

8U Advanced Practice Plan 1

Date: Early Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Angling, 1v1 play, skating, fun

Equipment Required: Borders, nets (5), tires (3), light and dark hockey socks

WARMUP

Pivot Around Pads

(8 minutes)

Split into groups of 2-3 players at each pad, based upon mobility level of the players. This will allow everyone to keep moving. Start with forward-to-backward pivots and backward-to-forward pivots at each end. Change to forward crossovers and backward crossovers. Make sure to go both ways. Pull players aside that need additional instruction.

STATIONS

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity.

Station 1: 1v1 Keep-Away & Passing

(7 minutes)

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). Players must perform a fake before each pass.

Station 2: 1v1 Angling

(7 minutes)

The first player starts with puck and must go behind the vacant net before attacking the goaltender. The defensive player will angle offensive player when coming out from behind the vacant net to defend (the offensive player does not have to stop behind the net, let them play out the different situations on their own).

Station 3: Sock Game

(7 minutes)

Each player starts with a dark and a light hockey sock stuck hanging out of their pants. Divide the group into two teams. On signal to start, players must try to steal their opponents colored sock while protecting their own. If a player has both socks stolen, they sit out until the round is completed. Repeat for remaining time.

Station 4: Tire Push Game

(7 minutes)

Players are split into two teams. Each team must push the tires across the ice and touch the tire to the boards on the opponent's side of the rink to score a point. Have multiple tires in play. When a goal is scored, coach drops the tire back at center ice.

Station 5: Truck, Trailers & Dogfight

(7 minutes)

Have players pair up, each with a puck. Designate which player is the truck and which player is the trailer to start. On the signal to start, the trucks try to shake their trailer and the trailer attempts to stay directly behind and as close as possible to their truck. After 30 to 40 seconds, switch trucks and trailers. Dogfight: Have the trailer try to touch the truck's skate with their puck. When touched by puck, players switch roles.

Station 6: Offense, Defense, Out

(7 minutes)

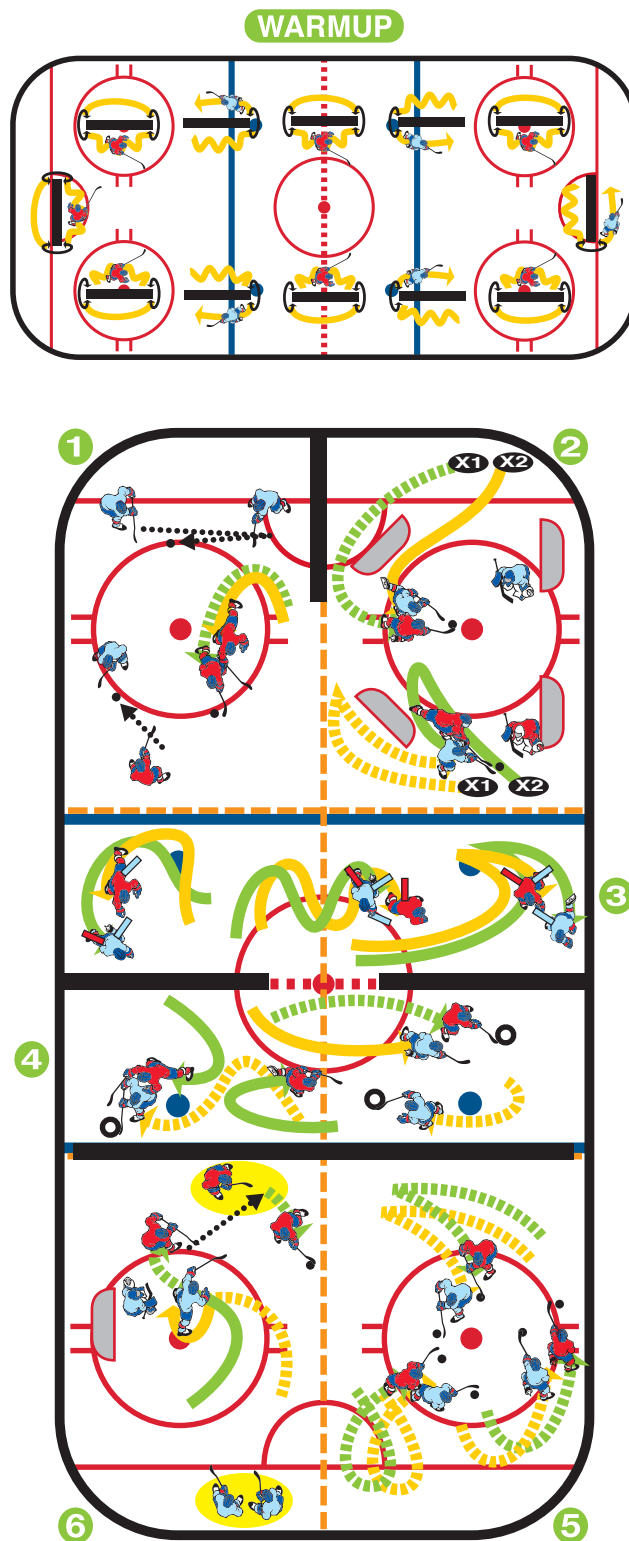
Play starts as a 1v1. When the defender steals the puck, they must pass to their waiting teammate who becomes the new offensive player. The original offensive player becomes the new defender and the original defender exits the play.

