and players do more.

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



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

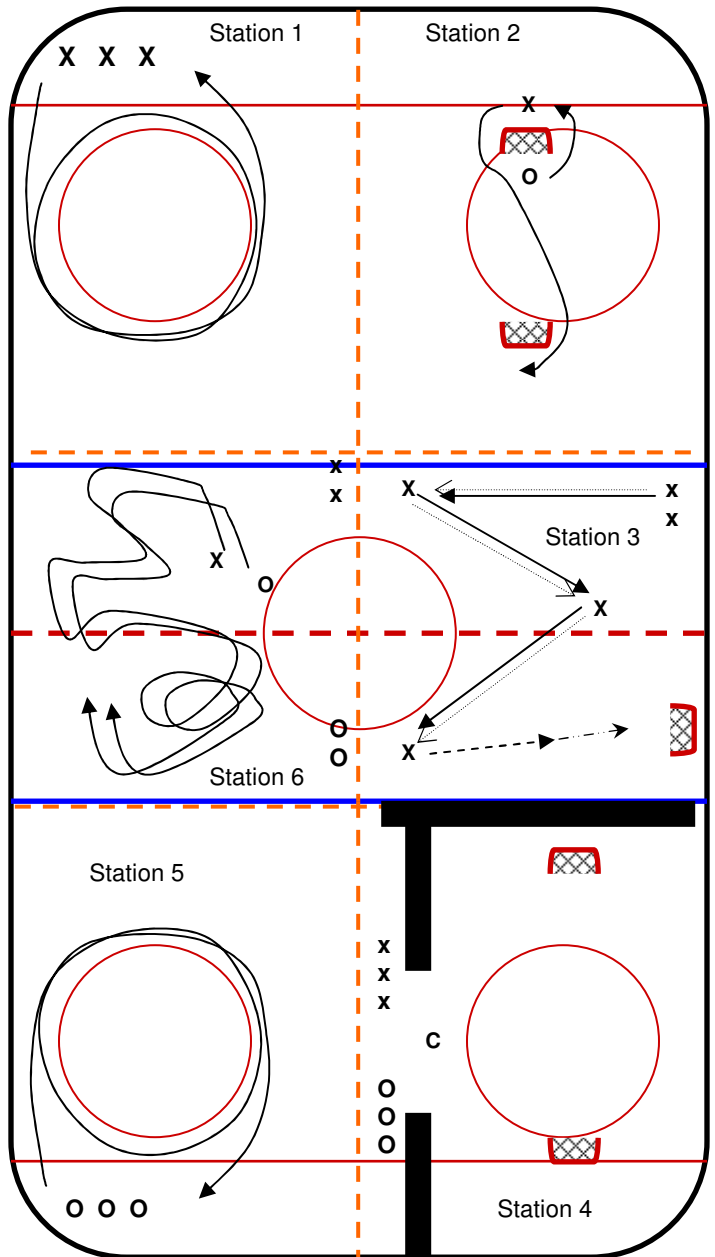
Players skate the circle working on cross-over skating technique. Keep stick to inside.

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



Practice: 9 & 10

Theme / Goals: Skill Development/Fun

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

Ice Time: 50 Minutes

Warm Up: ABC's Warm-up - 5 min

Coaches should immediately set up the dividers across each blue line. Players will skate a figure 8 around the ice surface down the middle and back along the side boards. Players must jump over the dividers and perform a superman dive at the red line down the middle and drop to their knees at the red line coming back along the boards. Mix up the agility moves.

Designate two additional coaches to set up stations.

Stations: 6 Stations x 6 minutes

On the whistle to change stations the players do one 360 jump to the right and one to the left before moving on to the next activity. Coaches distribute water at each station as players arrive.

Station 1: Puck Control

Players skate with puck through slalom and finish off with a shot on goal. Check to see that the players are holding their sticks properly.

Station 2: Shooting Technique

Player work on wrist shot technique shooting against the boards. Players should stand sideways to boards so that proper weight transfer is used. Start with puck behind back foot and sweep puck towards target.

Station 3: Soccer (ABC's)

Play soccer 5v5 or 4v4 cross ice in 40 second shifts in whatever number that allows players to participate every other shift.

