

8U Beginner Practice Plan 1

Date: Sessions 1-3

Time: 50 minutes

No. of Players: Up to 48
(Groups of 6-8)

Practice Theme/Goals: Skating development, fun

Equipment Required: Blue pucks, mini-nets, ringettes, soccer/tennis balls

WARMUP

Free Puck Time

(5 minutes)

Let players have first five minutes of time as free play. Dump as many items as possible onto the ice and let kids play.

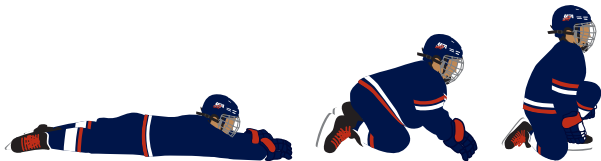
DRILLS: Groups stay in the same area for the duration of practice.

Drill 1: Getting Up

(7 minutes)

Briefly demonstrate proper technique of getting up. Have players fall to stomach and get back up into the basic hockey stance. Lie on stomach, elbows on ice with two hands straight out in front of body like superman. Using hands, move into kneeling position, place one skate on the ice and then stand up into a basic hockey stance.

Race: On coaches command, players crawl like a dog, log roll once each way and get up.



Drill 2: Basic Stance & Walking

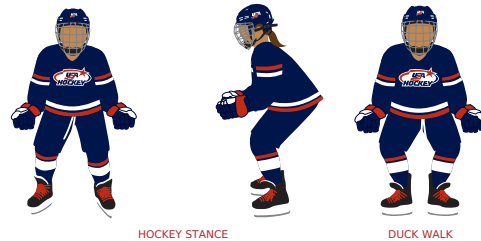
(7 minutes)

Part 1: Demonstrate and have players perform hockey stance.

Part 2: Players walk like a duck staying in the basic hockey stance.

Part 3: Rock forward onto toes and backward onto heels with knees bent while standing stationary.

Race: Duck walk forward to boards or blue line.



Drill 3: Bending & Twisting

(7 minutes)

Divide players into two teams. Create two goals using nets or stacked tires.

Time to Clean Your Room: Players pick up soccer balls, tennis balls, ringettes, blue pucks, softballs, etc., and place them in designated goals within 2 minutes. Team with most objects in goals wins.



Drill 4: Marching, Bend, Sit & Stand

(7 minutes)

Players perform stationary exercises to enhance balance.

Rag Doll: Bend over and touch toes with both hands.

Frog: Sit low in wide stance with knees bent, butt down and hands between legs.

Reach for the Sky: Raise arms above the head, wave hands side to side then place hands on helmet.

Frankenstein: March legs with arms held in front of body.

Soldier: March in place swinging arms.

Play Simon Says.



Drill 5: Agility, Balance, Coordination

(7 minutes)

Simon Says: Players perform ABC's.

Stationary: March like Frankenstein, log roll, squat like a frog, rag doll, fall down and get up, kangaroo hop, hockey stance, hands in the air, dance.

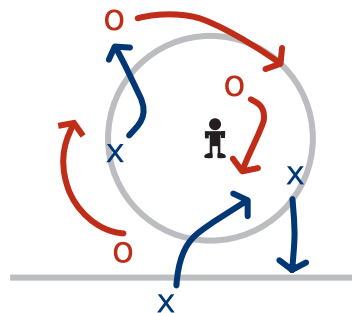
Movement: Scurry like a mouse, take quick small steps or waddle like a penguin (arms out like wings) to destination.



Drill 6: Balloons

(7 minutes)

Using blowup balloons have kids move to keep several balloons in the air at the same time.



8U Beginner Practice Plan 2

Date: Sessions 4-6

Time: 50 minutes

No. of Players: Up to 48

(Groups of 6-8)

Practice Theme/Goals: Skating development, fun

Equipment Required: Blue pucks, cones, ice marker and soccer balls

WARMUP

Free Puck Time

(5 minutes)

Let players have first five minutes of time as free play. Dump as many items as possible onto the ice and let kids play.