GAME

Sharks & Minnows with Pucks

(10 minutes)

Start with a few sharks in the middle without pucks, everyone else at the end boards with a puck. On the signal from the coach, the minnows attempt to carry their puck to the opposite end of the ice. If a shark steals their puck, the minnow then becomes a shark as well. Play until all the minnows become sharks. **Variation:** When a shark steals a minnow's puck, they become a minnow and carry the puck to the end. The minnow whose puck was stolen becomes a new shark and must try to take someone else's puck.



8U Advanced Practice Plan 2

Date: Early Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Puck battles, body position, skating

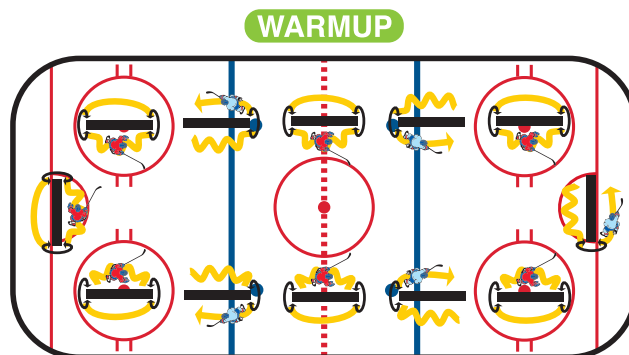
Equipment Required: Borders, nets (6), cones, tires, ringettes

WARMUP

Pivot Around Pads

(8 minutes)

Split into groups of 2-3 players at each pad, based upon mobility level of the players. This will allow everyone to keep moving. Start with forward-to-backward pivots and backward-to-forward pivots at each end. Change to forward crossovers and backward crossovers. Make sure to go both ways. Pull players aside that need additional instruction.



STATIONS

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

(7 minutes)

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

Station 2: Lord of the Rings

(7 minutes)

Start game with 1 less ring than the number of players. On the signal to start, the players attempt to grab a ring with their overturned stick and keep possession until the coaches single to stop. After each stoppage, remove a ring for the game.

Station 3: Passing Game

(7 minutes)

Each team tries to score on the opponent's net. The puck cannot be carried over the red line; it must be passed to a teammate. Play 3v3 or use the whole group with multiple pucks.

Station 4: Inside Outside

(7 minutes)

Split the players into two groups with all players possessing a puck. One group starts inside the circle, the other outside the circle. On the coach's signal, the inside group tries to speed up stickhandling to avoid the other players. The outside group skates at a comfortable speed clockwise around the outside of the circle. Switch inside and outside groups every 30 seconds. Switch to counterclockwise after a few reps.