Station 4: Obstacle Course

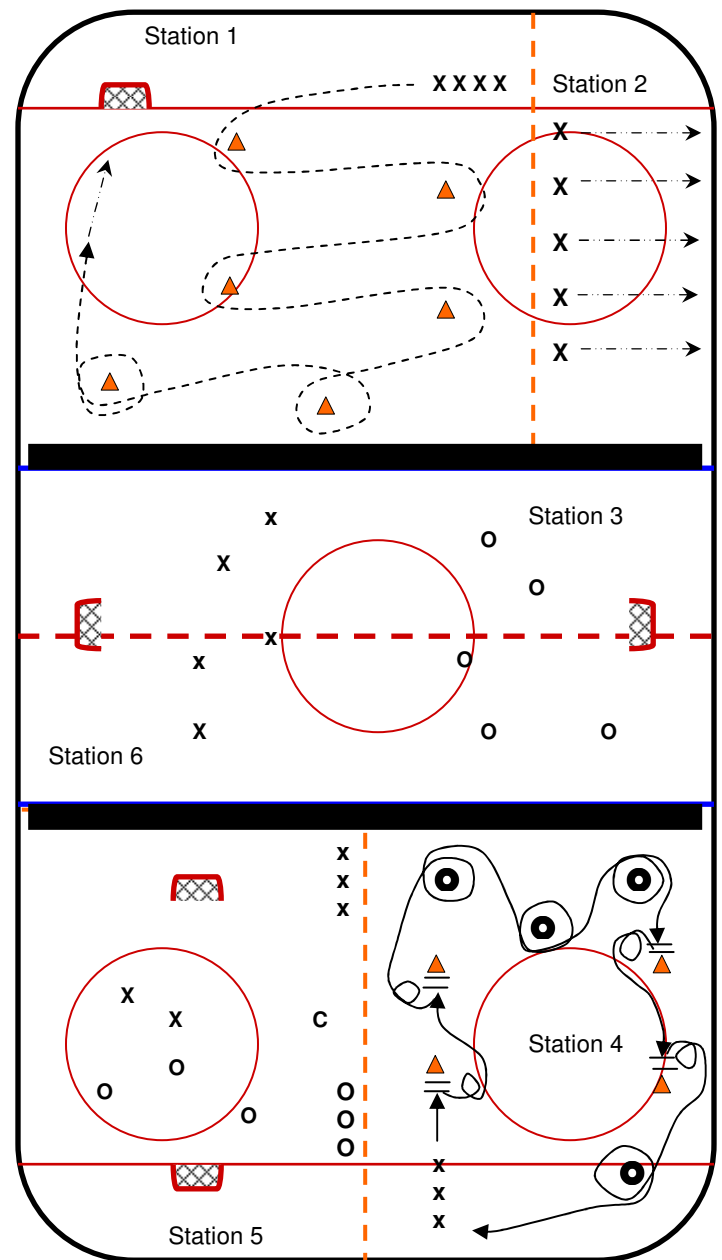
Run obstacle course to focus on stops, starts, and tight turn skating skills. Once players begin, be active and assist individual players with skating technique. Keep stick under control and blade near ice. Follow stick through course.

Station 5: 2v2 Score on Any Net

Play 2v2 in 30 to 40 second shifts. Players can score on any net. The coach continues to spot puck into play after goals are scored until the shift time is complete.

Station 6: Soccer (ABC's)

Play soccer 5v5 or 4v4 cross ice in 40 second shifts in whatever number that allows players to participate every other shift.



Game: 4v4 Cross-Ice (9 min)

Play 4v4 cross-ice hockey in all three zones for the remaining practice time.

Coaching Tip:

No Lines, no laps, no lectures...words to live by for coaching 8U Mites.

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



Practice: 11 & 12

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Four Nets, Ice Marker

Ice Time: 50 Minutes

Warm Up: Free Play – 5 minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle to change stations the players do one 360 jump to the right and one to the left before moving on to the next activity. Coaches distribute water at each station as players arrive.

Station 1: 1v1 Pit Game X2

Players compete 1v1 in a tight space scoring on opposite goal. Coach continually spots puck into play when a goal is scored. Variation: score on either net.

Station 2: Edges Around Sticks

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.

Station 3: 1v1 Keep Away & Passing

Players play 1v1 keep away in zone. On whistle to rest, players stationary pass to each other. Pass cross body and sweep puck. Forehand, backhand, bullet pass (hard as possible).

Station 4: Give Away Game

Players split into 2 teams with one team on each side of the line. Players must stay on their own side. The players attempt to shoot as many pucks as possible into the other team's zone. On the whistle to end the game the team with the fewest pucks in their zone wins. Dividers can also be used as the line in the middle so the players must lift the puck.