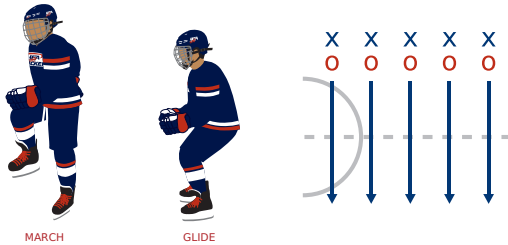
DRILLS: Groups stay in the same area for the duration of practice.

Drill 1: March with 2-Foot Glide

(7 minutes)

Divide players into Group 1 and Group 2. Players march forward 4-6 steps to generate momentum, bend knees and 2-foot glide, gliding as far as possible.

Game: who can march and glide the furthest.

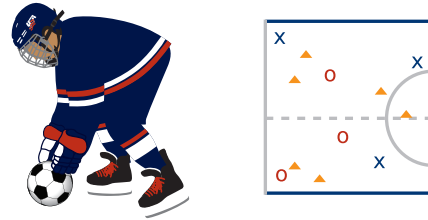


Drill 2: Soccer Hands

(7 minutes)

Hand Ball Soccer: Use soccer balls. Divide players into two teams. Make three goals with cones. Start with three balls in play and add more if you have more than six players. One ball per every two players.

- Player dribbles ball by pushing ball on ice with hands.
- Players score by dribbling ball through two cones.
- No goaltending. Players can't use goal 2 times in a row.



Drill 3: ABC's

(7 minutes)

Walking Over Obstacles: Place sticks on the ice or use ice marker to draw lines in a ladder pattern. Have players perform agility skating skills either over or around the sticks/lines, skate around cone and return back to line. After performing each drill 2 times have players race.

- Walk forward over each stick.
- Touch ice with hand between each stick.
- Walk around the sticks in an S formation.

*If you have 6-10 players, set up two lines.

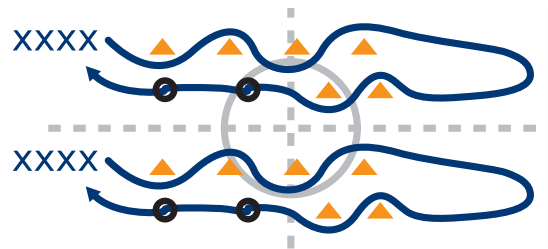


Drill 4: Relay Race

(7 minutes)

As shown or create your own.

Variation: 360 around each obstacle.



Drill 5: Inside Edges

(7 minutes)

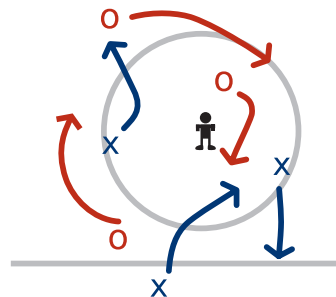
Swizzles: Put heels together to form a V position. Using inside edges, push toes outward, then toes inward making toes touch. Make the shape of a fish. Repeat creating fish forward from one end of space to the other. Create fish around 5 small cones, skate hard around 6th cone and return to line.



Drill 6: Ball Tag

(7 minutes)

Coaches throw tennis balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.



8U Beginner Practice Plan 3

Date: Sessions 7-9

Time: 50 minutes

No. of Players: Up to 48

(Groups of 6-8)

Practice Theme/Goals: Skating development, fun

Equipment Required: Blue pucks, cones, ice marker and ringettes

WARMUP

Free Puck Time

(5 minutes)

Let players have first five minutes of time as free play. Dump as many items as possible onto the ice and let kids play.

DRILLS: Groups stay in the same area for the duration of practice.

Drill 1: T-Push with 2-Foot Glide

(7 minutes)

Divide players into two groups.

Razor Scooter: Have players perform T-Push and 2-Foot Glide exercises pretending they are riding a scooter. Place the left skate behind the right skate, forming a "T". Bend knees, push down and out with left skate, gliding as far as possible on both skates. Repeat pushing with right skate. Arms are out pretending to hold handlebars.

Game: Who can push and glide the furthest.



Drill 2: Edges

(7 minutes)

2-Foot Glide Turns: Players take a few strides to gain momentum then work on glide turns up the ice around cones. Focus on bent knees, skates shoulder-width apart, head and shoulders initiate turn by leaning toward cone, lead with inside skate (make sure they do not drag toe around cone), when player reaches cone they turn toes, belly button and head towards next cone and skate to the next cone.

