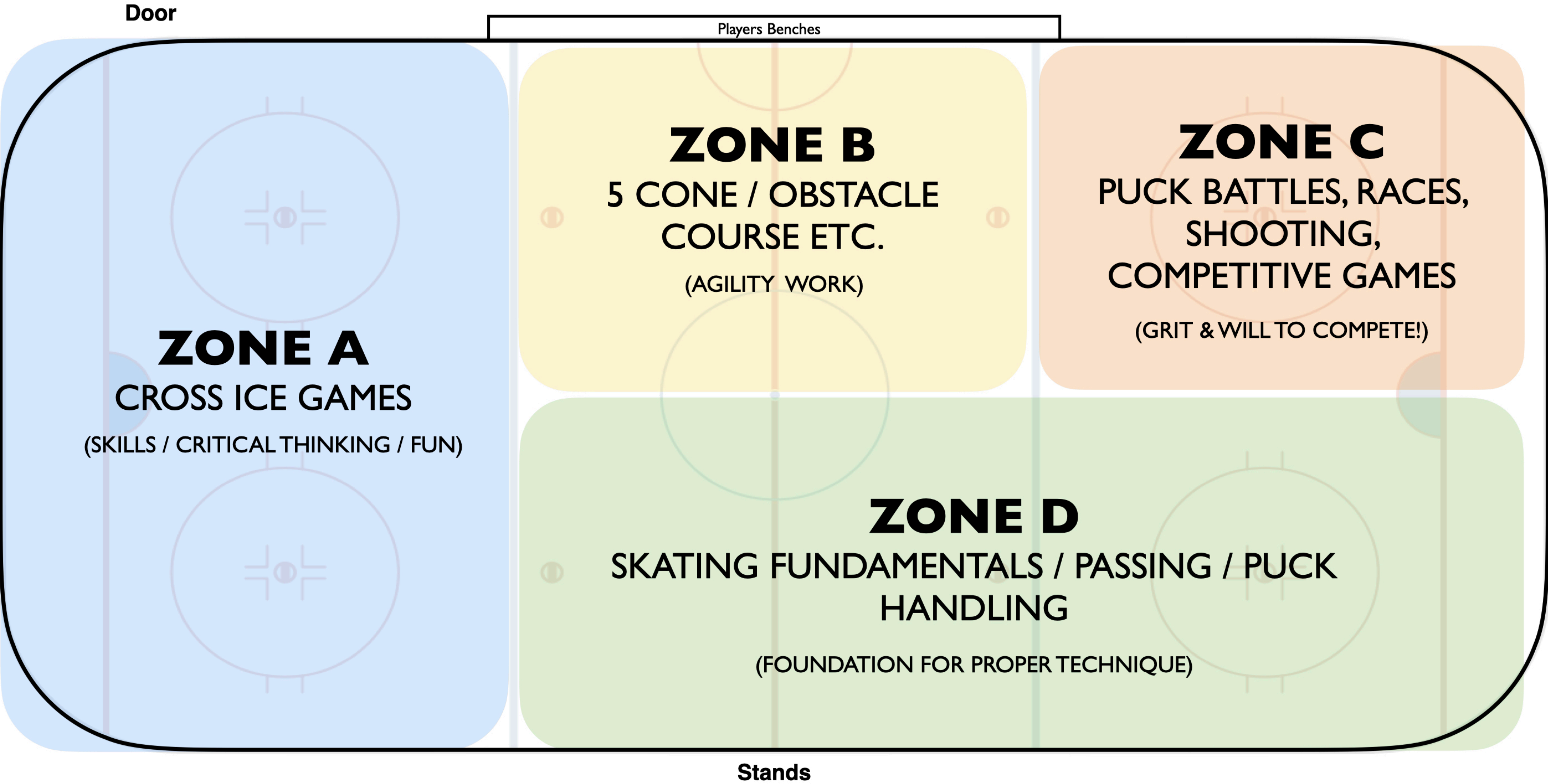


# MITE/8U ADM PRACTICE PLAN TEMPLATE

"KIDS LEAVE DRENCHED IN SWEAT WITH SMILES ON THEIR FACES!!"



PYHA



**First 15 min** do Full Ice skating drills altogether **then 5 Min** of Stationary Passing/Shooting Instruction.

**ZONE A - CROSS ICE GAMES**  
THIS IS WHERE IT IS AT! THIS IS WHERE THEY HAVE FUN & LEARN HOCKEY SENSE.

Examples:  
-3 on 3 (3 on 2) Scrimmages w/pass to coaches, Scoro, Soccer, Keep Away, Sharks & Minnows w/ pucks, Dodge Ball, Box Passing Drill etc.

**ZONE B - 5 CONE / OBSTACLE COURSE**  
5 Cone or some other kind of obstacle course to work on skating agility. Power turns, stops, transitions, pivots etc.

**ZONE C - BATTLES, COMPETITIVE GAMES**  
Puck battles, puck races, shooting drills/games, 1 on 1 in front of net etc. Build toughness here!!!

**ZONE D - SKATING FUNDAMENTALS / 2 ON 2 PASSING / PUCK HANDLING**  
Skating fundamentals, 2 on 0's, 2 on 2's, backwards skating, crossovers, breakout passes, weave passing, races, backchecking, etc.

**Last 8 Min** do full ice game of sorts (Sharks & Minnows, etc.)

**Practice Hour Breakdown / Skills Percentage**

- Skating - **15 Min** (25%)
- Stationary Passing / Shooting - **5 Min** (8%)
- Cross Ice Games - **8 Min** (13%)
- Agility Work - **8 Min** (13%)
- Competitive Drills - **8 Min** (13%)
- Puck Handling/Passing/Skating - **8 Min** (13%)
- Fun Game at end - **8 Min** (13%)

