

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.

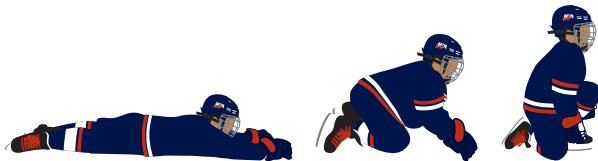
DRILLS: Groups stay in the same area for the duration of practice.

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

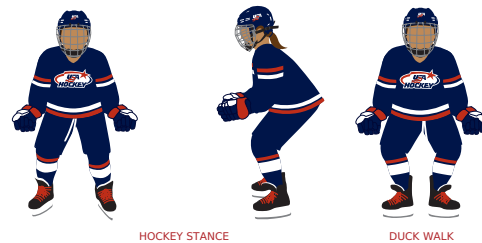
(7 minutes)

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.



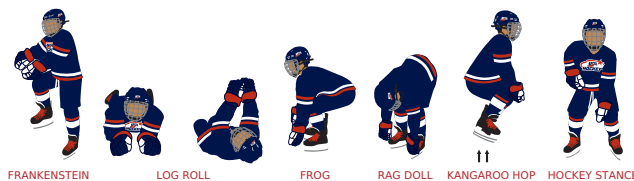
Drill 5: Agility, Balance, Coordination

(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.

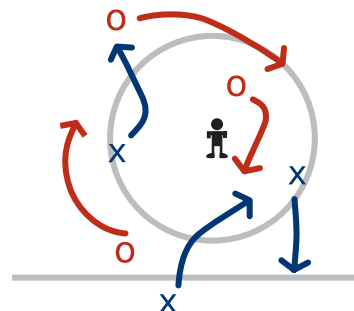
Movement: Scurry like a mouse, take quick small steps or waddle like a penguin (arms out like wings) to destination.



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.

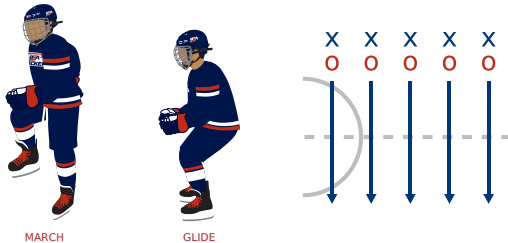
DRILLS: Groups stay in the same area for the duration of practice.

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.

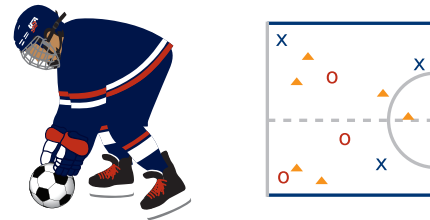


Drill 2: Soccer Hands

(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.

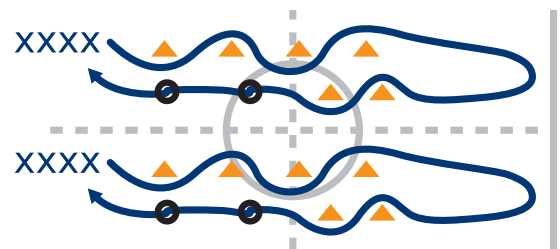


Drill 4: Relay Race

(7 minutes)

As shown or create your own.

Variation: 360 around each obstacle.



Drill 5: Inside Edges

(7 minutes)

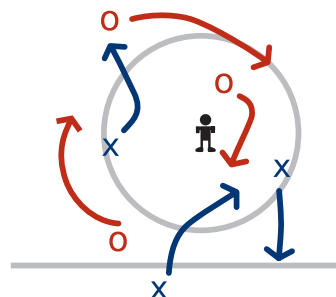
Swizzles: Put heels together to form a V position. Using inside edges, push toes outward, then toes inward making toes touch. Make the shape of a fish. Repeat creating fish forward from one end of space to the other. Create fish around 5 small cones, skate hard around 6th cone and return to line.



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.

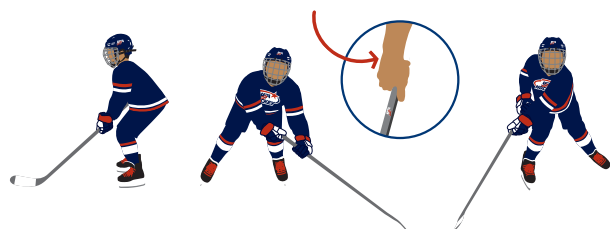
*If you have 6-10 players, set up two lines.



Drill 5: Skating with Ringette

(7 minutes)

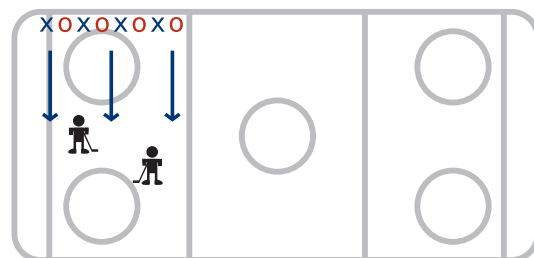
Players turn sticks over (with butt-end on ice) and skate across area moving ringette from left side to right side of the body. Alternate between narrow and wide movements.



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)

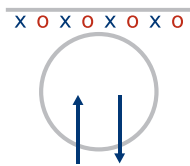
Let players have first five minutes of time as free play. Dump as many items as possible onto the ice and let kids play.

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.



FORWARD STRIDE



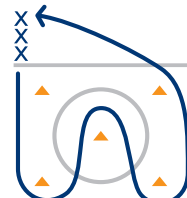
SNOW PLOW STOP

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.

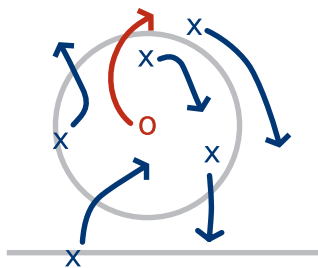
*Make sure to perform drill in both directions.



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.

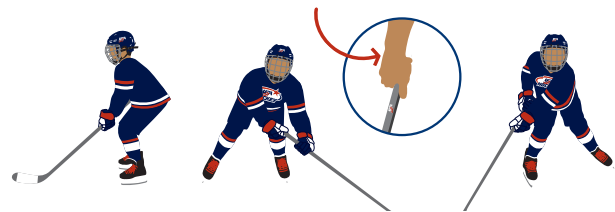


Drill 4: Stationary Puck Handling

(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.