*Make sure to perform drill in both directions.



Drill 3: Stopping

(7 minutes)

1-Foot Snow Plow: Draw a smiley face for each player on the ice. Have players scrape off drawing with inside edge of the skate blade by turning heel out and toe in, pushing skate down and out toward 1:00 using inside edge.

Part 2: Have players take 4 strides or march forward 4 steps and 2-foot glide toward end of area. Turn toe in and heel out, push down and out with skate to stop. Keep weight on ball of foot to stop. Keep knees bent.

*Make sure to perform drill on both right and left skates.



Drill 4: Obstacle Course

(7 minutes)

Walking Over Obstacles: Place sticks on the ice or use ice marker to draw lines in a ladder pattern. Have players perform agility skating skills either over or around the sticks/lines, skate around cone and return back to line. After performing each drill 2 times have players race.

- Walk forward over each stick.
- Touch ice with hand between each stick.
- Walk around the sticks in an S formation.

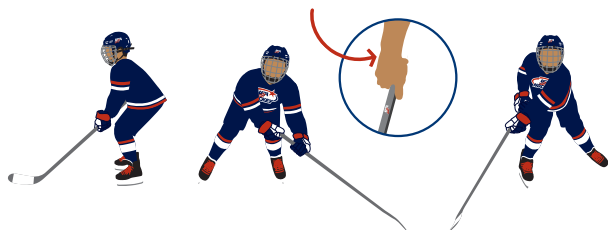
*If you have 6-10 players, set up two lines.



Drill 5: Skating with Ringette

(7 minutes)

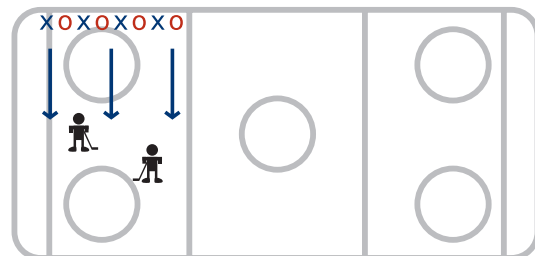
Players turn sticks over (with butt-end on ice) and skate across area moving ringette from left side to right side of the body. Alternate between narrow and wide movements.



Drill 6: British Bulldog with Ringettes

(7 minutes)

Players start at one end. 1 to 3 bulldogs (players or coaches) stand in the middle of the area. Players on the line try to skate with ringette to the other side of the area without losing ringette to the bulldog.



8U Beginner Practice Plan 4

Date: Sessions 10-12

Time: 50 minutes

No. of Players: Up to 48

(Groups of 6-8)

Practice Theme/Goals: Stick handling, skill development, fun

Equipment Required: Blue pucks, cones

WARMUP

Free Puck Time

(5 minutes)

Let players have first five minutes of time as free play. Dump as many items as possible onto the ice and let kids play.

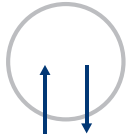
DRILLS: Groups stay in the same area for the duration of practice.

Drill 1: Forward Stride and Stopping

(7 minutes)

Players execute forward stride alternating legs to end of area and ending with a snow plow stop. Ensure that players are in hockey stance with knees bent and head and chest up when executing snow plow stop. With weight on right leg, turn left foot out slightly to the side, push down and to the side pressing the inside edge blade into the ice. Extend leg completely. Recover back to leg aligning the knees back into a hockey stance.

X O X O X O X O



FORWARD STRIDE



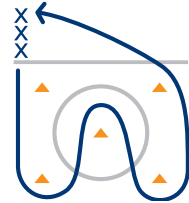
SNOW PLOW STOP

Drill 2: Edges

(7 minutes)

2-Foot Glide Turns: Players take a few strides to gain momentum then work on glide turns up the ice around cones. Focus on bent knees, skates shoulder-width apart, head and shoulders initiate turn by leaning toward cone, lead with inside skate (make sure they do not drag toe around cone), when player reaches cone they turn toes, belly button and head towards next cone and skate to the next cone.