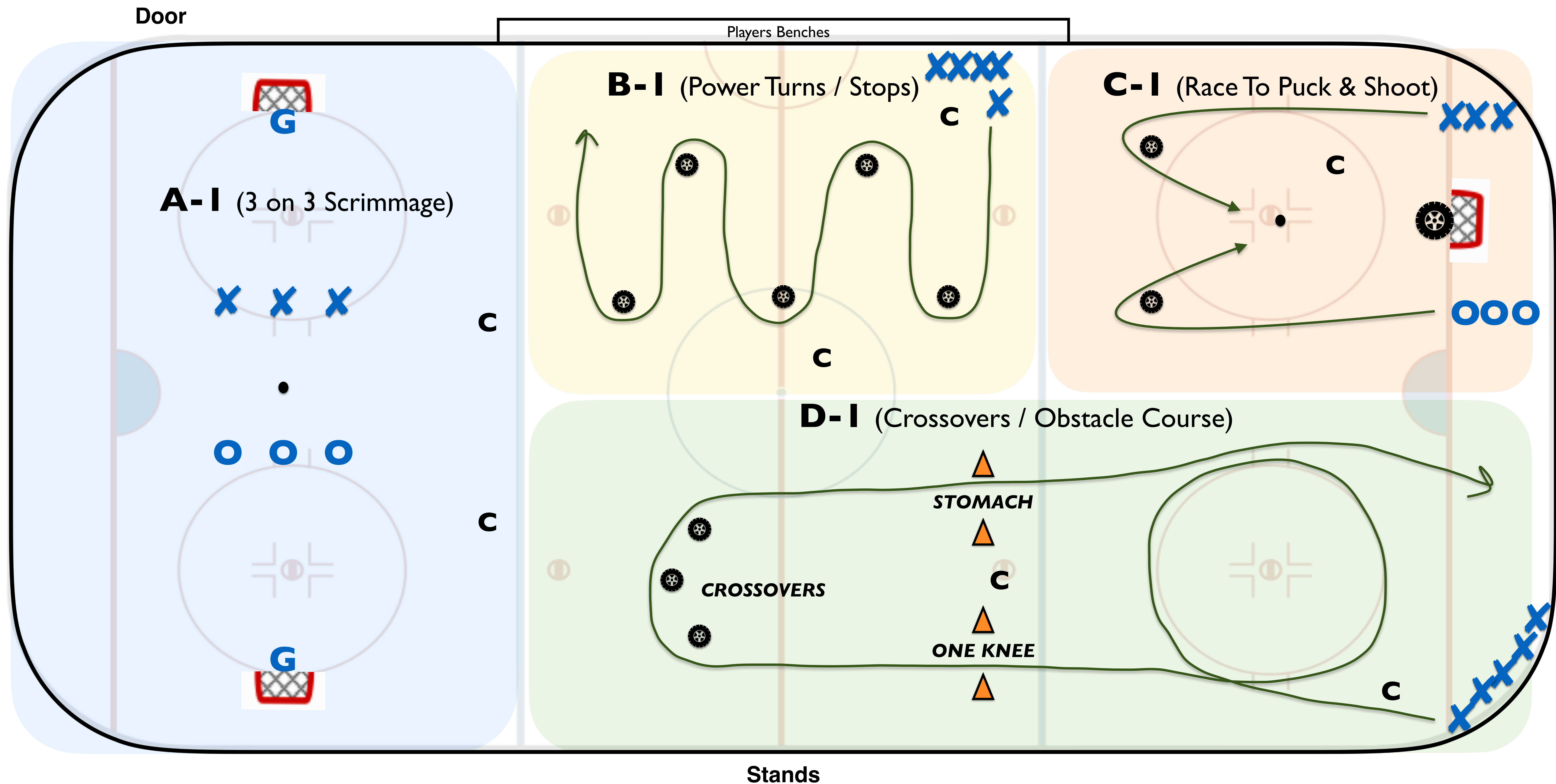


# MITE/8U PRACTICE PLAN #1 (BASIC)

"KIDS LEAVE DRENCHED IN SWEAT WITH SMILES ON THEIR FACES!!"



PYHA



## A-1 - 3 on 3 Scrimmage (8 min)

Encourage players to be aggressive and pass the puck. Use helmet caps to separate teams.

## B-1 - 5 CONE (8 min)

Power turns, then start and stops.

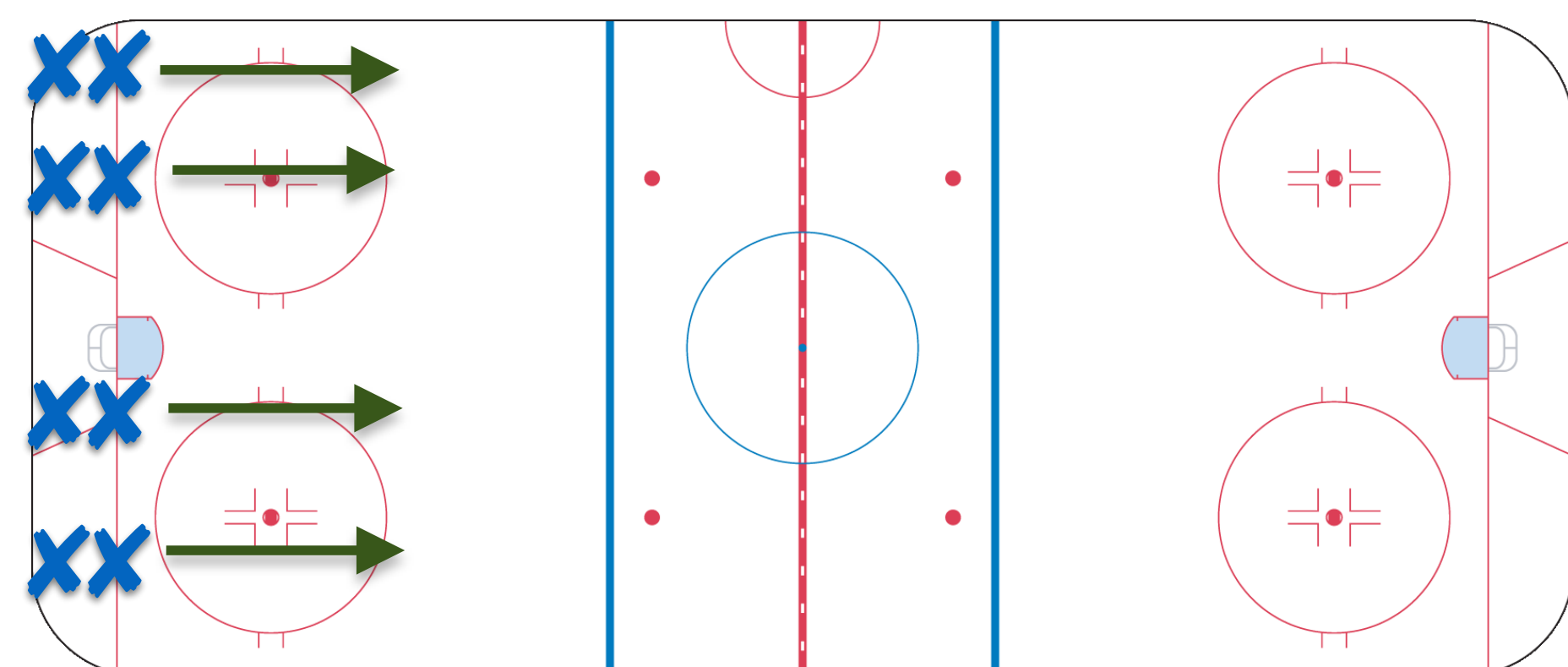
## C-1 - RACE TO THE PUCK (8 min)

Focus on good starting position, knees bent, head up. Tight power turns to puck and shoot!