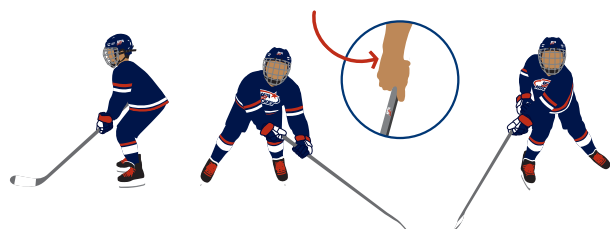
- 30 seconds of tight dribbling (2 times)
- 30 seconds of wide dribbling (2 times)
- 30 seconds of dribbling on side of body (2 times)
- Stick handling with slow movement (2 times)



Drill 5: Skating with Puck

(7 minutes)

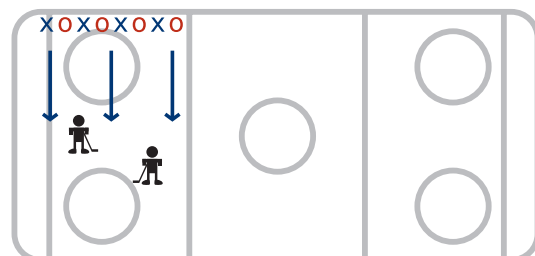
Players move with puck and skate across area moving puck from left side to right side of the body. Alternate between narrow and wide puck movements.



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

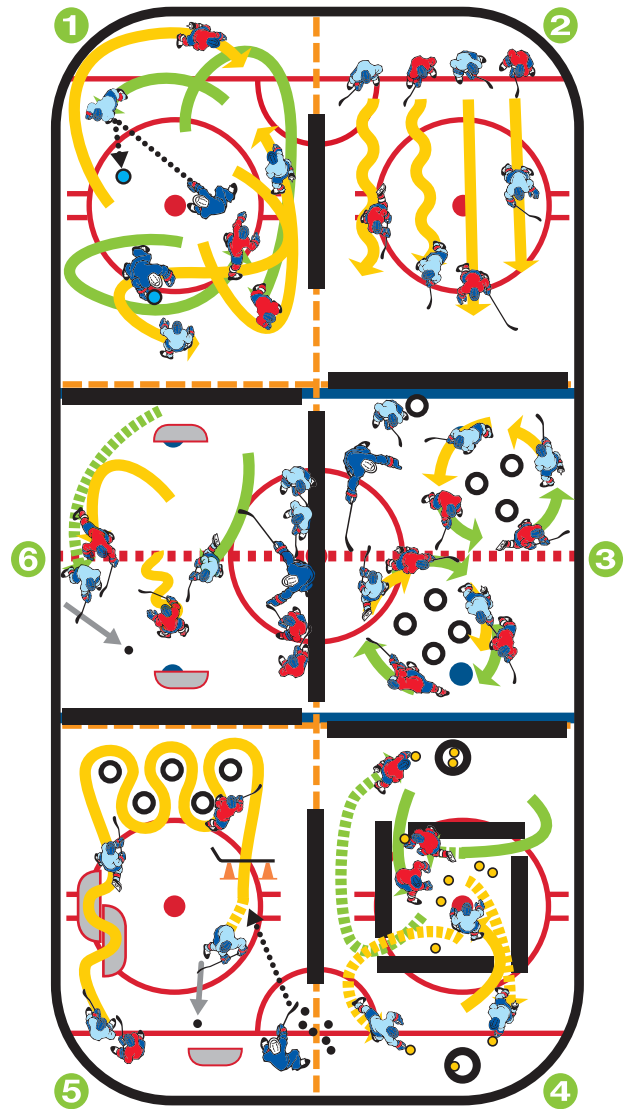
(8 minutes)

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 Intermediate Practice Plan 1

Date: Early Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating, puck control, fun

Equipment Required: Borders, nets (6), cones, puck bucket or soccer ball

WARMUP

In and Out of Circles

(8 minutes)

All players start with a puck, stickhandling around the rink. Coaches try to steal pucks. Face-off circles are safe zones for players.

STATIONS

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

Station 1: Agility Race Around Sticks

(7 minutes)

Have players start by laying their sticks on the ice, or use an ice marker to draw lines. Have player race to the cone performing various agility and balance maneuvers around or over the sticks; 2-foot hops, single-foot hops, weave around the sticks, etc. Vary starting positions, from knees, on stomach, etc.

Station 2: Hit the Bucket

(7 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 used. Objective is to move the object outside the circle. Have players position sideways (perpendicular) to the bucket so that they shift weight and sweep the puck.

Station 3: Sharks and Minnows Tag

(7 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 4: Border Tag

(7 minutes)

Players pair up starting on each side of a divider pad. One player is designated "IT" and tries to tag their partner. Once tagged, switch roles and repeat. Players are not allowed to step over the pads.

Station 5: Chaos Puck Control

(7 minutes)

Every player has a puck. Players skate 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.

Station 6: 1v1 Keep-Away

(7 minutes)

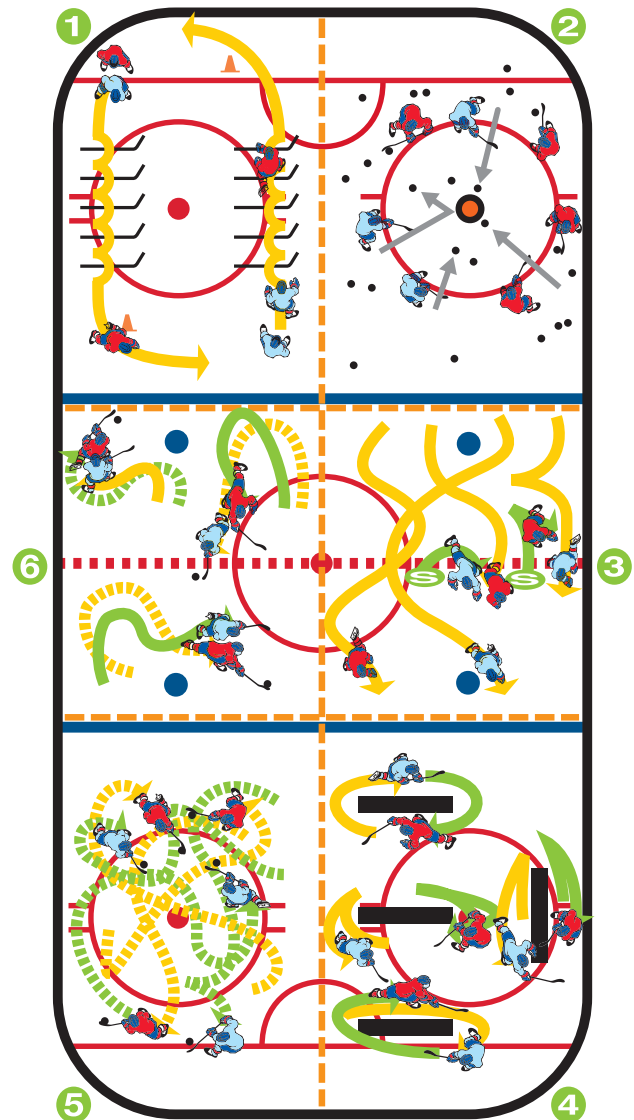
Have players play 1v1 keep-away in a tight area. Have multiple 1v1s going at once to encourage playing in traffic areas. Every 60 seconds, the players can rest by passing back and forth. Rest 30 seconds, then repeat.