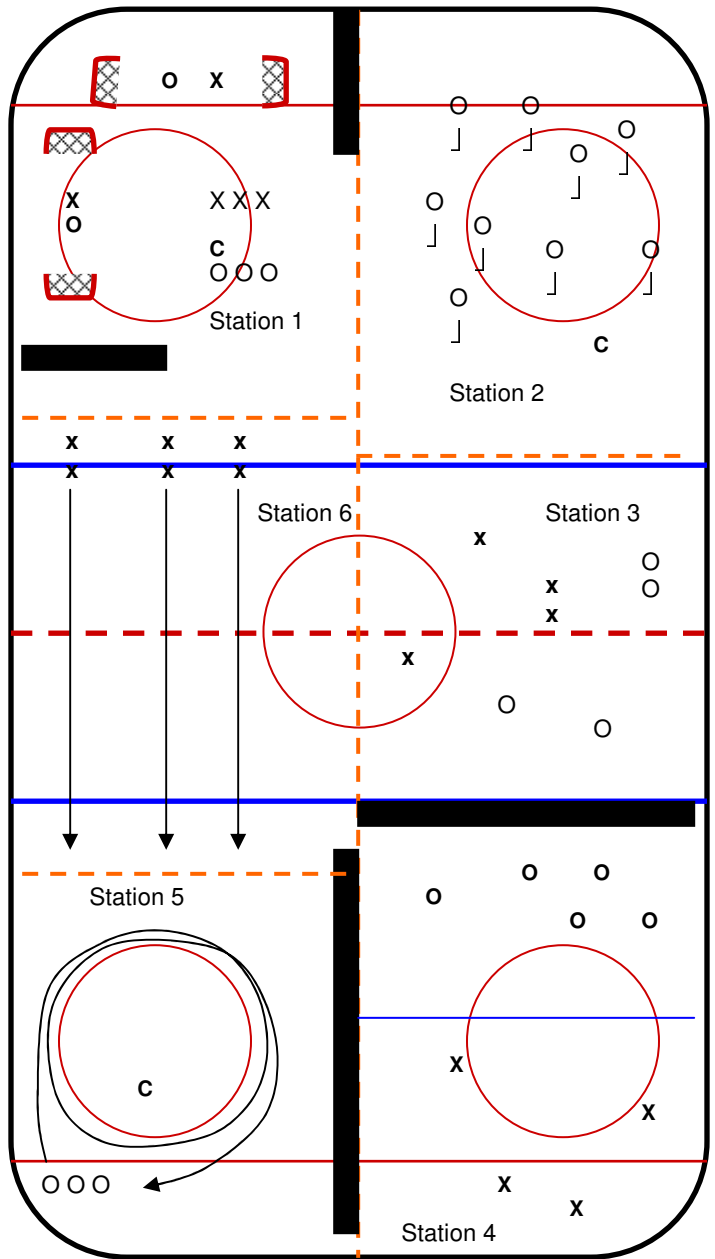
Station 5: Cross Overs Right & Left

Cross over skating technique to both right and left. Keep stick under control and to the inside.

Station 6: Skating & ABC's

Skating Technique and ABC's – Step over stick, stick through legs, drop to knees, drop to knees 360, log roll to left/right, run on skates forward, butt to heels glide, inside edge swizzles, swizzle out jump feet together, single leg stride left/right.

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



Game: Full Ice Glove Tag (9 Min)

Players must skate the length of the ice without getting hit by a glove thrown by the coaches. If the player can catch a glove before it hits the ground, they have a free pass to opposite end. Tagged players wait along the boards.

Coaching Tip:

Yell at me I will resent you
Pamper me I will not respect you
Encourage me I will never forget you



Practice: 13 & 14

Theme / Goals: Skill Development/Fun

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

Ice Time: 50 Minutes
Tennis Balls, Ringette Rings

Warm Up: ABC's Warm-up - 5 min

Coaches should immediately set up the dividers across each blue line. Players will skate a figure 8 around the ice surface down the middle and back along the side boards. Players must jump over the dividers and perform a superman dive at the red line down the middle and drop to their knees at the red line coming back along the boards. Mix up the agility moves.

Designate two additional coaches to set up stations.

Stations: 6 Stations x 6 minutes

On the whistle to change station, players do 3 hops on the left foot and 3 hops on the right foot before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: 3v3 Ringette

Play 3v3 tight space ringette. 30 second shifts and change.

Station 2: Freeze Tag

Once tagged the player drops to knees with stick out on ice. The player is unfrozen when a teammate skates a circle around him and jumps over his stick.

Station 3: Obstacle Course (ABC's)

Have players start on knees, stomach, back, etc. Jump dividers, dive under sticks and 360 around far tire. Keep stick under control and follow stick.

Station 4: Skating Tight Turns

Skate the tight turn slalom course. Half way through add pucks. Once started, work individually with players that need technical skills help. Keep stick down, under control and lead with stick.