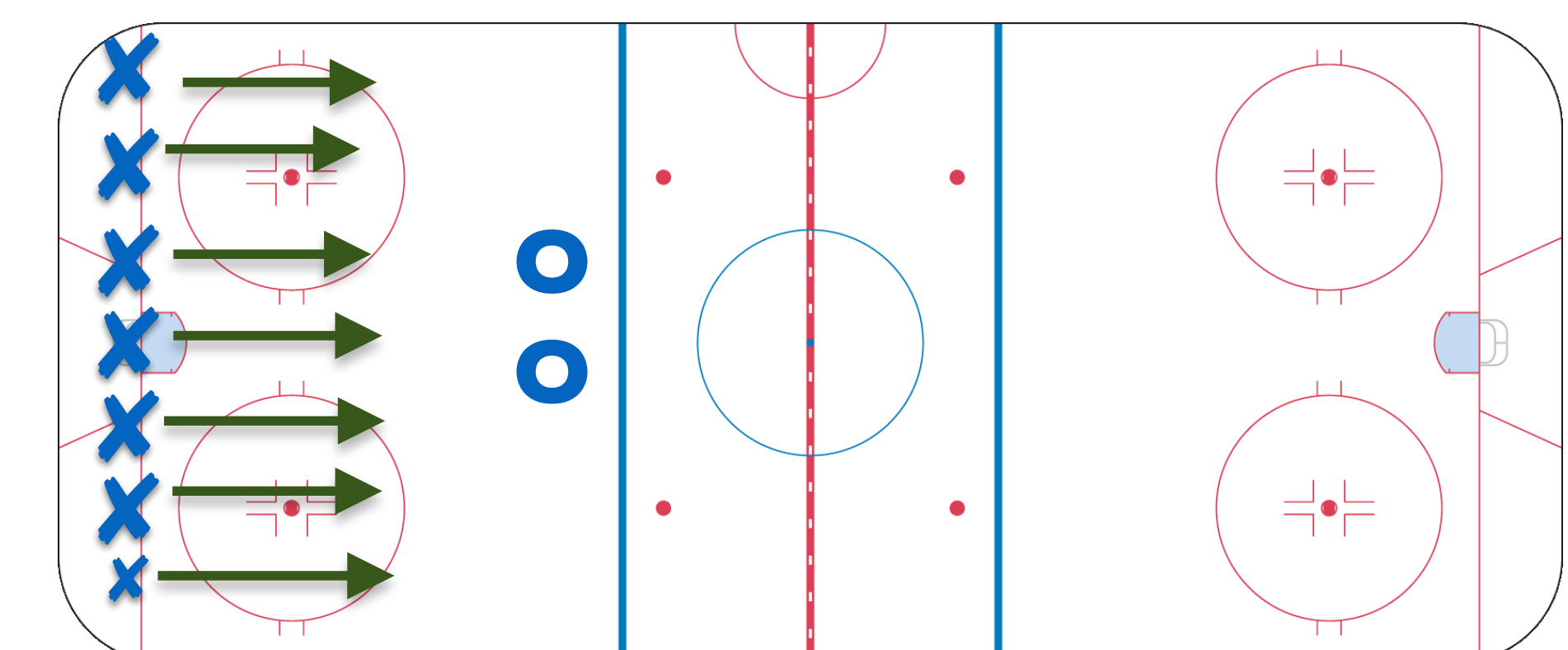
## D-1 - Crossovers / Obstacle Course (8 min)

Do crossovers around circle, one knee between first set of cones, crossovers around tires, slide on stomach through second set of cones, get back up, skate to goal line. Half way through switch sides.

First 15-18 min do Full Ice skating drills altogether. Inside Edges, Outside Edges, Strides. *Stationary Passing Instruction*.



Last 8 min play full ice sharks & minnows.



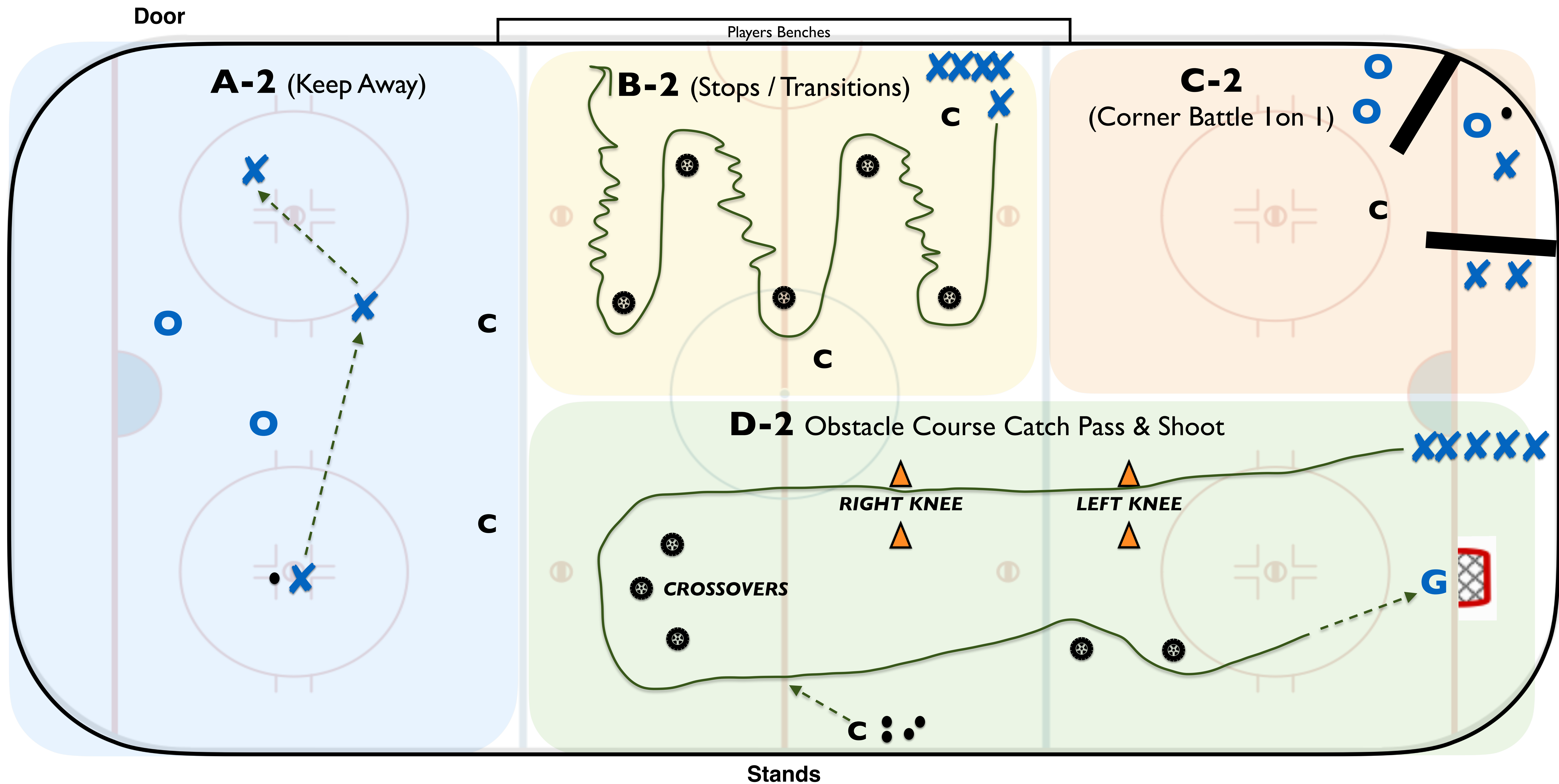


# MITE/8U PRACTICE PLAN #2 (BASIC)

"KIDS LEAVE DRENCHED IN SWEAT WITH SMILES ON THEIR FACES!!"