GAME

3v3 or 4v4 Cross-Ice Game

(10 minutes)

Play 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



COACHING TIP

Repeat a practice before moving on to the next one in the sequence. 8U players love fun repetition, and knowing the activities makes the practice run more efficiently.

8U Intermediate Practice Plan 2

Date: Early Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating, puck control, fun

Equipment Required: Borders, nets (4), cones, tires, ringette rings

WARMUP

In and Out of Circles

(8 minutes)

All players start with a puck, stickhandling around the rink. Coaches try to steal pucks. Face-off circles are safe zones for players.

STATIONS

On the whistle to change stations, players do five power jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Skating (ABCs)

(7 minutes)

Have players continually move around the cones while changing movements on the fly. 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 and 1 backward, 2-foot power jumps, log roll to right, log roll to left. Have players stop and start at each cone.

Station 2: Freeze Tag

(7 minutes)

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

Station 3: Chaos Puck Control

(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. After a while, coaches can jump in and try to steal pucks. (Coaches shouldn't overdo it; the goal is for players, not coaches, to control the puck.)

Station 4: Gunner's Alley

(7 minutes)

Divide players into two 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: 1v1 Hockey

(7 minutes)

Keep two 1v1 hockey games going with a change of players every 40 seconds.

Station 6: Lord of the Rings

(7 minutes)

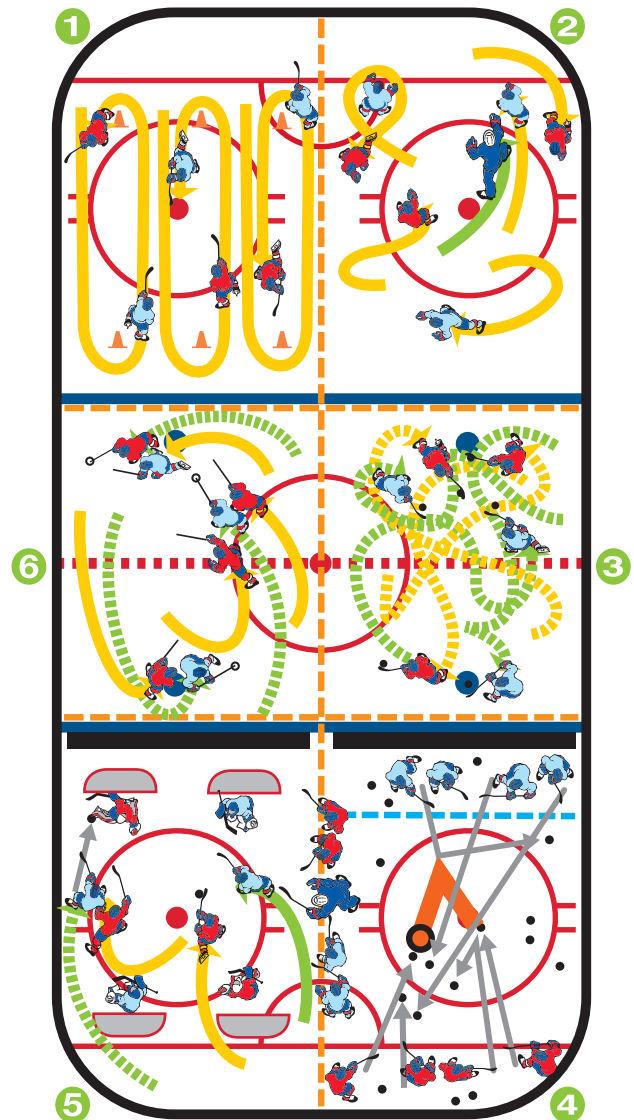
Start game with one less ring than the number of players. On the signal to start, the players attempt to grab a ring with their overturned stick and keep possession until the coaches single to stop. After each stoppage, remove a ring for the game.

GAME

3v3 or 4v4 Cross Ice

(10 minutes)

Play 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



COACHING TIP

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

8U Intermediate Practice Plan 3

Date: Early Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skill development, fun

Equipment Required: Borders, nets (2), cones, tires

WARMUP

Sharks and Minnows

(8 minutes)

Designate several players as the sharks to start. The minnows must skate from one end to the other without being tagged. If they are tagged, they become sharks, too.

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: Skating Edge Control (ABCs)

(7 minutes)

Divide the players and have them continually perform the movements around the cones, changing the activities on the fly. Swizzles, inside edges, outside edges, 2-foot slalom, inside edges pump, single-leg alternate edges, power jumps, swizzles out-jump-feet together. Practice the skill to the blue line and back.

Station 2: Sparta Tight Turns

(7 minutes)

Every player has a puck. Half of the players are stationary and the other half handles their pucks while trying to do tight turns around the stationary group. After 30 seconds, switch the groups. Stationary players can stickhandle as well.

Station 3: Tag with Both Feet on Ice

(7 minutes)

Players must push with inside edges and keep both feet on ice as they 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: Hit the Tower

(7 minutes)

Players spread out around the circle. All players will have pucks. The coach will place 4 to 5 pucks stacked on one another in the middle of the ice. On the coach's whistle, the players will either pass or shoot the puck at the tower of pucks. The player that hits the tower wins and gets to skate to the middle and re-stack the pucks and skate to a new position on the circle. The players who do not hit the tower must skate to a new position on the circle.

Station 5: 2v2 Tight Space

(7 minutes)

Play 2v2, change on whistle every 60 seconds.

Station 6: 1v1 or 2v2 Hit the Tire

(7 minutes)

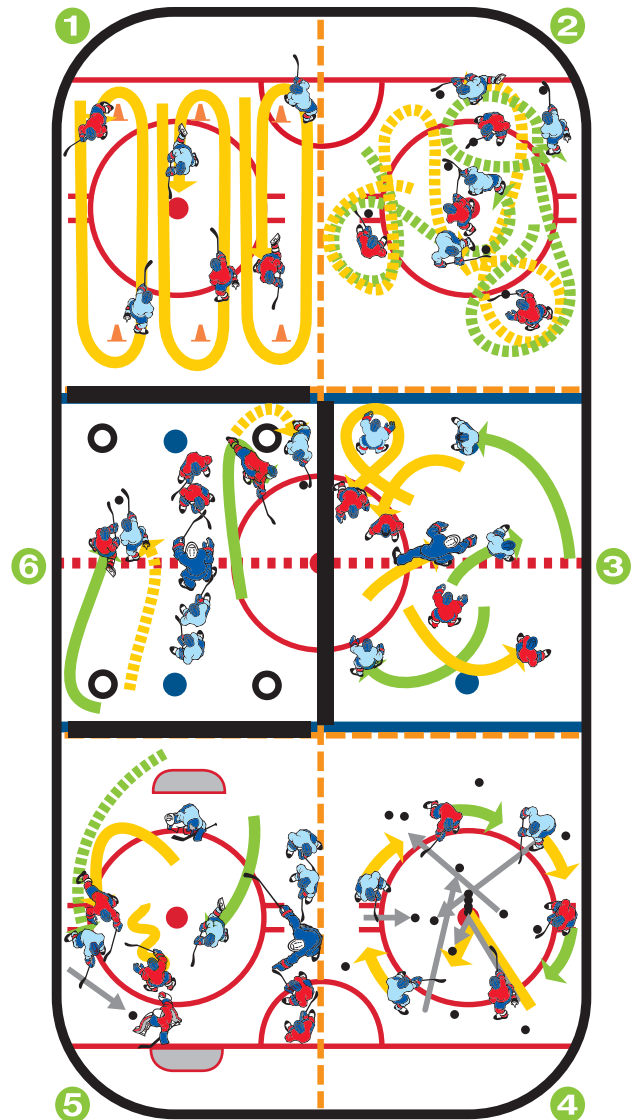
Pass the puck off the tire to score. The coach can have two 1v1s or 2v2s going on at the same time.