Station 5: Peanut Race, Crossovers

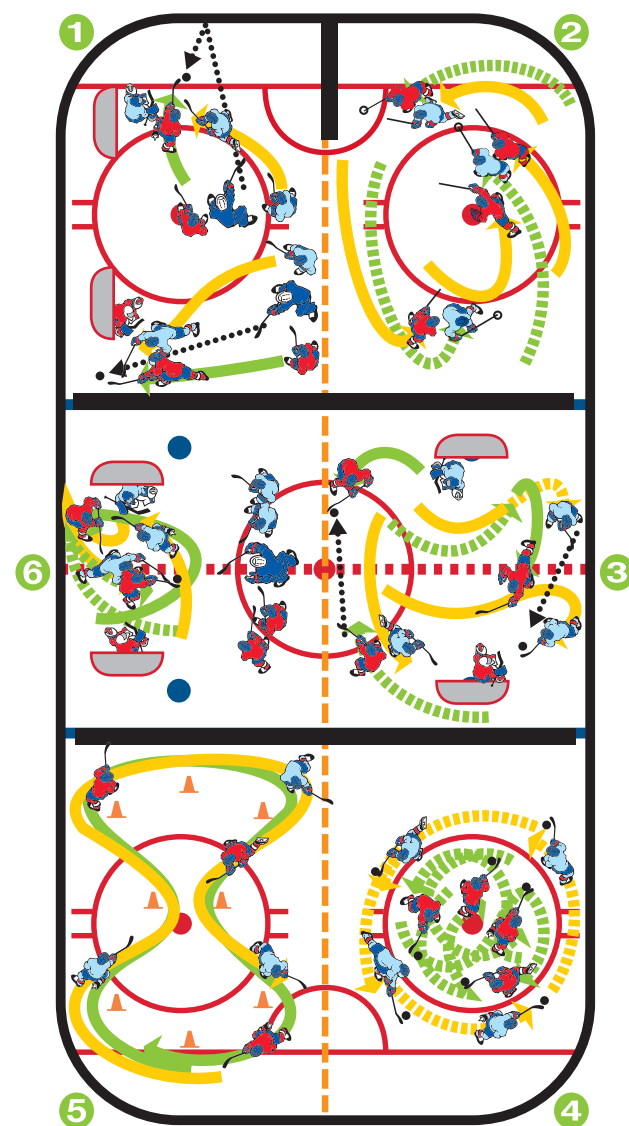
(7 minutes)

Have players make three laps through the peanut skating pattern using both crossovers and tight turns. Have players skate both to the right and to the left, then switch to skating backward.

Station 6: 2v2 Tight Space

(7 minutes)

Play 2v2 in small area for 40- to 60-second shifts.



GAME

Sharks & Minnows with Pucks

(10 minutes)

Start with a few sharks in the middle without pucks, everyone else at the end boards with a puck. On the coach's signal, the minnows attempt to carry their puck to the opposite end of the ice. If a shark steals their puck, the minnow then becomes a shark as well. Play until all the minnows become sharks. **Variation:** When a shark steals a minnow's puck, they become a minnow and carry the puck to the end. The minnow whose puck was stolen becomes a new shark and must try to take someone else's puck.

8U Advanced Practice Plan 3

Date: Early Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Puck control, agility skating

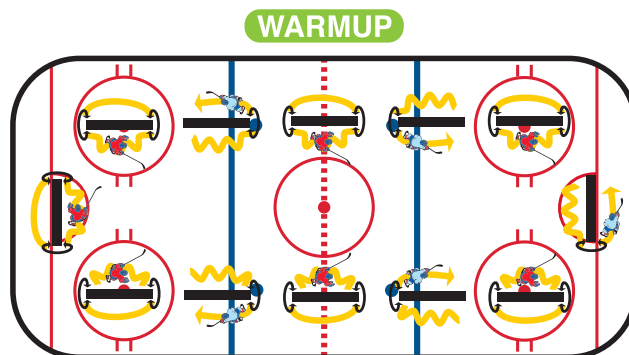
Equipment Required: Borders, nets, tires

WARMUP

Pivot Around Pads

(8 minutes)

Split into groups of 2-3 players at each pad, based upon mobility level of the players. This will allow everyone to keep moving. Start with forward-to-backward pivots and backward-to-forward pivots at each end. Change to duck feet or 360° outside-to-inside spin at each end of the pad. Make sure to go both ways. Pull players aside that need additional instruction.



STATIONS

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: Tire Push Race

(7 minutes)

In a relay race, players push a small golf cart tire around the far obstacle. Emphasize knee bend and driving with the legs.

Station 2: Chaos with Agility

(7 minutes)

Every player has a puck. Players skate around in a small area trying to avoid others. Players are not to shoot the pucks, as the goal is to maintain possession. Encourage them to try different maneuvers and to weave around the other kids. On coach's signal, players perform some agility skating (figure 8, stops and starts both ways, inside edges, etc.) then return to Chaos Puck Control.