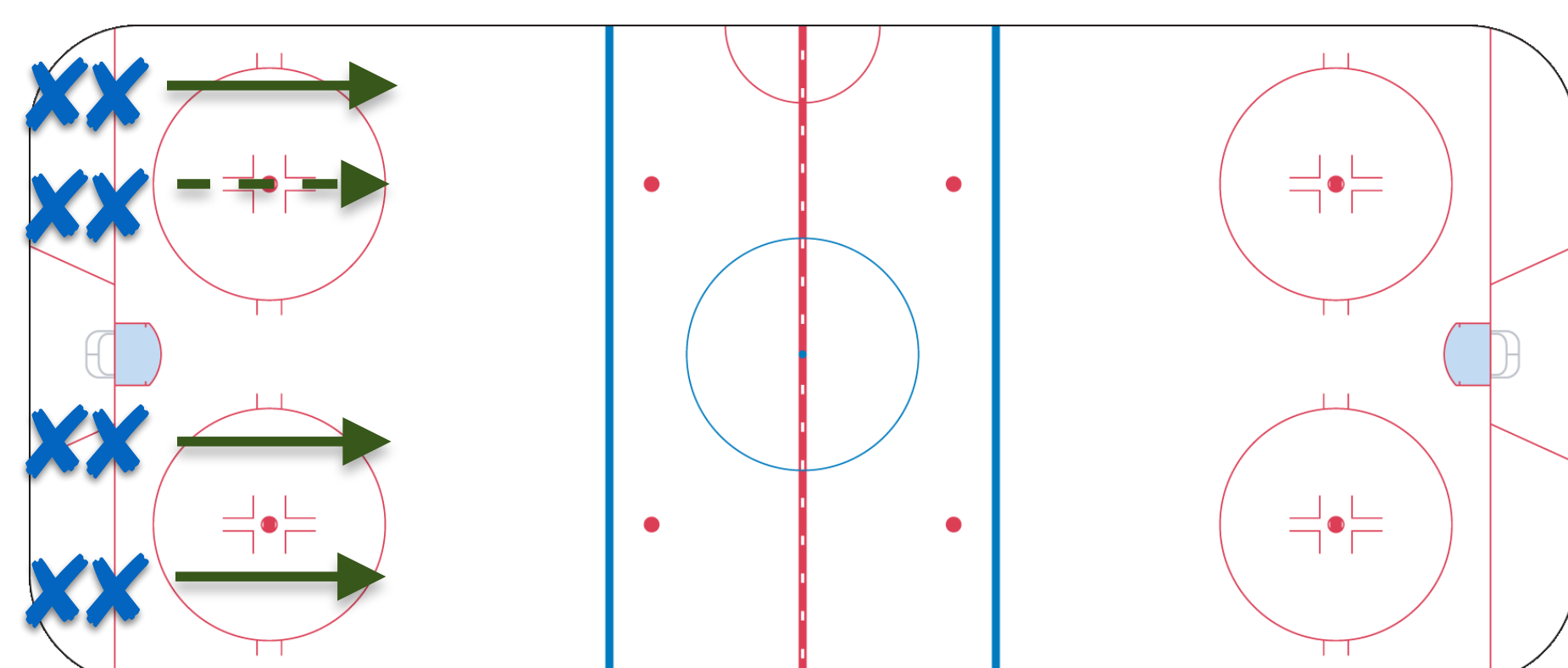
PYHA



## A-2 - TEAM KEEP AWAY (8 min)

3 on 3 or 2 on 2- Players try to keep puck away from opposite team. Should pass to teammate/s. No nets.

First 15-18 min do Full Ice skating drills altogether. Inside Edges, Outside Edges, Backwards, Stops on blue lines. *Stationary Shooting Instruction.*



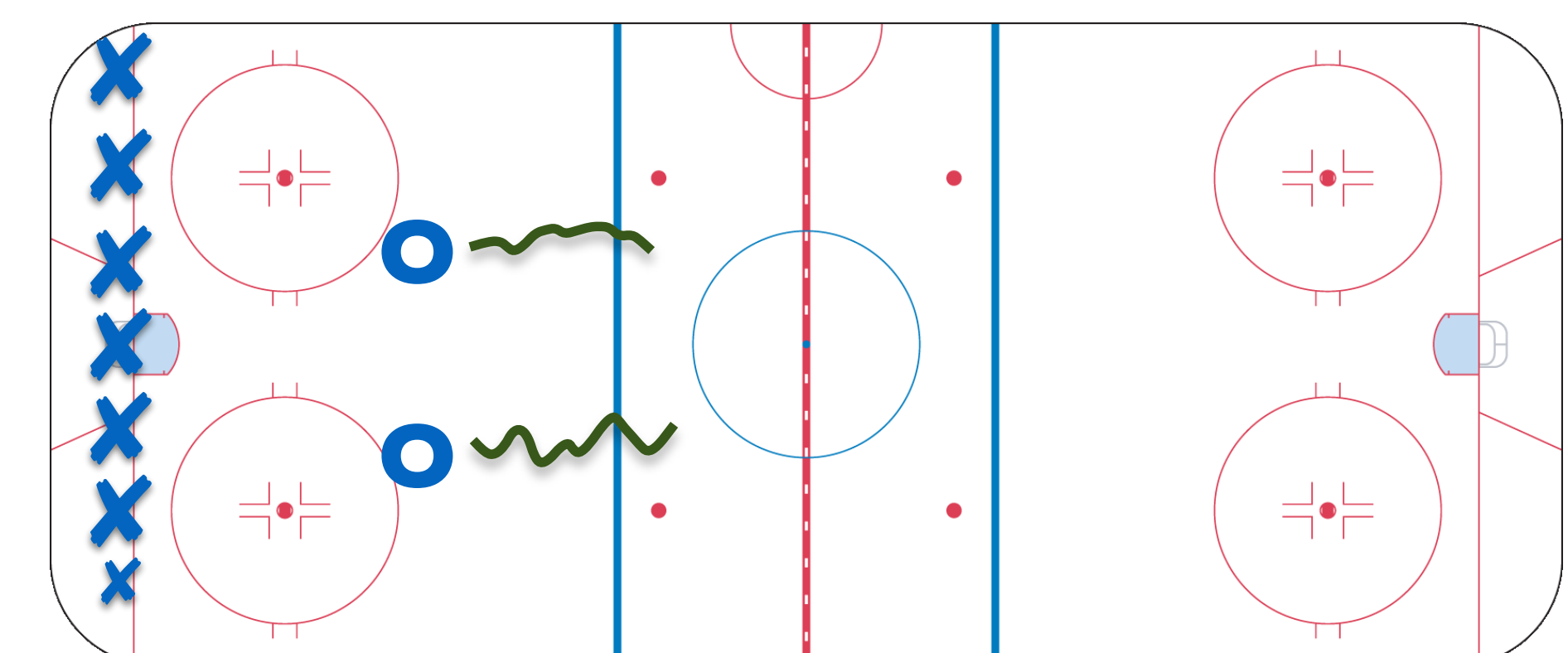
## B-2 - 5 CONE (8 min)

Stops / Forward to backward transitions.

## D-2 - Obstacle Course Catch Pass & Shoot (8 min)

Players skate to first set of cones drop to left knee, then to right knee, crossovers around tires, catch pass from coach, weave through tires, and shoot on net.

Last 8 min play full ice sharks & minnows. Sharks must skate backwards from tops of circles to blue line before skating forwards.



## C-2 - Corner Battle 1 on 1 (8 min)

Players battle for puck for about 30 seconds. Teach players to lift up puck carrier's stick to steal puck. BE AGGRESSIVE!!!