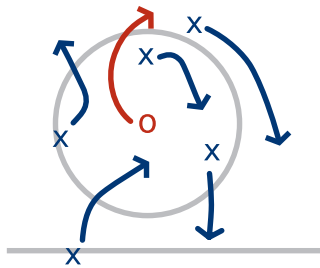
*Make sure to perform drill in both directions.



Drill 3: Freeze Tag

(7 minutes)

Select one player to be the tagger. When a player gets tagged they must stand still (frozen) until a teammate touches them to become free again.

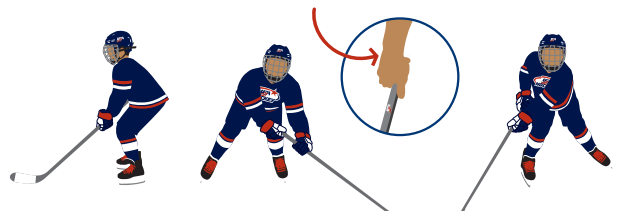


Drill 4: Stationary Puck Handling

(7 minutes)

Players spread out in designated zone facing coach. Using the progression below, have players stickhandle with a puck. Emphasize stance, weight transfer and rolling of wrists.

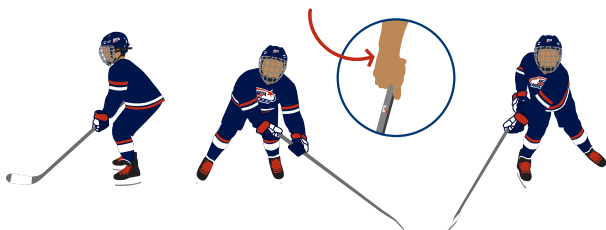
- 30 seconds of tight dribbling (2 times)
- 30 seconds of wide dribbling (2 times)
- 30 seconds of dribbling on side of body (2 times)
- Stick handling with slow movement (2 times)



Drill 5: Skating with Puck

(7 minutes)

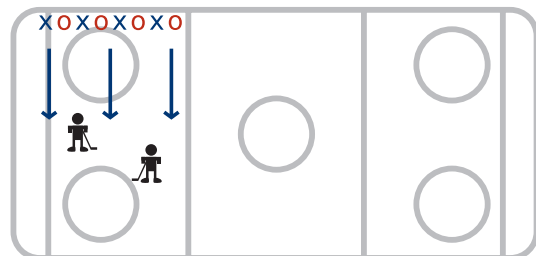
Players move with puck and skate across area moving puck from left side to right side of the body. Alternate between narrow and wide puck movements.



Drill 6: British Bulldog with Blue Pucks

(7 minutes)

Players start at one end. 1 to 3 bulldogs (players or coaches) stand in the middle of the area. Players on the line try to skate with a blue puck to the other side of the area without losing the puck to the bulldog.



8U Beginner Practice Plan 5

Date: Sessions 13-15

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skill development, fun

Equipment Required: Blue pucks, cones (2), nets (5), soccer balls, ice marker

WARMUP

Free Puck Time

(5 minutes)

Let players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids play.

STATIONS

On the whistle, players drop to knees and get up three times before changing stations.

Station 1: Ball Tag

(8 minutes)

Coaches throw balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

Station 2: Skating

(8 minutes)

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.

Station 3: Musical Tires

(8 minutes)

Players skate around the tires. On coach's signal players try and sit in the tire. Player that is not in tire is out. Take a tire out and start again until there is one player left. It is important to have multiple games going on at once so players are active.

Station 4: Mosh Pit

(8 minutes)

Split player in two teams, and fill the inside of the box with tennis balls or other lightweight object. On coaches signal player will skate through opening, grab one tennis ball, skate back out and place it in the tire. The team that has the most tennis balls in the tire wins.

Variation: If players are more advanced, close off openings and have them jump over barrier.