Station 5: Puck Control Fakes

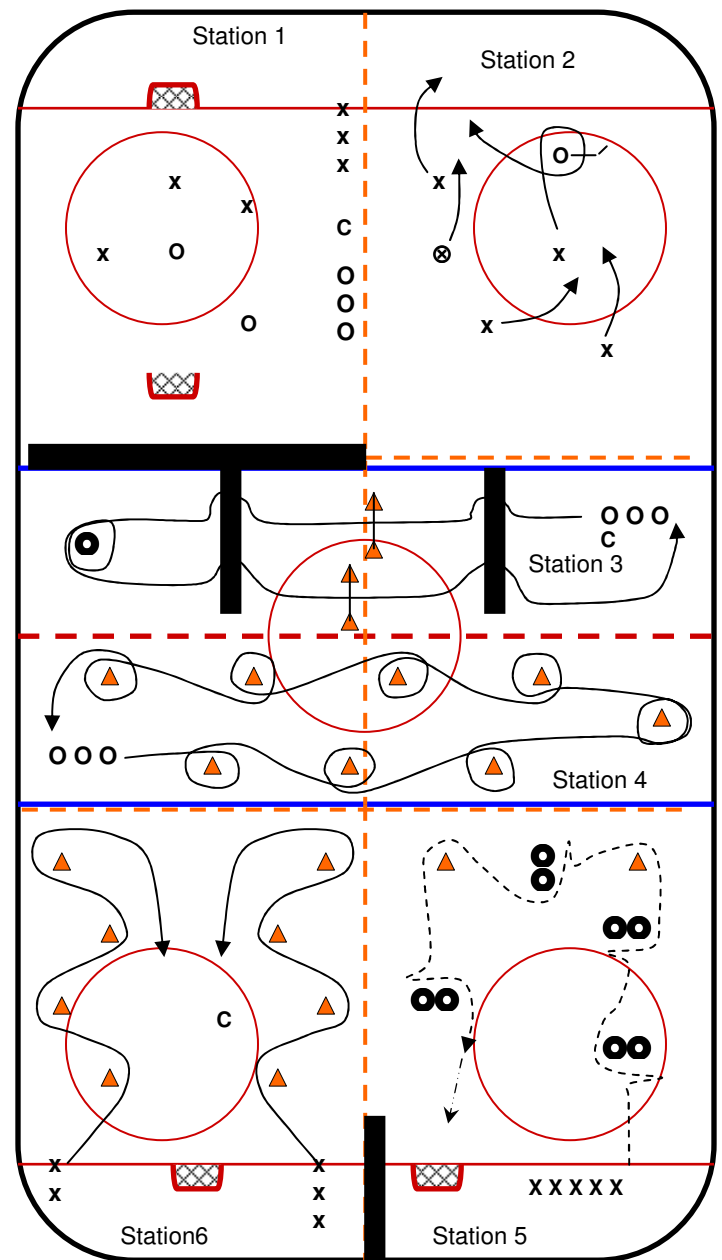
Have players attempt a wide fake at each set of double tires. Emphasize exaggerated moves and putting the puck as wide as possible. Finish off with a shot on goal.

Station 6: Loose Puck Races (ABC's)

Players race for a loose puck and finish with a shot on goal. Vary course and add extra agility. Examples, start from knees or stomach, complete 360 around cone, jumps etc. Keep stick down and under control, lead with stick.

Games: 3v3 Cross-ice w/ Tennis Balls (9 minutes)

Play cross-ice hockey in all three zones using tennis balls. Change shifts every 30 to 40 seconds.



Coaching Tip:

Play attaches the emotional engagement for kids at this age to make skills repetition fun.

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



Practice: 15 & 16

Theme / Goals: Skill Development/Fun

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

Ice Time: 50 Minutes

Warm Up: Free Play – 5 minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.)

Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle to change station, players do 3 hops on the left foot and 3 hops on the right foot before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Forward Cross Overs L/R

Work on skating technique. Each player skates two laps around the circle with the next player in line starting as player one passes in front on first lap. Coaches should work individually with players on technique as needed. Keep stick to the middle.

Station 2: Net Tag

Players evade the tagger by using the nets and tires to screen out opponent.

Station 3: Passing with Movement

Pass forehand then backhand. Catch pass and spin 360. Skate forward and pass, stop and skate backwards to starting spot.

Station 4: 2v2 Any Net

Play 2v2, with the players able to score on either net. Coach continues to spot pucks into the game when players score until the end of a 30 second shift.