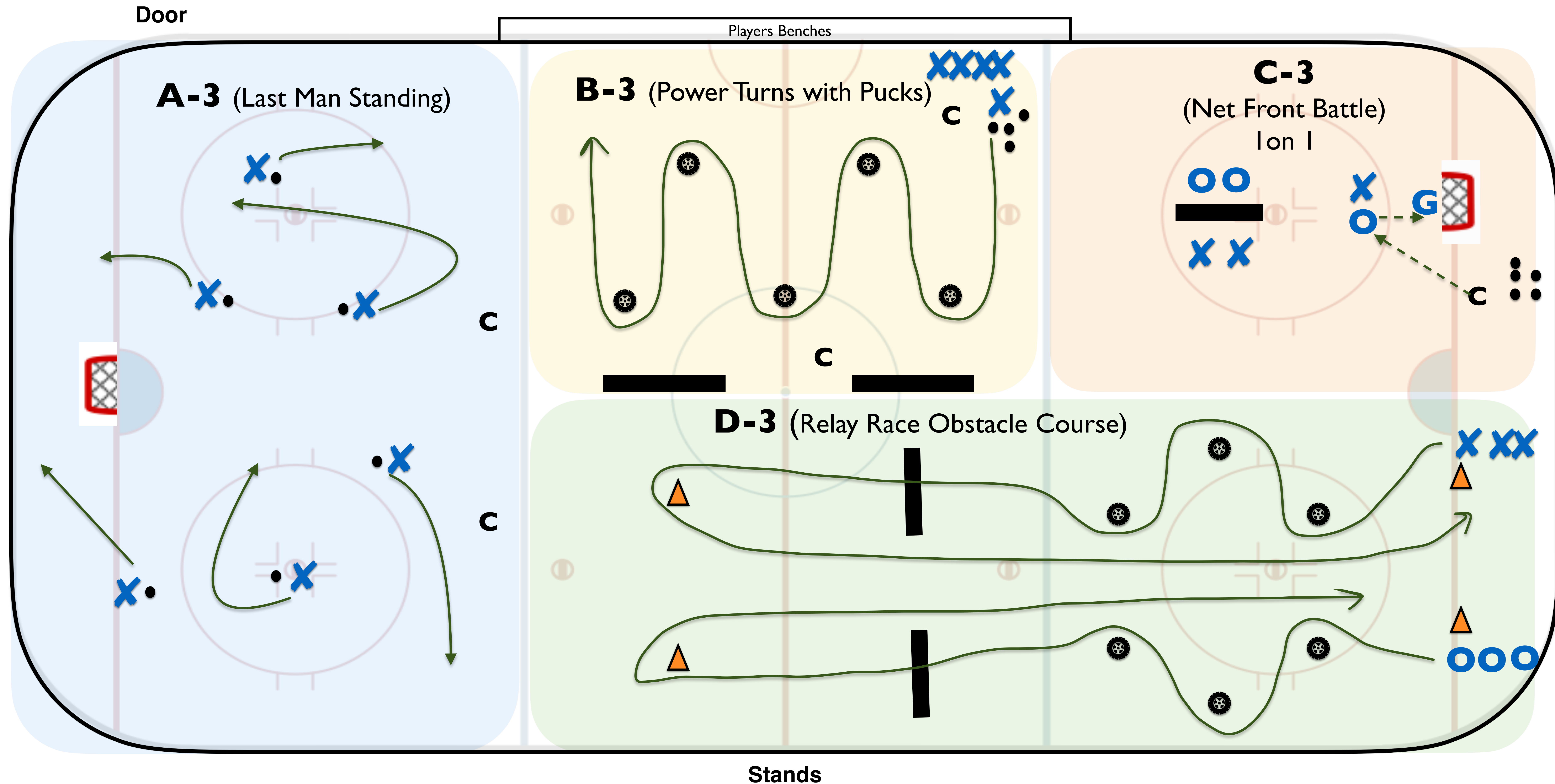


# MITE/8U PRACTICE PLAN #3 (INTERMEDIATE)

"KIDS LEAVE DRENCHED IN SWEAT WITH SMILES ON THEIR FACES!!"



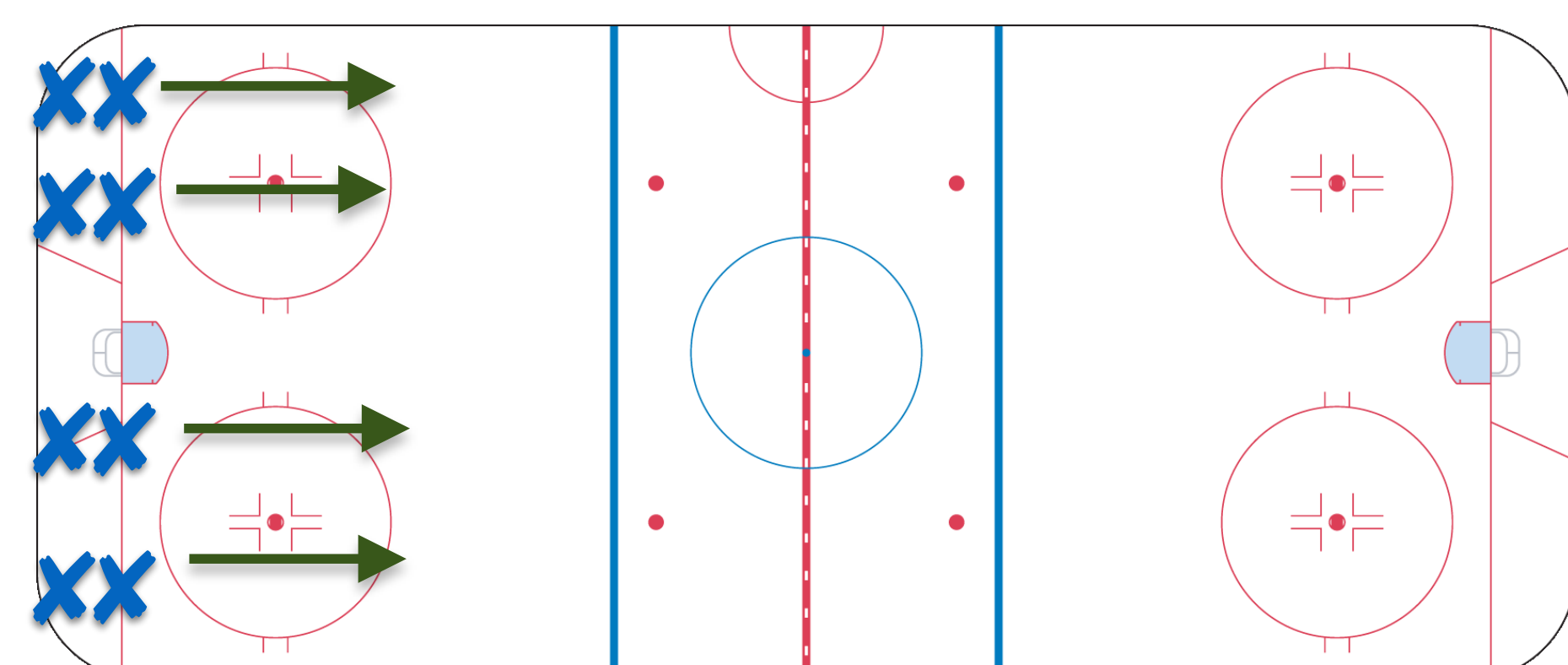
PYHA



## A-3 - LAST MAN STANDING (8 min)

Every players starts with puck. Coach tries to steal pucks from players to put in net. Players battle for remaining pucks until all are gone.

First 15-18 min do Full Ice skating drills altogether. Russian Circles, Backwards, Stops on blue lines. *Stationary Passing Instruction.*