Station 5: Obstacle Course

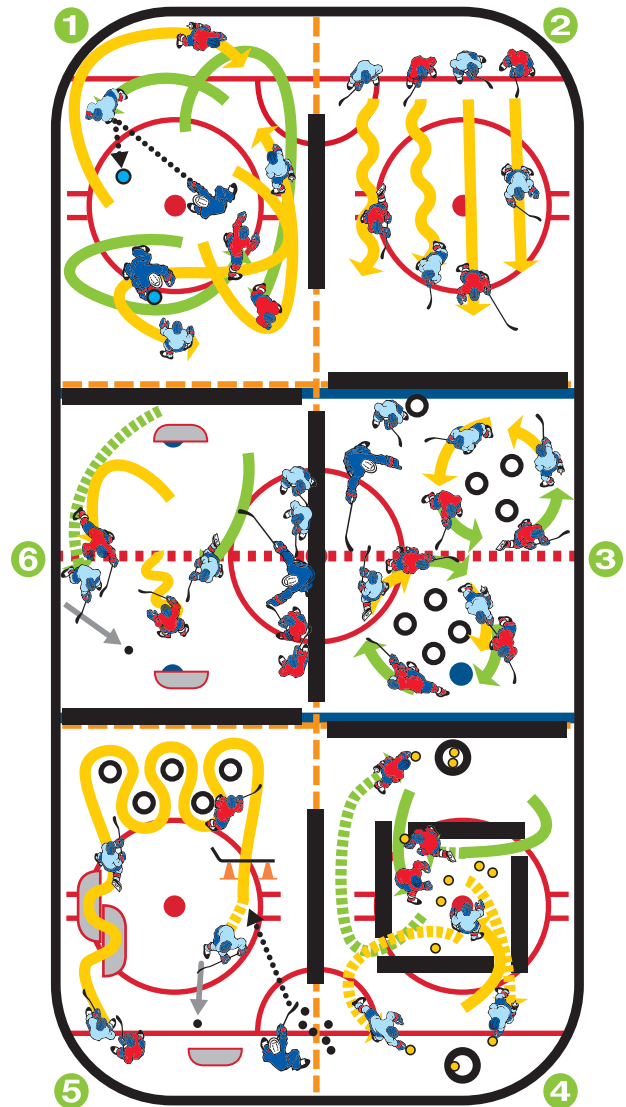
(8 minutes)

Players skate through the nets, weave through tires on inside edge, then finish by diving under stick (that is placed on top of 2 cones) and finish with a shot on net. Next player starts when first player gets to first tire.

Station 6: Hockey Game

(8 minutes)

In your area, play 2v2 hockey. Use tires or cones as goal markers if you do not have enough mini-nets.



8U Beginner Practice Plan 6

Date: Sessions 16-18

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skill development, fun

Equipment Required: Blue pucks, cones, tires, nets (4), ice marker

WARMUP

Free Play Time

(5 minutes)

Let players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids play.

STATIONS

On the whistle, players drop to knees and get up three times before changing stations.

Station 1: Sharks and Minnows

(8 minutes)

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 2: Hit the Bucket

(8 minutes)

Give players plenty of pucks and have them spread out around the outside of the face-off circle. Players try to pass or shoot the puck to hit and move the bucket, ball, ring, or whatever object is used. The objective is to move the object outside the circle. Position players perpendicular to the bucket so that they shift weight and sweep the puck.

Station 3: Chaos Puck Handling

(8 minutes)

Players stickhandle skating around obstacles. All players are involved. 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. Use ringette rings instead of pucks.

Station 4: Scatter Puck

(8 minutes)

All players have a blue puck. Divide the players into 2 teams. Each team must stay on their designated half of the area. For 30 seconds players shoot blue pucks to the other team's side of the ice. Team with the least number of pucks on their side when time runs out wins. Repeat several times. **Coaching Point:** emphasize sweeping the puck.

Station 5: Hockey Game

(8 minutes)

In area, play 2v2 hockey. Use tires or cones as goal markers if you do not have enough mini-nets.

Station 6: ABC's – Obstacle Course

(8 minutes)

Relay Race: Divide players into 2 teams. Lay sticks in suggested pattern.

Part 1: Have players walk laterally over each stick, glide turn around cone, forward stride back to line tagging next player. End with a snow plow stop.

Part 2: Players step over sticks, glide turn around cone and forward stride to line tagging next player.

Part 3: Players weave in and out of sticks. Glide turn around cone and forward stride to line.