GAME

Knockout

(10 minutes)

Define a playing area for all the players. Each player starts with a puck. They attempt to hold onto their own puck while knocking other players' pucks out of the playing area. Last player with the puck wins. **Variation:** If you lose your puck, you can rejoin the game after the coach has you do 5 power jumps.



COACHING TIP

Good rule of thumb for running 8U practice is that coaches should talk less and players do more.

8U Intermediate Practice Plan 4

Date: Early Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating, evasion, puck control, fun

Equipment Required: Borders, nets (6), tires (14)

WARMUP

Sharks and Minnows

(8 minutes)

Designate several players as the sharks to start. The minnows must skate from one end to the other without being tagged. If they are tagged, they become sharks, too.

STATIONS

On the whistle, players do 5 log rolls before changing stations. Coaches distribute water at each station as the players arrive.

Station 1: Forward Cross-Overs

(7 minutes)

Players skate around tires working on cross-over skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

Station 2: Net Tag

(7 minutes)

Player X attempts to evade Player O using the nets as a screen. Have multiple groups going at the same time. Encourage deception with stops and starts. Use other obstacles like dividers or sets of tires if you don't have enough nets.

Station 3: Guard the Gate

(7 minutes)

Set tires about 8 feet apart. Players are in pairs. The puck carrier must try to carry the puck through their set of tires. Defender tries to prevent that. On change of possession, the player roles change.

Station 4: 2v2 Tight Space

(7 minutes)

Play 2v2 and change on the whistle every 60 seconds.

Station 5: 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 signal from coach, players perform some agility skating; figure 8, stops and start both ways, inside edges, etc., then return to Chaos Puck Control.

Station 6: Forward and Backward Tag

(7 minutes)

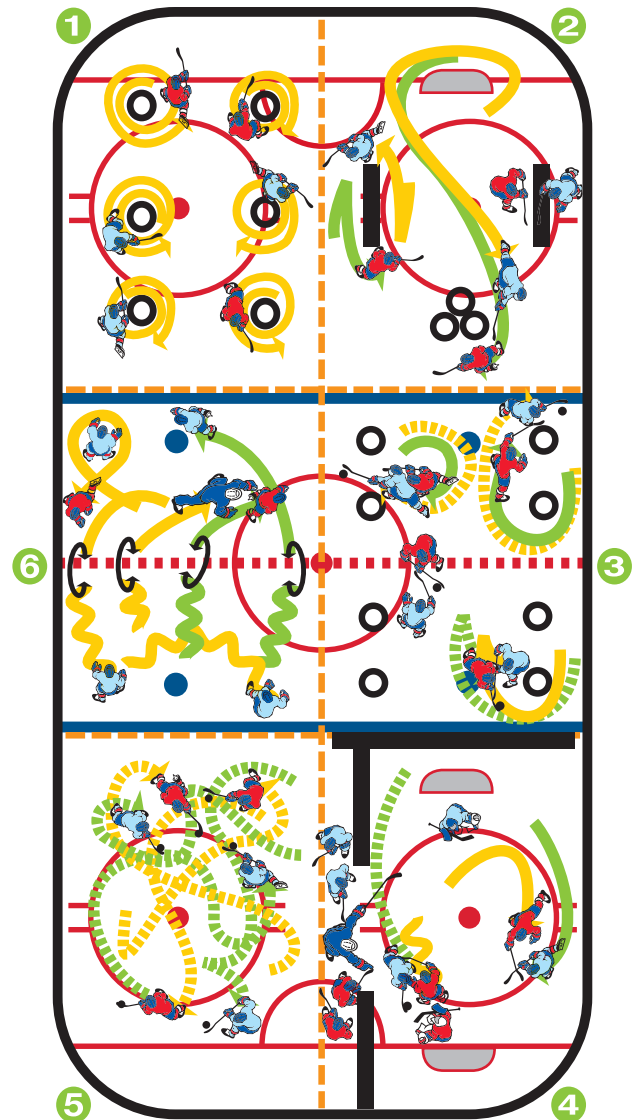
Use the center red line as the pivot point. Players can only skate forward on one side of the line and backward on the other. Coach or designated tagger must try to tag all players. If tagged, the player is frozen until a teammate skates a circle around them and sets them free.

GAME

Knockout

(10 minutes)

Define a playing area for all the players. Each player starts with a puck. They attempt to maintain possession of their own puck while knocking other players pucks out of the playing area. Last player with the puck wins. **Variation:** If you lose your puck, you can rejoin the game after the coach has you do 5 power jumps.



COACHING TIP

What I hear, I forget.
What I see, I remember.
What I do, I understand.
— Confucius

8U Intermediate Practice Plan 5

Date: Early Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating agility, puck control, fun

Equipment Required: Borders, nets (6), cones, tires, soccer ball

WARMUP

Trucks and Trailers

(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, trucks try to shake their trailer and the trailer attempts to stay directly behind and as close as possible to their truck while both players carry pucks. After 30 to 40 seconds, switch trucks and trailers. Reduce playing area over time.

STATIONS

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

(7 minutes)

Every player has a puck. Players skate 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.

Station 2: Shooting Technique

(7 minutes)

Players work on wrist shot technique shooting against the boards. Players should stand sideways (perpendicular) to boards so that proper weight transfer is used. Start with puck behind back foot and sweep puck toward target. Use a tire as the target to teach shooting with head up and follow through.

Station 3: Soccer (ABCs)

(7 minutes)

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

Station 4: 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 5: 2v2 Hockey

(7 minutes)

Play 2v2 for 40- to 60-second shifts. The coach continues to spot puck into play after goals are scored until the shift time is complete.