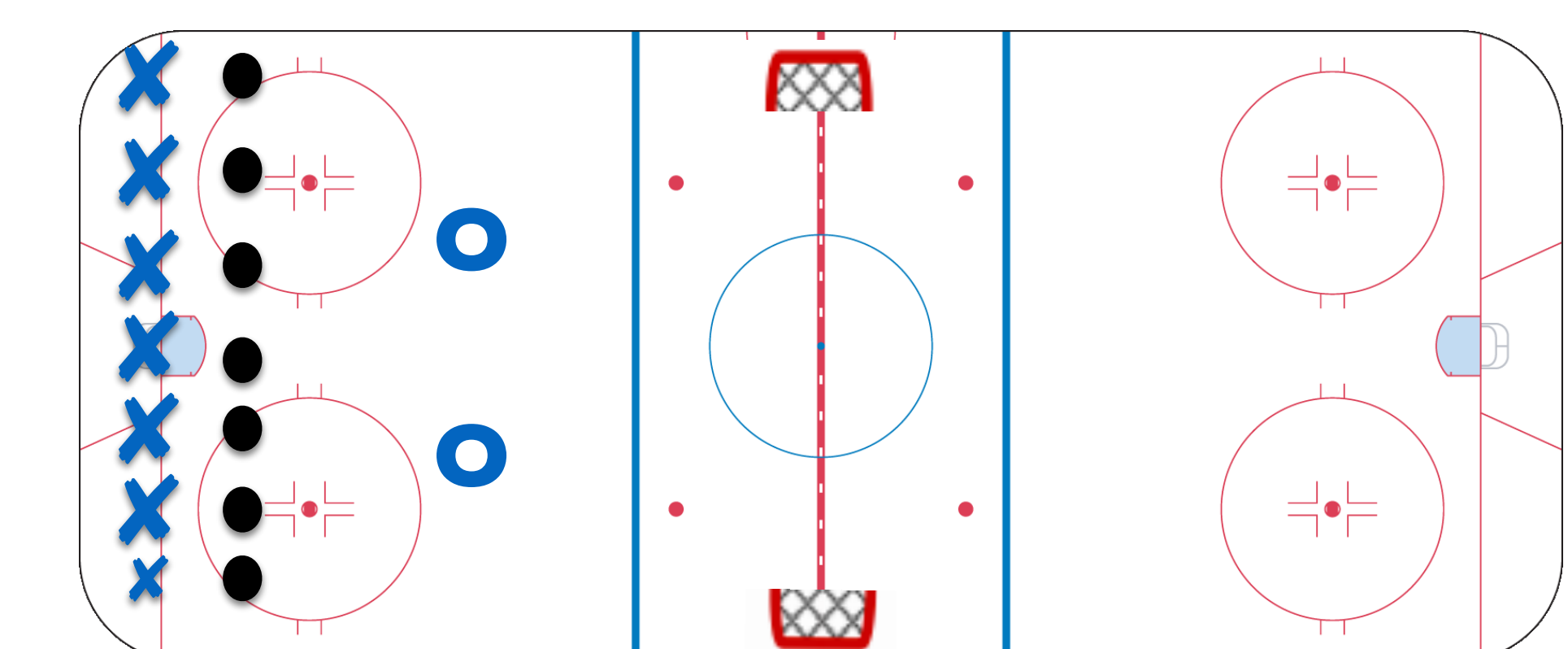
## B-3 - 5 CONE (8 min)

Forward to backward transitions, 360 escapes.

## D-3 - RELAY RACE (8 min)

Players weave through tires, jump over bumper, power turn around cone and skate hard to tag next person in line.

Last 8 min play full ice sharks & minnows with pucks. Pucks are out of play when stolen & put in net.



## C-3 - NET FRONT BATTLE 1 on 1 (8 min)

Players battle out in front of the net. Offense tries to get open to get a pass from coach who can skate to either side of net. PROTECT HOUSE!!!

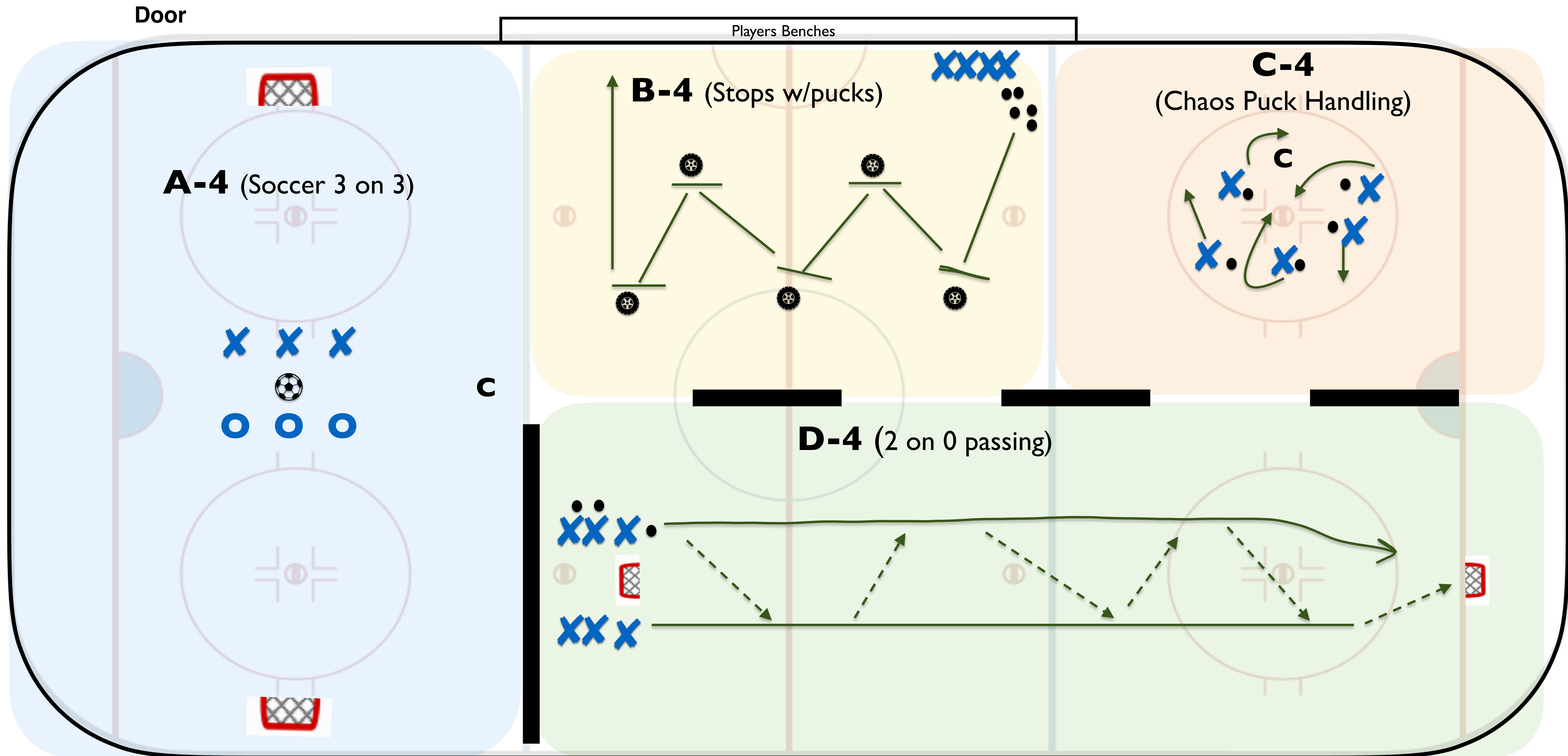


# MITE/8U PRACTICE PLAN #4 (INTERMEDIATE)

"KIDS LEAVE DRENCHED IN SWEAT WITH SMILES ON THEIR FACES!!"