Station 5: 2 on 0 Passing

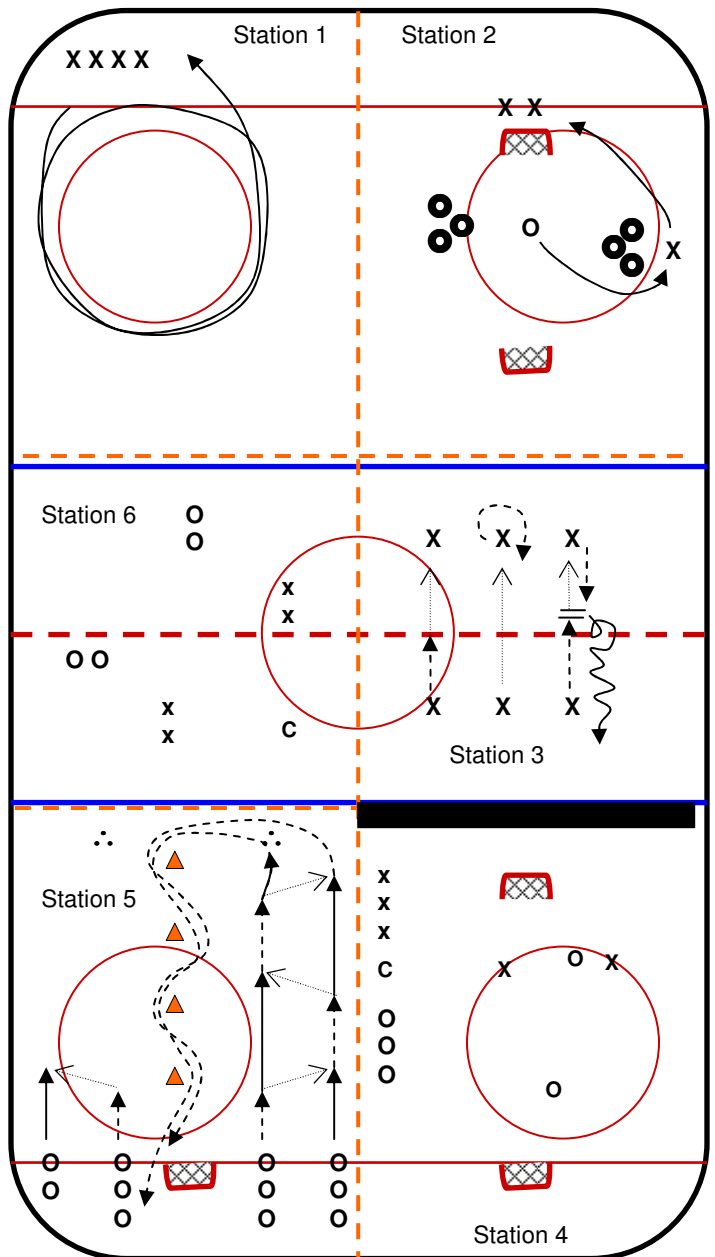
2 on 0 passing with weave back through cones. Players should change lines so they are passing on both forehand and backhand. Use proper technique and sweep the puck. Have stick on the ice to show a target on pass reception.

Station 6: Steal Pucks

Each player has a puck. On the whistle players attempt to steal other players pucks while still possessing their own.

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:

Turn the word “practice” into a positive thing!

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



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

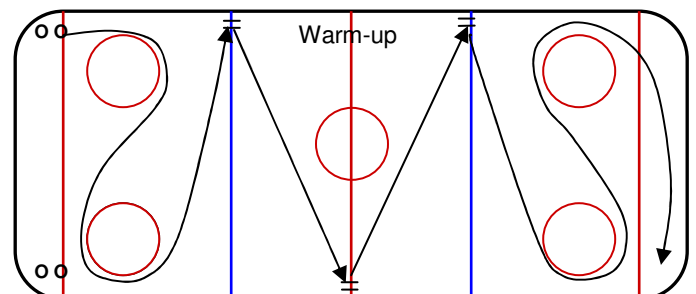
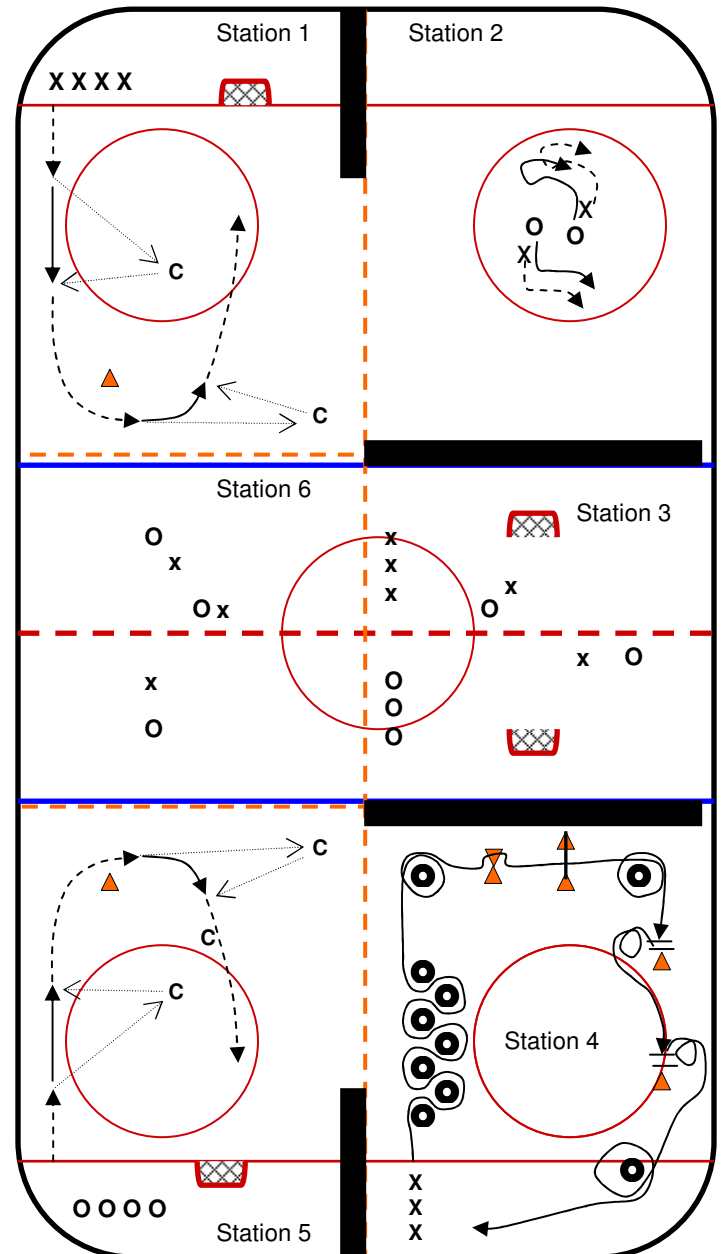
Players skate around the cone making passes to the coaches, finishing off with a shot on goal. The players must keep try to make passes without planting their feet (pass in stride). If on backhand, pass and receive on the backhand. Show a good target for reception.