Station 6: Soccer (ABCs)

(7 minutes)

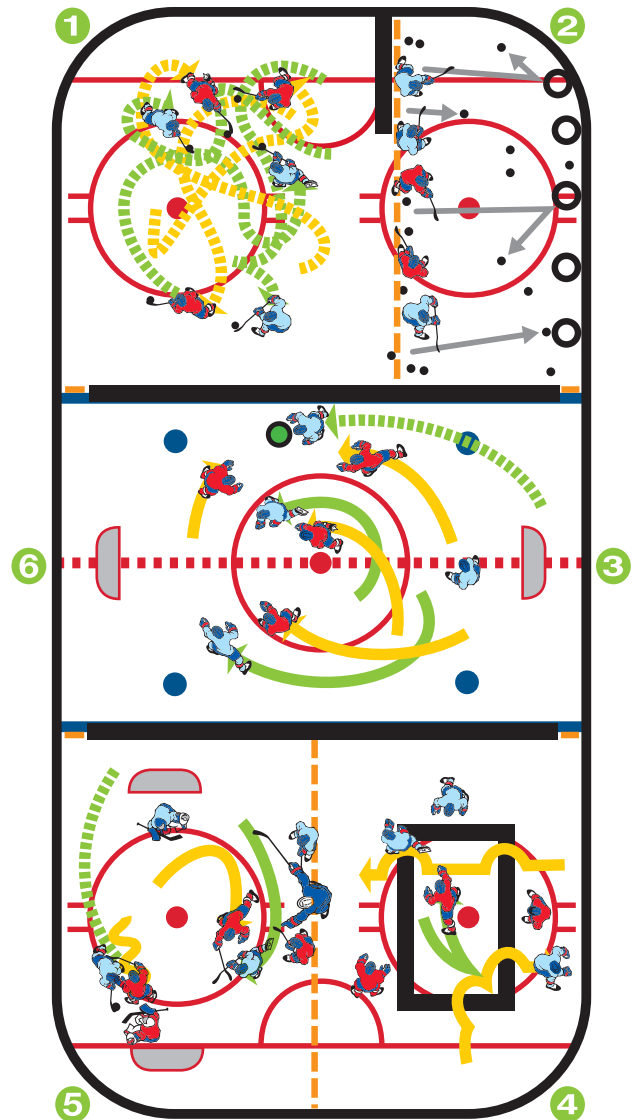
Play soccer 5v5 or 4v4 cross-ice in 40-second shifts in whatever number that allows players to participate every other shift.

GAME

3v3 or 4v4 Cross-Ice

(10 minutes)

Play 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



COACHING TIP

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

8U Intermediate Practice Plan 6

Date: Mid-Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating edges, passing, puck control, fun

Equipment Required: Borders, nets (4), ice marker, tires, bucket, ring or ball

WARMUP

Trucks and Trailers

(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 while both players carry pucks. After 30 to 40 seconds, switch trucks and trailers. Reduce playing area over time.

STATIONS

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

(7 minutes)

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

(7 minutes)

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 foot.

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).

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: Forward Cross-Overs

(7 minutes)

Players skate around tires working on cross-over skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

Station 6: Chaos with Agility

(7 minutes)

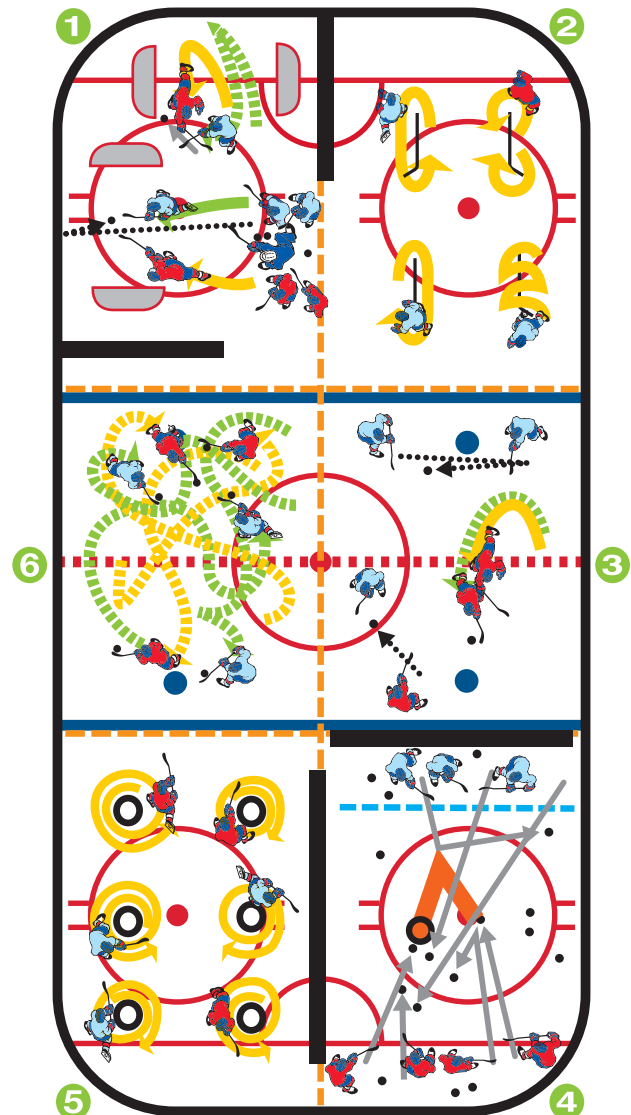
Every player has a puck. Players skate in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids. On signal from coach, players perform some agility skating; figure 8, stops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

GAME

3v3 or 4v4 Cross-Ice

(10 minutes)

Play 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



COACHING TIP

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

8U Intermediate Practice Plan 7

Date: Mid-Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating agility, puck control, fun

Equipment Required: Borders, net, tires or cones (8), softballs (8)

WARMUP

Submarine Tag

(8 minutes)

Start with a few players as taggers. The others must skate from end to end without being tagged. If tagged, players must stand with feet apart and wait for someone to crawl between their legs to unfreeze them. Players can only crawl from front to back.

STATIONS

Have water at each station. Each coach does own unique agility exercise with players before rotating.

Station 1: Puck Control

(7 minutes)

Players align around circle and mirror coach for stationary puck handling. With good hand position on stick, coach demonstrates good knee bend. Perform wide dribbles with lean and knee bend to each side. Alternate narrow and wide dribbles, knee bend to each side, around body. Front-to-back dribble on both sides of the body. Try with eyes closed.

Station 2: Freeze Tag

(7 minutes)

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

Station 3: Coordination Kick

(7 minutes)

Players must skate through the tires controlling a softball with only their skates.

Station 4: Paint the Cones

(7 minutes)

Players spread around the circle. They must skate up to the cone and stop, attempting to cover the cone with snow. Have players alternate lead foot for stop.

Station 5: Pivot Skating

(7 minutes)

Begin with 2 or 3 players to a divider pad. Skate various maneuvers around the pads with all players moving. Start with forward-to-backward pivots, backward-to-forward pivots, duck feet around the ends, etc.