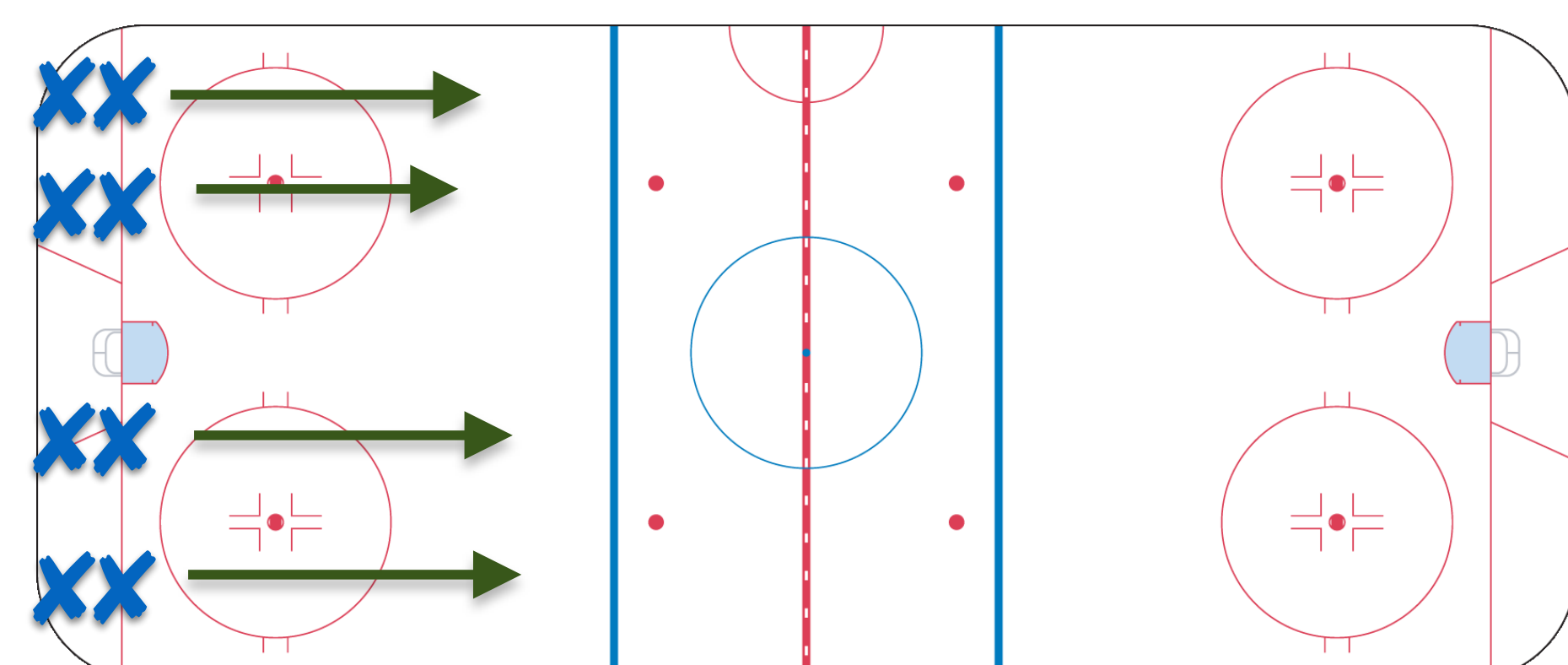
PYHA



## A-4 - SOCCER (8 min)

3 on 3 cross ice soccer game. No sticks. Can do it where they use hands only. This works on knee bend with head up.

First 15-18 min do Full Ice skating drills altogether. Inside Edges, Outside Edges, Strides, backwards skating. *Stationary Shooting Instruction.*



## B-4 - 5 CONE (8 min)

Stops with pucks.

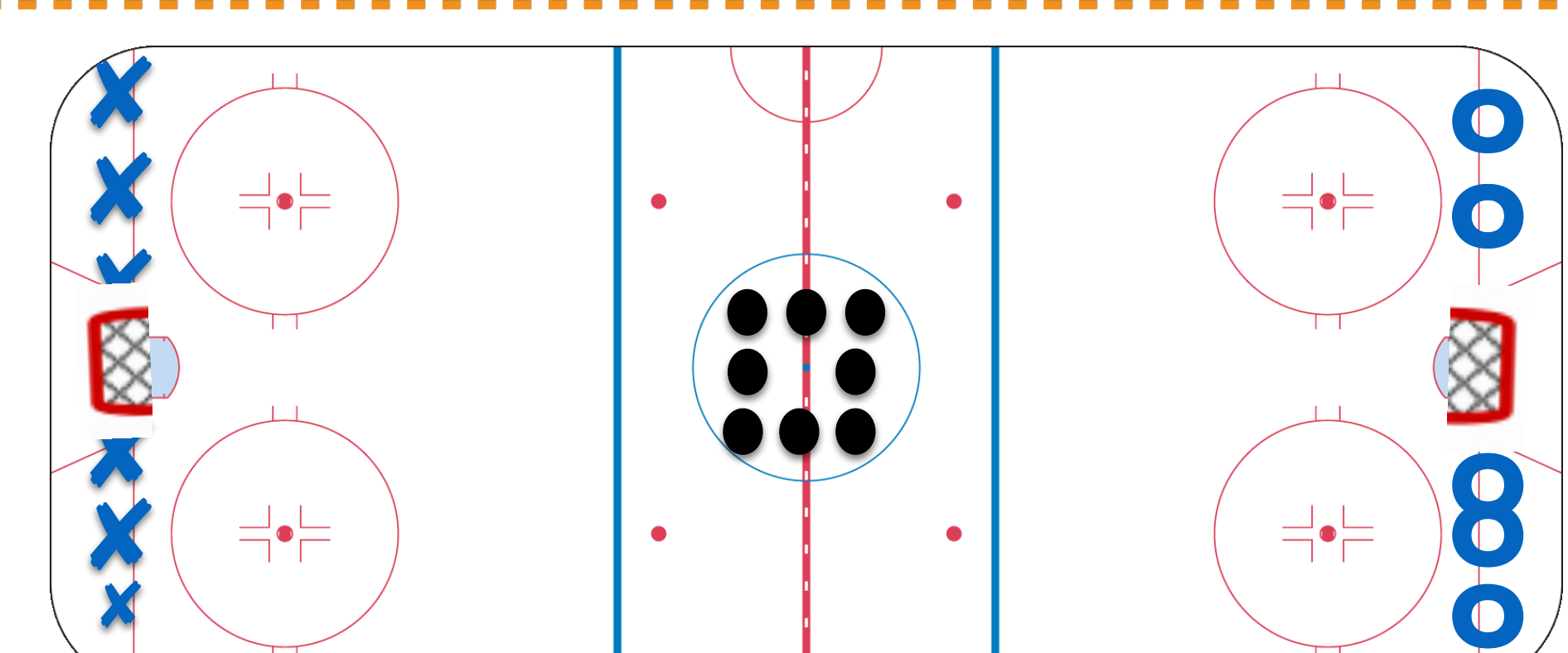
## D-4 - 2 ON 0'S. (8 min)

Players skate down ice passing the puck back and forth to each other. You can try having them weave pass if they are a more advanced group. Go back & do it the other way.

Last 8 min play 'scoro'. Pucks in center circle. First team to get the most pucks in the net wins.

## C-4 - CHAOS PUCK HANDLING (8 min)

Players puck handle in circle. If coach steals a players puck then they have to battle for the remaining pucks. **MUST STAY IN CIRCLE.** Focus on head up and two hands on the stick.