Station 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



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

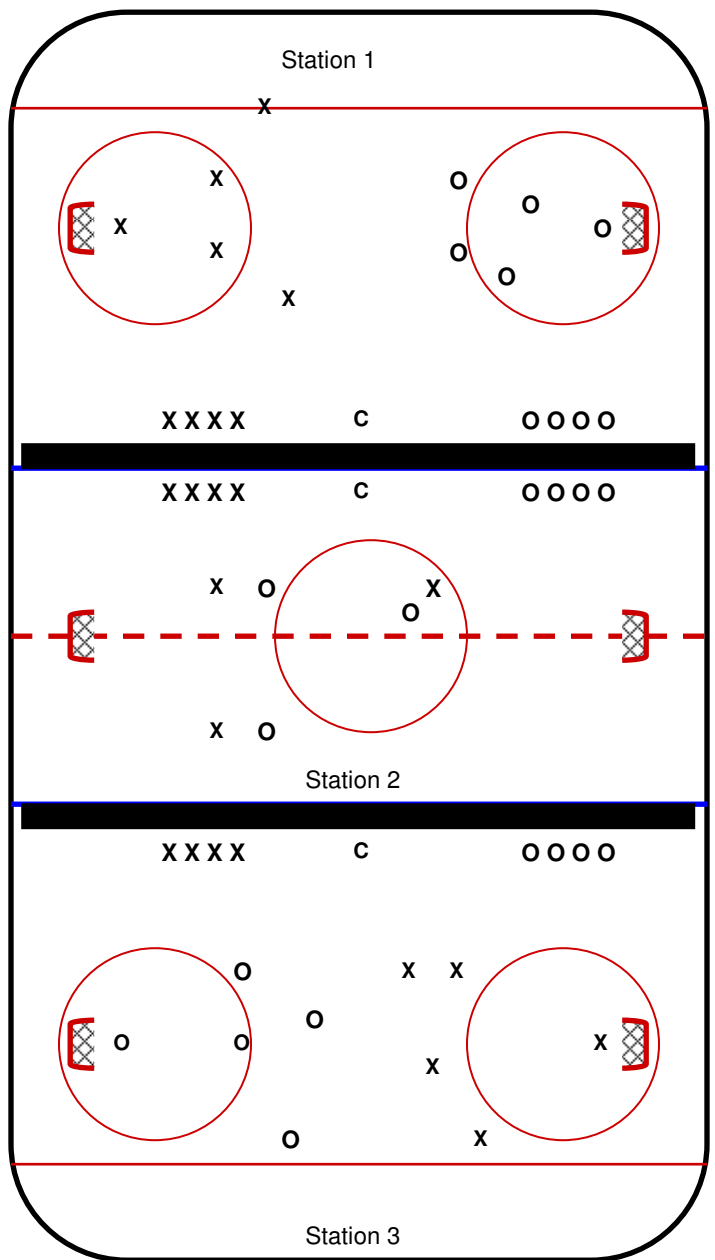
Play cross-ice hockey 5v5, 4v4 or a combination of both, whichever allows the players to play every other shift. Shift length is 45 seconds.

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



Practice: 21 & 22

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Four 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. Assign coaches to prepare stations.

Stations: 6 Stations x 6 minutes

On the whistle to change station, players drop to the ice and do two log rolls to the left and two to the right before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: 1v1v1 Keep Away

Dived players into groups of three. Players Play keep away from each other in a confined space. Encourage players to try and use their hand skills to beat their opponents instead of just skating away from them.