Station 6: Trucks and Trailers

(7 minutes)

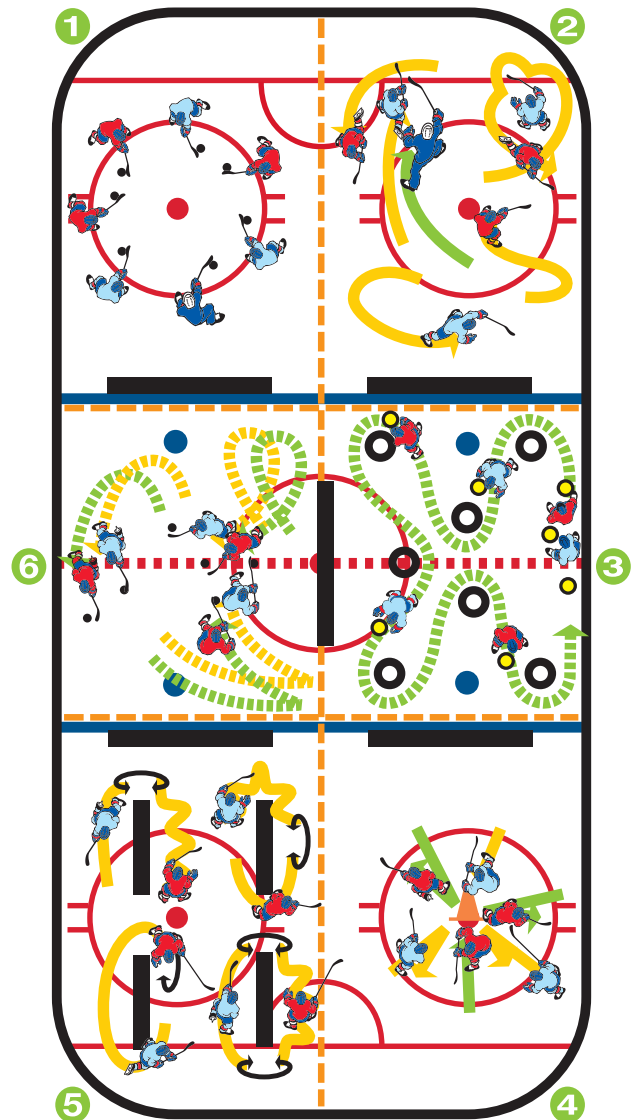
Have players pair up, each with a puck. Designate which player is the truck and which is the trailer to start. On the signal to start, the trucks try to shake their trailer and the trailer attempts to stay directly behind and as close as possible to their truck while both players carry pucks. After 30 to 40 seconds, switch trucks and trailers.

GAME

Sharks and Minnows with Puck

(10 minutes)

Start with several players designated as sharks. All the minnows start with pucks. Minnows try to skate end to end without losing their puck. If a shark steals your puck, they become a minnow and you become a shark and must steal someone else's puck.



COACHING TIP

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

8U Intermediate Practice Plan 8

Date: Mid-Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating, competing, fun

Equipment Required: Borders, nets (4), tires or cones (8), ice marker

WARMUP

Submarine Tag

(8 minutes)

Start with a few players as taggers. The others must skate from end to end without being tagged. If tagged, players must stand with feet apart and wait for someone to crawl between their legs to unfreeze them. Players can only crawl from front to back.

STATIONS

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

(7 minutes)

Divide 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: Backward Bumper Butts

(7 minutes)

Players skate backward 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: Pick 3

(7 minutes)

On coach's signal, 2 players (one from each line) must complete a full circle around 3 of the 4 tires before they can pick up a puck and shoot. Encourage conflict where players can bump into each other to gain an advantage in the race.

Station 4: Passing Lanes Game

(7 minutes)

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/she now becomes a new passer. The old passer moves to the middle. Keep 3 to 4 pucks in play.

Station 5: 2v2 Hockey

(7 minutes)

Play 2v2 in a tight space for 30-second shifts.

Station 6: Border Tag

(7 minutes)

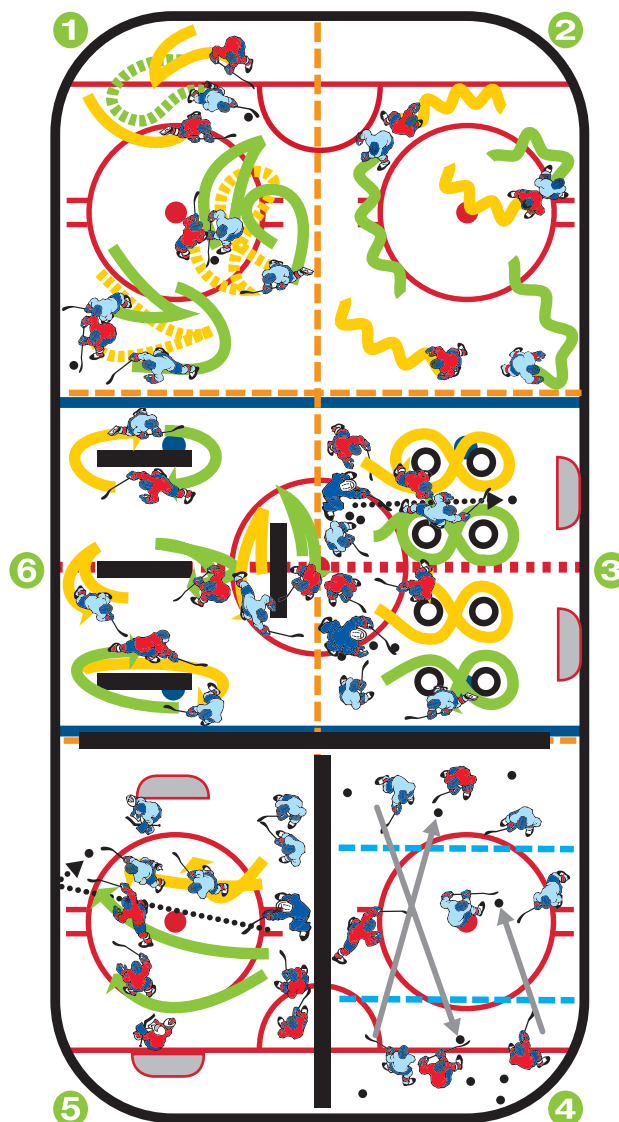
Players pair up starting on each side of a divider pad. One player is designated "IT" and tries to tag their partner. Once tagged, switch roles and repeat. Player are not allowed to step over the pads.

GAME

Sharks and Minnows with Puck

(10 minutes)

Start with several players designated as sharks. All the minnows start with pucks. Minnows try to skate end to end without losing their puck. If a shark steals your puck, they become a minnow and you become a shark and must steal someone else's puck.



COACHING TIP

Encourage competition at the puck...
win your 1v1 battle.

8U Intermediate Practice Plan 9

Date: Late Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating, puck control, evasion, fun

Equipment Required: Borders, nets (5), cones, tires

WARMUP

1v1 Keep-Away

(8 minutes)

Pair players by ability and have them play 1v1 keep-away. If a rest is needed, let them stationary pass for 30 seconds and then resume keep away.

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: Forward Cross-Overs L/R

(7 minutes)

Players skate around tires working on cross-over skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

Station 2: Net Tag

(7 minutes)

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

Station 3: Keep-Away Passing

(7 minutes)

Have players spread out in a circle with one player starting in the middle. Players attempt to pass to each other without the middle player touching the puck. If the middle player touches the puck, then that player becomes a passer. If more than 7 players, create 2 groups.