Station 3: Box Tag

(7 minutes)

Use 6 divider pads to create a rectangle box. Have one player start as the tagger inside the box. The rest of the players try to jump inside and then jump back outside the box without being tagged while staying on their skates. If tagged, they become the new tagger.

Station 4: Offense, Defense, Out

(7 minutes)

Play starts as a 1v1. When the defender steals the puck, they must pass to their waiting teammate who become the new offensive player. The original offensive player becomes the new defender and the original defender exits the play.

Station 5: Chaos Passing

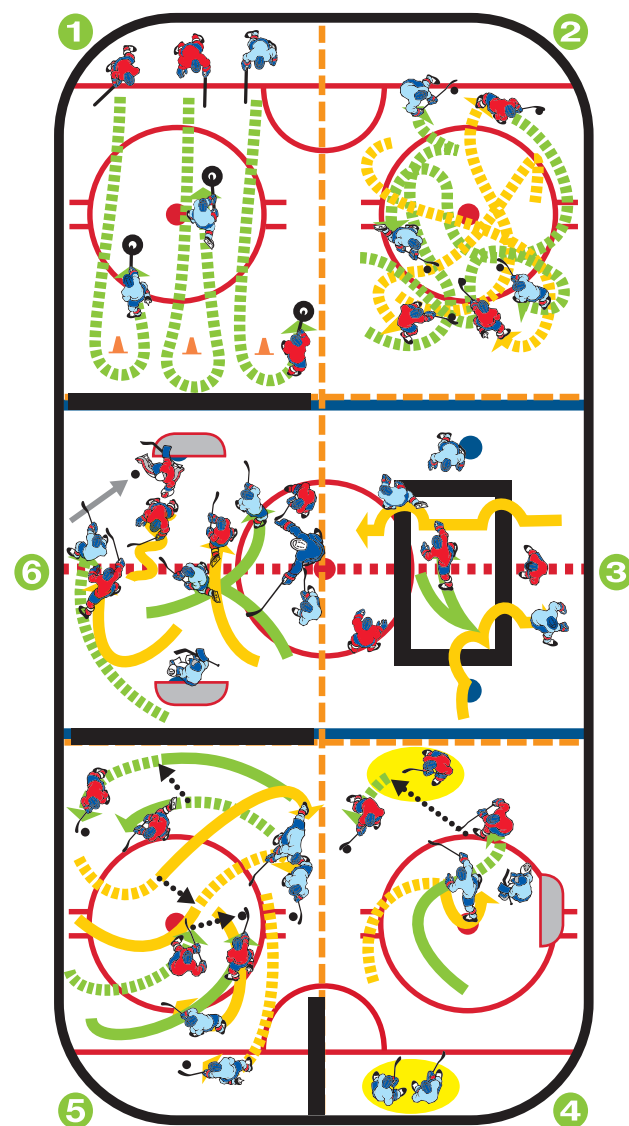
(7 minutes)

Have players pair up and move around the zone passing with their partner while avoiding the other players. After a few minutes, begin to reduce the space. Find a balance between success and failure for the players.

Station 6: 3v3 Tight Space

(7 minutes)

Play 3v3 in a tight space with 40- to 60-second shifts.



GAME

Cross-Ice Hockey

(10 minutes)

Divide the players into teams so kids can play every other shift 3v3 or 4v4 cross-ice. Use 2 or 3 zones depending upon numbers. Play for 50- to 60-second shifts. Change players on the whistle.

8U Advanced Practice Plan 4

Date: Mid-Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skill development, fun

Equipment Required: Borders, nets (6), tires

WARMUP

Trucks, Trailers and Dogfight

(8 minutes)

Have players pair up, each with a puck. Designate which player is the truck and which player is the trailer to start. On the signal to start, the trucks try to shake their trailer and the trailer attempts to stay directly behind and as close as possible to their truck. After 30 to 40 seconds, switch trucks and trailers. Dogfight: Have the trailer try to touch the truck's skate with their puck. On touch, players switch roles. Condense the space to increase the conflict and encourage awareness.

STATIONS

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: Border Tag with Puck

(7 minutes)

Players pair up starting on each side of a divider pad, one with a puck and one without. The player without the puck attempts to steal their partner's puck without stepping over the barrier. On change of possession, switch roles and start over.