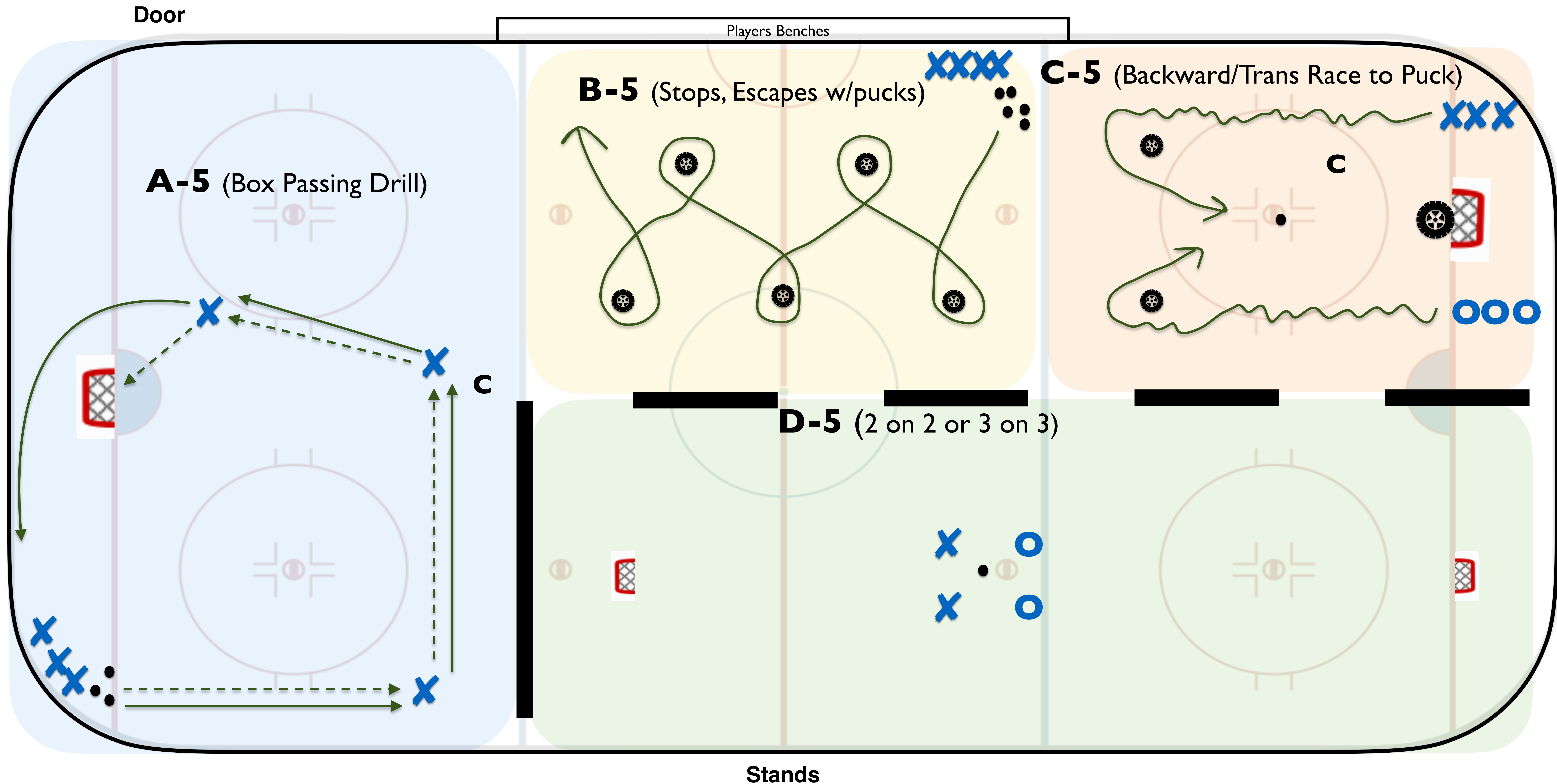


# MITE/8U PRACTICE PLAN #5 (ADVANCED)

"KIDS LEAVE DRENCHED IN SWEAT WITH SMILES ON THEIR FACES!!"



PYHA



## A-5 - BOX PASSING DRILL (8 min)

Players follow their pass around box, last player shoots on net. FLAT ACCURATE PASSES!!!!  
(Switch box to other side about half way through)

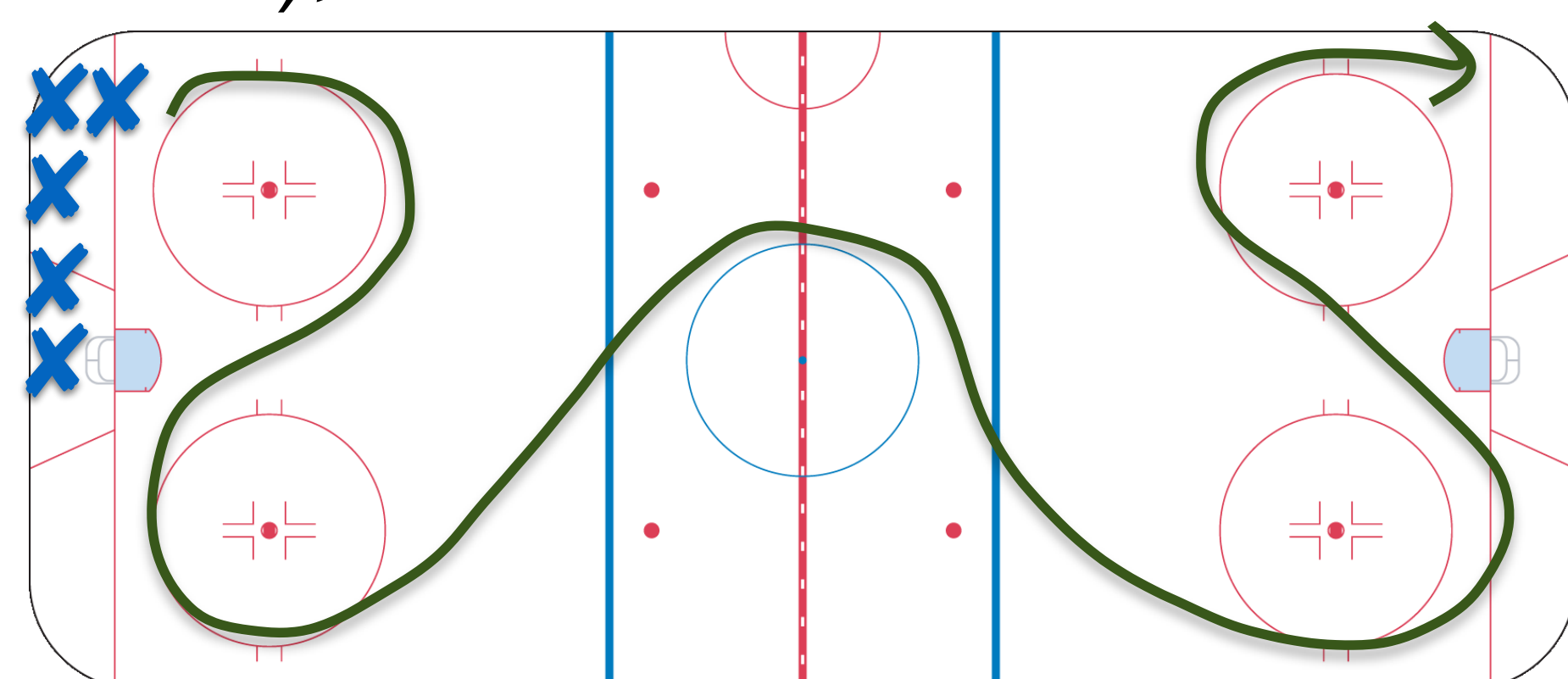
## B-5 - 5 CONE (8 min)

Stops, then escapes with pucks.

## C-5 - BACKWARDS/TRANSITION RACE TO PUCK. (8 min)

Players start out skating backward to tire, transition forward to puck and shoot.

First 15-18 min do Full Ice skating drills altogether. Inside Edges, Outside Edges, Russian Circles (Groups of 4). *Circle Passing Instruction (All 5 Circles),*



## D-5 - 2 ON 2'S or 3 ON 3'S (8 min)

Scrimmage using longer more narrow ice.

Team Relay Race last 8 min.