Station 4: 2v2 Any Net

(7 minutes)

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: Trucks and Trailers

(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 while both players carry pucks. After 30 to 40 seconds, switch trucks and trailers.

Station 6: Knockout

(7 minutes)

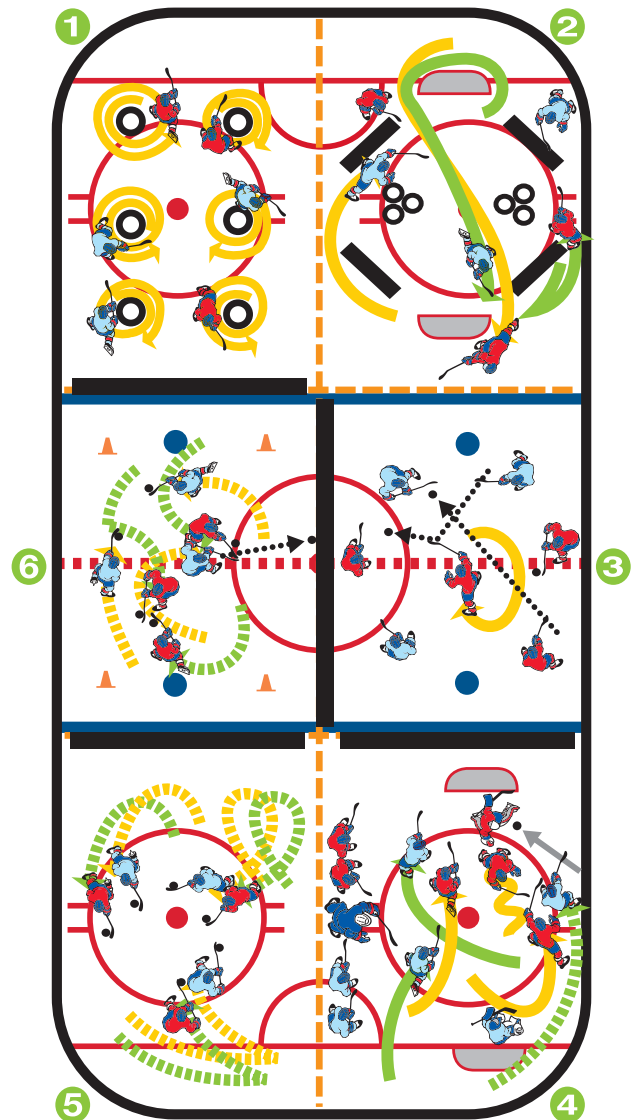
Define a playing area. Each player has a puck. On the whistle, players attempt to knock the other player's pucks out of the playing area while still possessing their own.

GAME

3v3 or 4v4 Cross-Ice

(10 minutes)

Play or 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



COACHING TIP

Turn the word "practice" into a positive thing!

8U Intermediate Practice Plan 10

Date: Late Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating skills, competition, fun

Equipment Required: Borders, nets (4), cones, tires

WARMUP

1v1 Keep-Away

(8 minutes)

Pair players by ability and have them play 1v1 keep-away. If a rest is needed, let them stationary pass for 30 seconds and then resume keep away.

STATIONS

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 & Backward (ABCs)

(7 minutes)

Divide into groups of 2 or 3. Have players skate continuously. Forward to backward, drop to knees, Superman dive, log roll, step over stick, pass stick between legs, etc. Change movements on the fly.

Station 2: 2v2 Hockey

(7 minutes)

Play 2v2 in the defined area with 60-second shifts.

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: 4 Corners with Whistle

(7 minutes)

Start with 1 more cone than the number of players and one 'IT' player in the middle. On the coach's signal, all 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.

Station 5: Backward Cross-Overs

(7 minutes)

Players skate around tires working on cross-over 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.

Station 6: Gate Race

(7 minutes)

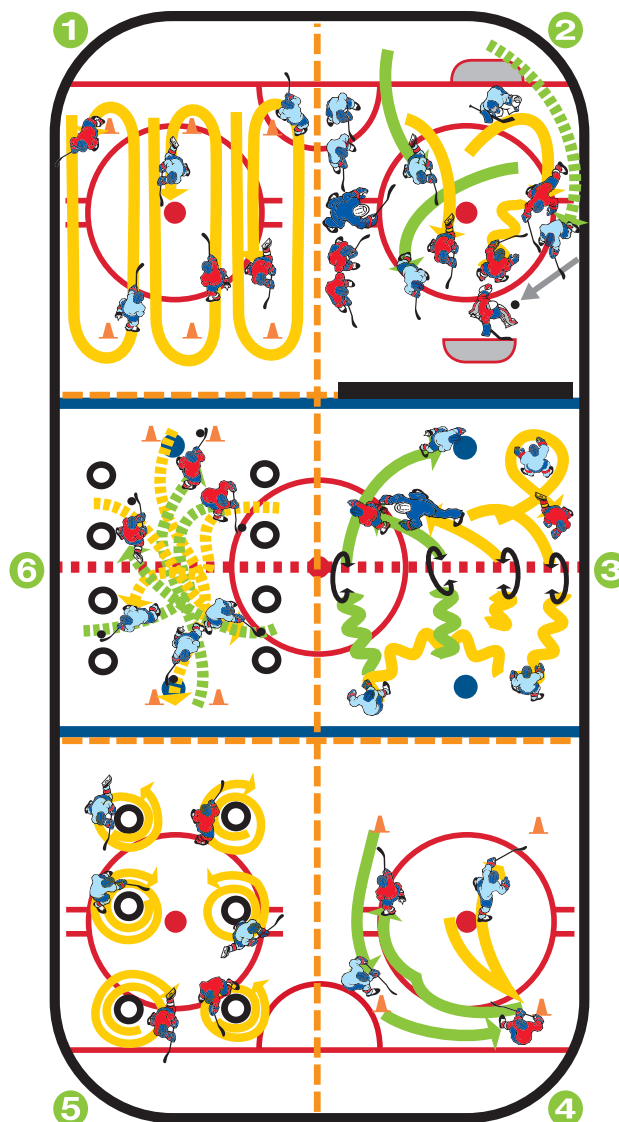
Use cones or tires to create a gate for each player. All players carry a puck. On the signal, players must skate through the gate opposite them, avoiding other players. Fastest through gate wins. Change to skating through opposite gate and then back through original gate.