Station 2: 1v1 Angling

(7 minutes)

The first player starts with puck and must go behind the vacant net before attacking the goaltender. The defensive player will angle the offensive player when coming out from behind the vacant net to defend (the offensive player does not have to stop behind the net; let them play out the different situations on their own).

Station 3: Forward and Backward Tag

(7 minutes)

Use the center red line as the pivot point. Players can only skate forward on one side of the line and backward 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

(7 minutes)

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: 2v2 Tight Space

(7 minutes)

Play 2v2 in a tight space with 40- to 60-second shifts.

Station 6: 1v1 Hit the Tire

(7 minutes)

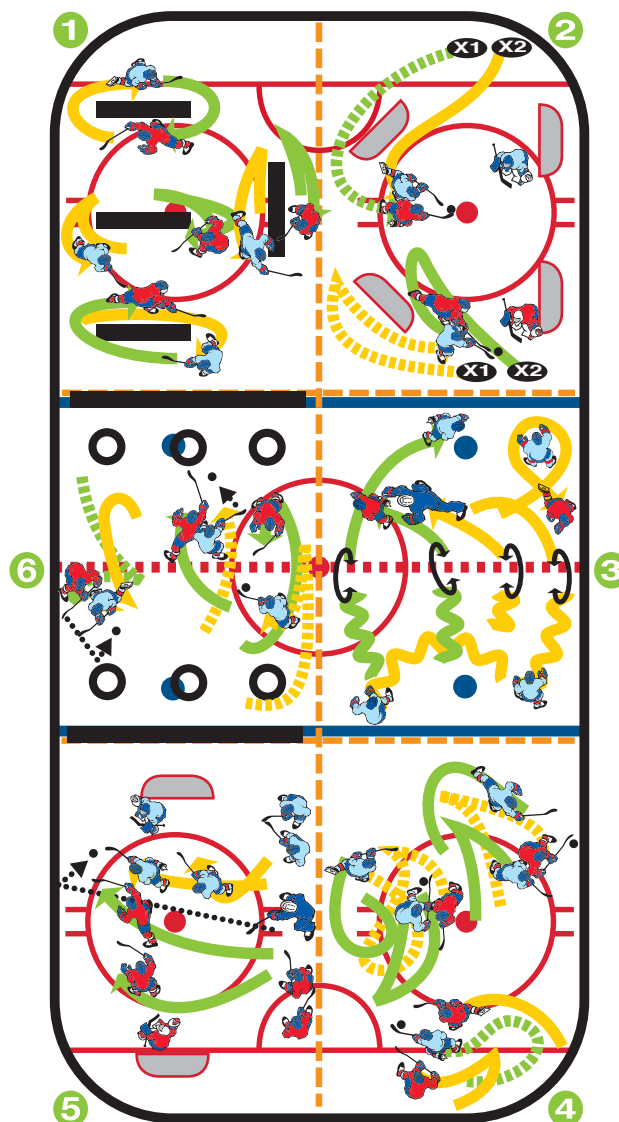
Pass the puck off the tire to score. The coach can have 1v1s or 2v2s happening at the same time.

GAME

Cross-Ice Hockey

(10 minutes)

Divide the players into teams so kids can play every other shift 3v3 or 4v4 cross-ice. Use 2 or 3 zones depending upon numbers. Play for 50- to 60-second shifts. Change players on the whistle.



COACHING TIP

Let them Play...Have Fun...Fail...Learn...Succeed.
Let Them Be Kids.

8U Advanced Practice Plan 5

Date: Mid-Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skill development, fun

Equipment Required: Borders, nets (6), tires

WARMUP

Trucks, Trailers and Dogfight

(8 minutes)

Have players pair up, each with a puck. Designate which player is the truck and which player is the trailer to start. On the signal to start, the trucks try to shake their trailer and the trailer attempts to stay directly behind and as close as possible to their truck. After 30 to 40 seconds, switch trucks and trailers. Dogfight: Have the trailer try to touch the truck's skate with their puck. On touch, players switch roles. Over time, reduce the size of the playing area.

STATIONS

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity.

Station 1: Guard the Gate

(7 minutes)

Play 1v1. To score, a player must carry the puck through his or her opponent's gate (2 tires about 8-10 feet apart) in the same direction that a goal is scored on a net. When a goal is scored, the offensive player may continue to possess the puck and try to score again.