Station 2: Backwards Bumper Butts

Players skate backwards and attempt to run into each other knocking the others off balance. Everyone should begin with their hands on their knees. If a player is knocked down or their hands leave their knees, they are out. Last player standing – wins!

Station 3: Backwards C-Cut Starts

Coach work with players on their backwards C-cut starts and backwards skating. One coach works on left foot start and other coach on a right foot start.

Station 4: Tight Turns

Players skate 360 degree tight turns around each tire. Keep stick under control and lead with the stick blade near ice and out in front. After a few minutes add in pucks.

Station 5: Passing Lanes Game

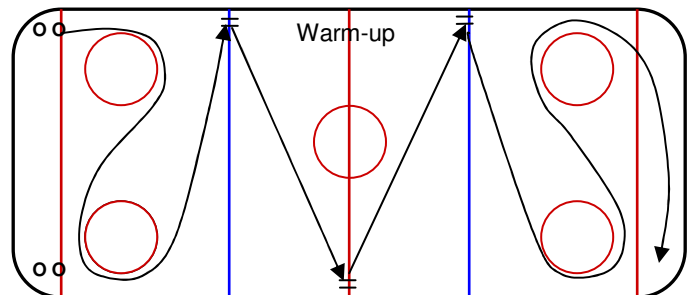
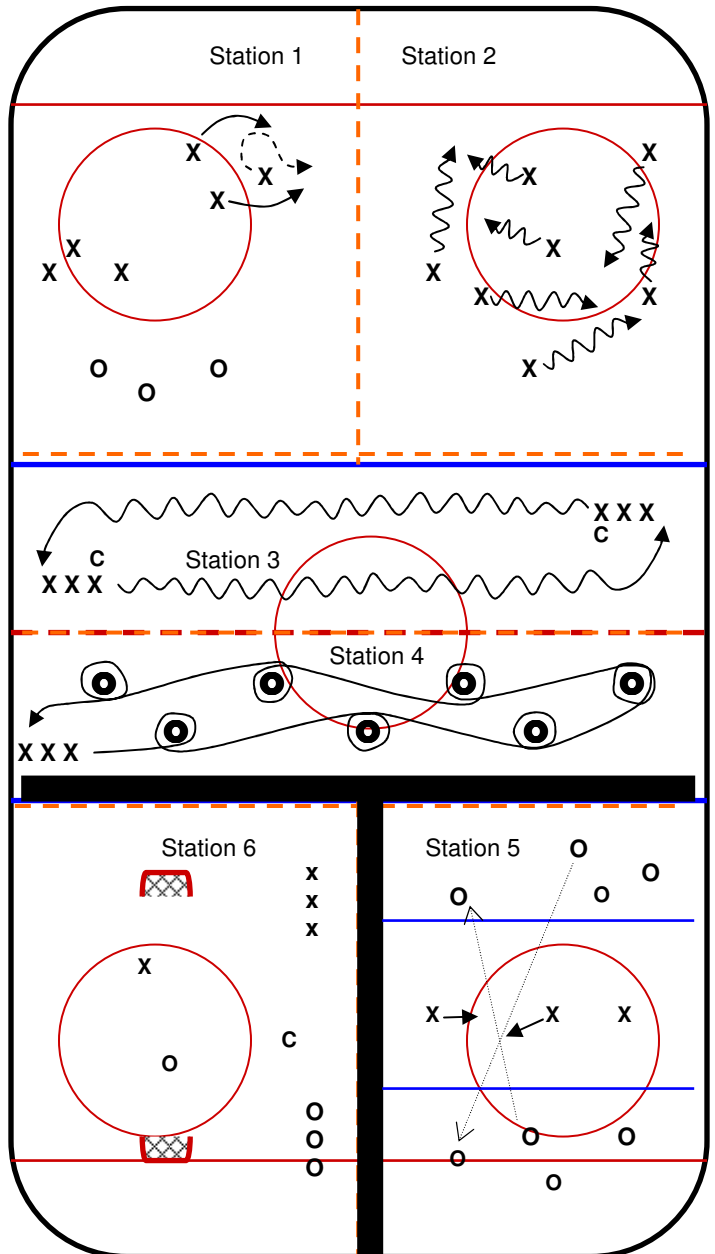
Using a marker, divide the ice into three zones. The players in the end zones attempt to pass pucks to each other through the middle zone without being intercepted. Players in the middle zone attempt to steal passes. All passes must be on the ice and direct (not off the boards). If a player in the middle zone intercepts a pass, he now becomes a new passer. The old passer moves to the middle. Keep 3 to 4 pucks in play.

Station 6: 2v2 Score Any Net

Play 2v2 in a tight space for 30 second shifts. Players can score on either net.