Station 2: Two Box Retrieval

(7 minutes)

Create two boxes from divider pads and place 10 pucks in one box and 10 small cones in the other box. Draw a center line. Divide the players into two teams. The space inside the boxes are free zones. The object is to steal an object from the other team's and place it in your box without getting tagged in the other team's zone. If you are tagged in the other team's zone, you must return a stolen object.

Station 3: 4 Corners, No Whistle

(7 minutes)

Start with one more cone than the number of players and one 'IT' player in the middle. Players must change cones with no 2 players ending up at the same cone. The IT player tries to get to a vacated cone before someone else. Outside players must all start and stop facing the middle. The goal is to communicate on their own and try to switch places. If the IT player can keep everyone from changing spots for 20 seconds, then they win and are replaced. Hold players accountable to facing middle for stops and starts.

Station 4: Have One, Need One

(7 minutes)

Half the players have pucks and the other half are without. The players with puck move around communicating "have one" while the players without pucks communicate "need one." The goal is for two players to communicate, make eye contact and pass the puck to a new player, then find someone else to share with. If players are successful, the coach can move in after a while as someone looking to intercept passes.

Station 5: Gretzky Game

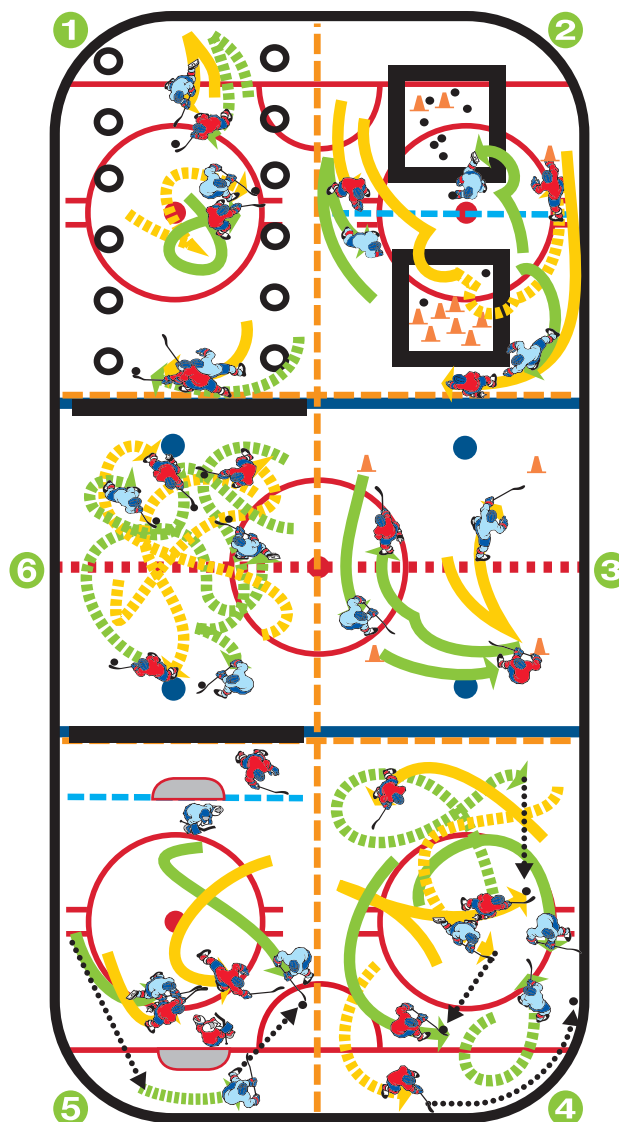
(7 minutes)

Play 2v2 with each team having an extra player (Gretzky) below the opponent's goal line who serves as a passer. On change of possession, pass to Gretzky before you can score.

Station 6: Chaos with Agility

(7 minutes)

Every player has a puck. Players skate around in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers



and to weave around the other kids. On coach's signal, players perform some agility skating (figure 8, stops and starts both ways, inside edges, etc.) then return to Chaos Puck Control.

GAME

Offside Game

(10 minutes)

Draw a center line down the middle of the zone and play 3v3 cross-ice using the center line as the offensive blue line. Players cannot enter the offensive zone before the puck when starting from their defensive side of the ice. If a turnover happens in their offensive zone, they can attack.

8U Advanced Practice Plan 6

Date: Mid-Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skill development, fun

Equipment Required: Borders, nets (6), tires

WARMUP

Trucks, Trailers and Dogfight

(8 minutes)

Have players pair up, each with a puck. Designate which player is the truck and which player is the trailer to start. On the signal to start, the trucks try to shake their trailer and the trailer attempts to stay directly behind and as close as possible to their truck. After 30 to 40 seconds, switch trucks and trailers. Dogfight: Have the trailer try to touch the truck's skate with their puck. On touch, players switch roles. Condense the space to increase the conflict and encourage awareness.

STATIONS

On the whistle, players do 5 two-foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

Station 1: Offense, Defense, Out (2v2)

(7 minutes)

Play starts as a 2v2. When the defender steals the puck, they must pass to their waiting teammate who become the new offensive player. The original offensive player becomes the new defender and the original defender exits the play.

Station 2: 2v2 Tight Space

(7 minutes)

Play 2v2 in a tight space with 40- to 60-second shifts.

Station 3: 1v1 Keep-Away and Passing

(7 minutes)

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). Players must perform a fake before each pass.

Station 4: Gunner's Alley

(7 minutes)

Divide players into 2 teams. Teams compete to pass pucks hitting the target (ring, ball, bucket) in an attempt to move the target across their opponent's line.

Station 5: Tight Turns

(7 minutes)

Players skate around tires working on turn skating technique. Keep stick to inside. Work both to the left and the right. Coaches should work individually with players that need technical instruction. Change to forward-to-backward pivots. Every so often, have players all change tires.

Station 6: Gate Race

(7 minutes)

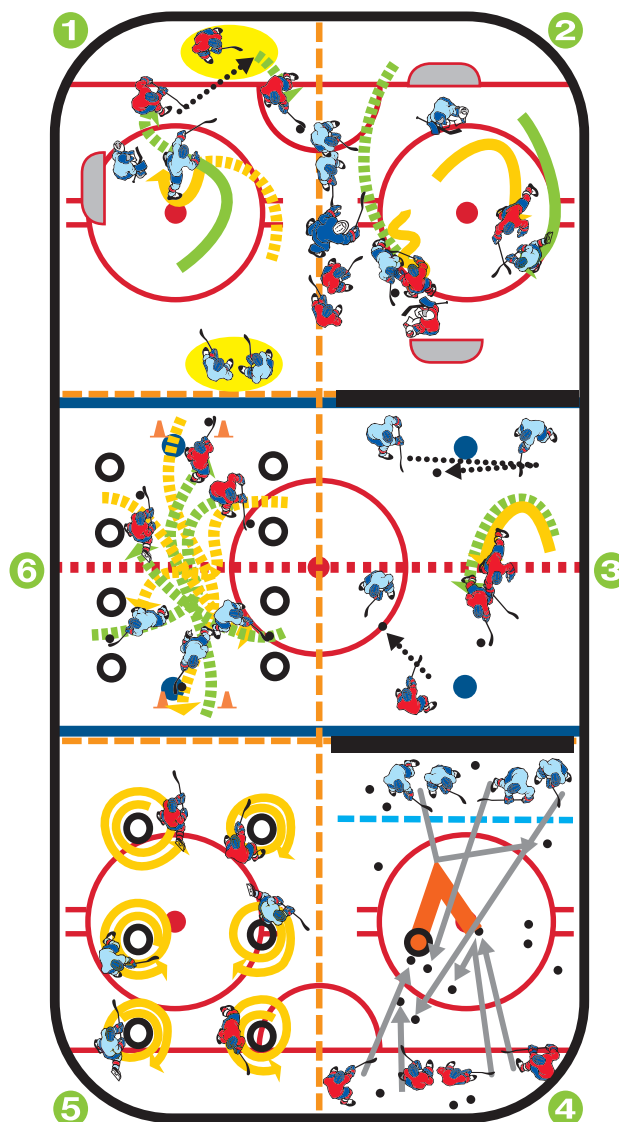
Use cones or tires to create a gate for each player. All players carry a puck. On the signal, players must skate through the gate opposite them, avoiding other players. Fastest through gate wins. Change to skating through opposite gate and then back through original gate.

GAME

Offside Game

(10 minutes)

Draw a center line down the middle of the zone and play 3v3 cross-ice using the center line as the offensive blue line. Players cannot enter the offensive zone before the puck when starting from their defensive side of the ice. If a turnover happens in their offensive zone, they can attack.



COACHING TIP

The coach can never make the practice too much fun for 8U players!