Game: 4v4 Cross-Ice – 9 minutes

Play 4v4 cross ice hockey in all three zones for the remaining time.



Coaching Tip: Encourage competition at the puck...win your 1v1 battle.

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



Practice: 23 & 24

Theme / Goals: Skill Development/Fun

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

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: 6 Stations x 6 Minutes

On the whistle to change station, players drop to the ice and do two log rolls to the left and two to the right before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Forward & Backwards (ABC's)

Step over stick R/L hands & F/B, stick through legs F/B, drop to knees F/B, Drop to one knee L/R & F/B, Log roll L/R. Arm circles F/B, Arm circles 1F/1B.

Station 2: 3v3 Tight Space

Play 3v3 in the defined area with 30 second shifts.

Station 3: Forward & Backwards Tag

Use the center red line as the pivot point. Players can only skate forward on one side of the line and backwards on the other. Coach or designated tagger must try to tag all players. If tagged the player is frozen until a teammate skates a circle around them and sets them free.

Station 4: 2v1 Keep Away

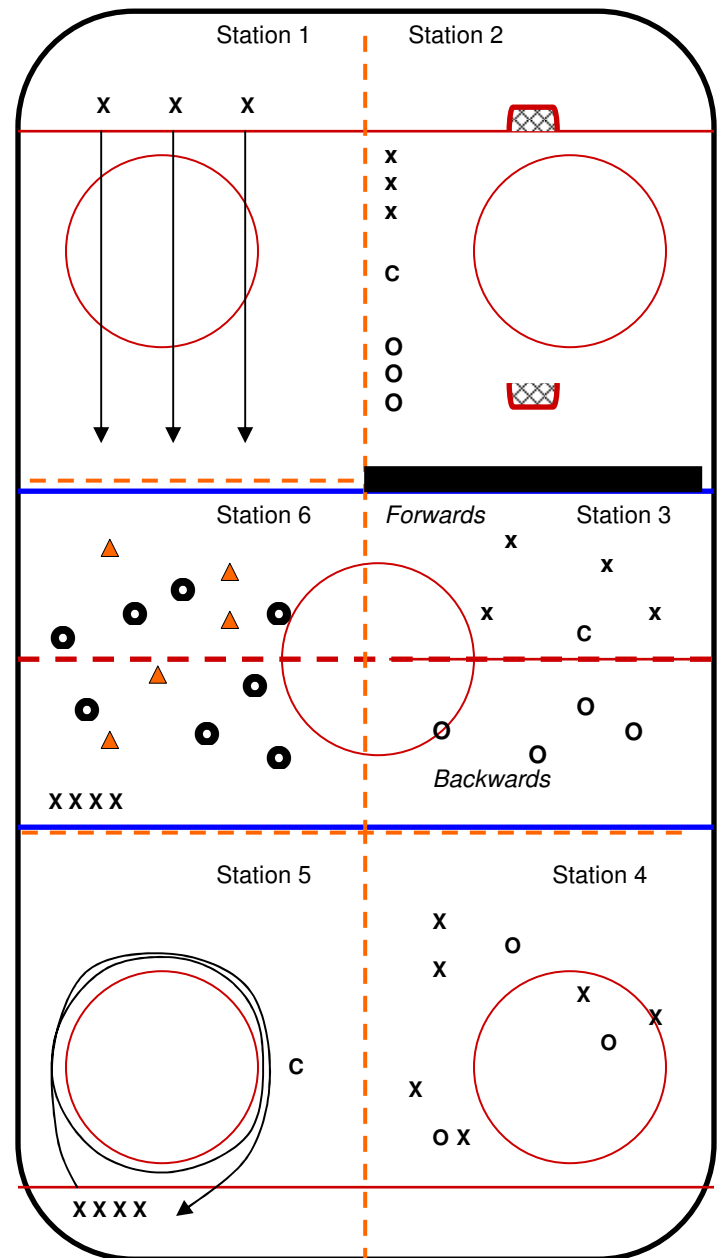
Divide players into groups of three. Two players attempt to play keep away from the other player in their group. If the puck is stolen a new player becomes the odd man out.

Station 5: Backwards Cross Overs

Work on skating technique. Each player skates two laps around the circle with the next player in line starting as player one passes in front on first lap. Coaches should work individually with players on technique as needed. Keep stick to the middle.

Station 6: Puck Control, Follow the Leader

Players go in pairs with multiple pairs involved at a time. Each player has a puck with the first player designating the course through the obstacles. The second player follows the path of the first player. Take turns as to who is leading.



Game: Pom Pom Pull Away (9 Minutes)

Players must skate to opposite end of ice without being tagged by selected taggers. Once tagged players stand along boards. Last survivor wins.

Coaching Tip:

Reducing the space forces players at all levels to think and act quicker.

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