GAME

3v3 or 4v4 Cross-Ice

(10 minutes)

Play or 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



COACHING TIP

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

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 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)

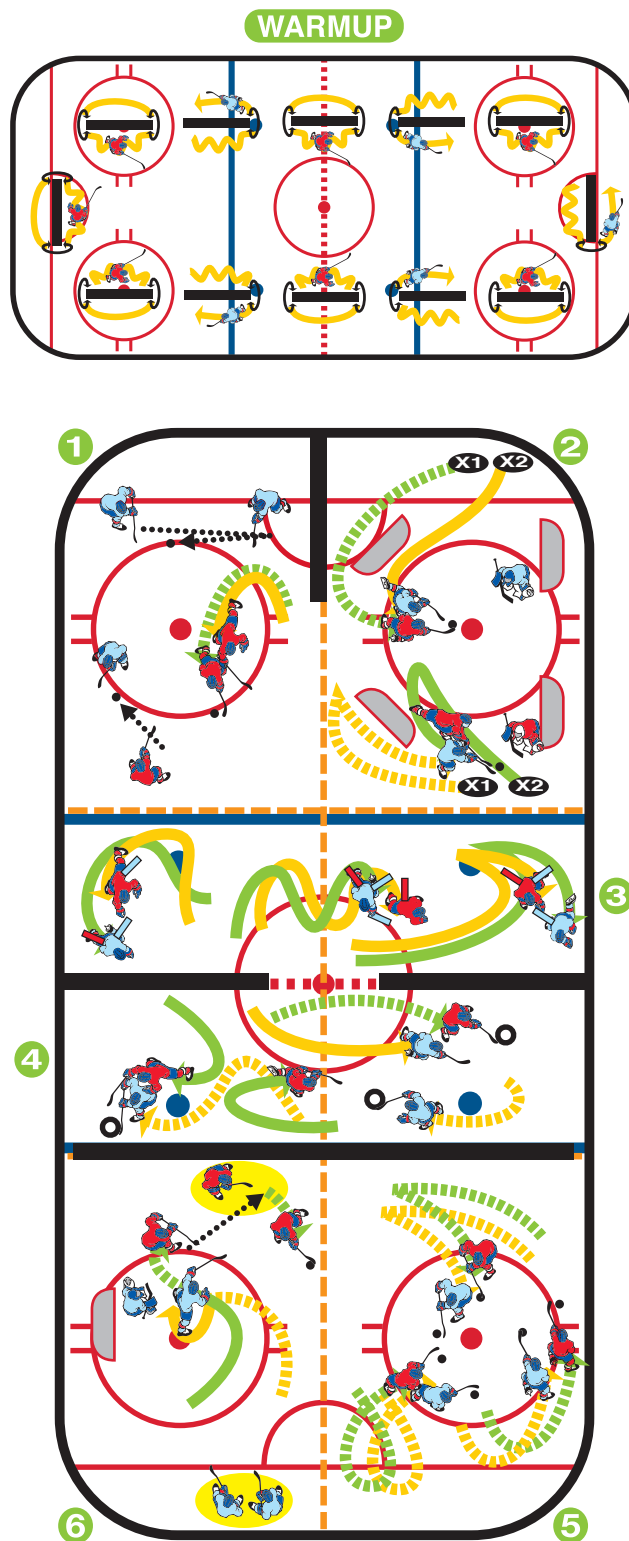
Play starts as a 1v1. When the defender steals the puck, they must pass to their waiting teammate who becomes the new offensive player. The original offensive player becomes the new defender and the original defender exits the play.

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

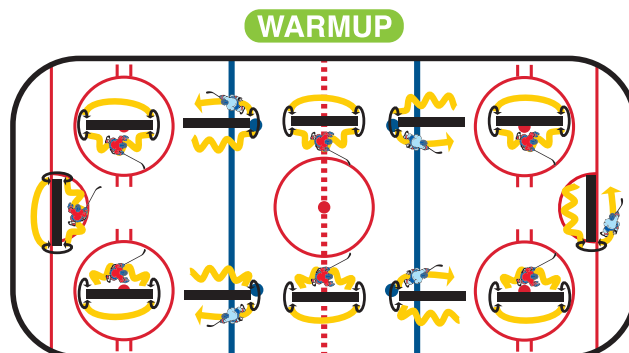
Equipment Required: Borders, nets (6), cones, tires, ringettes

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

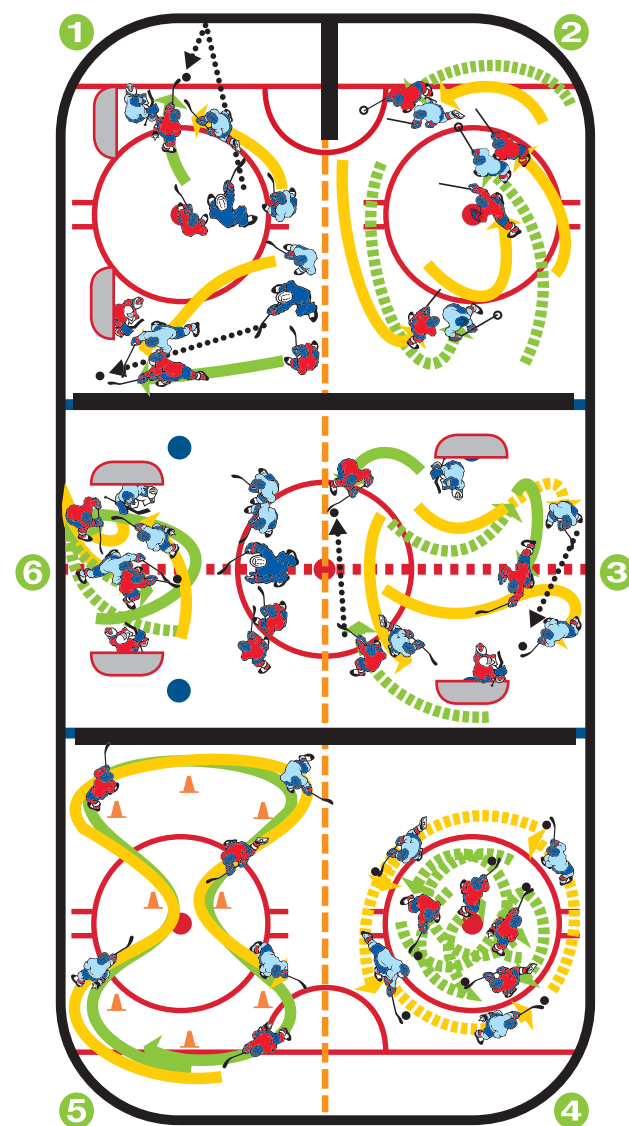
(7 minutes)

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

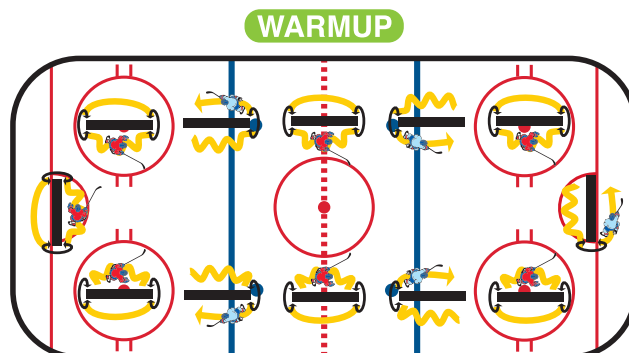
Equipment Required: Borders, nets, tires

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

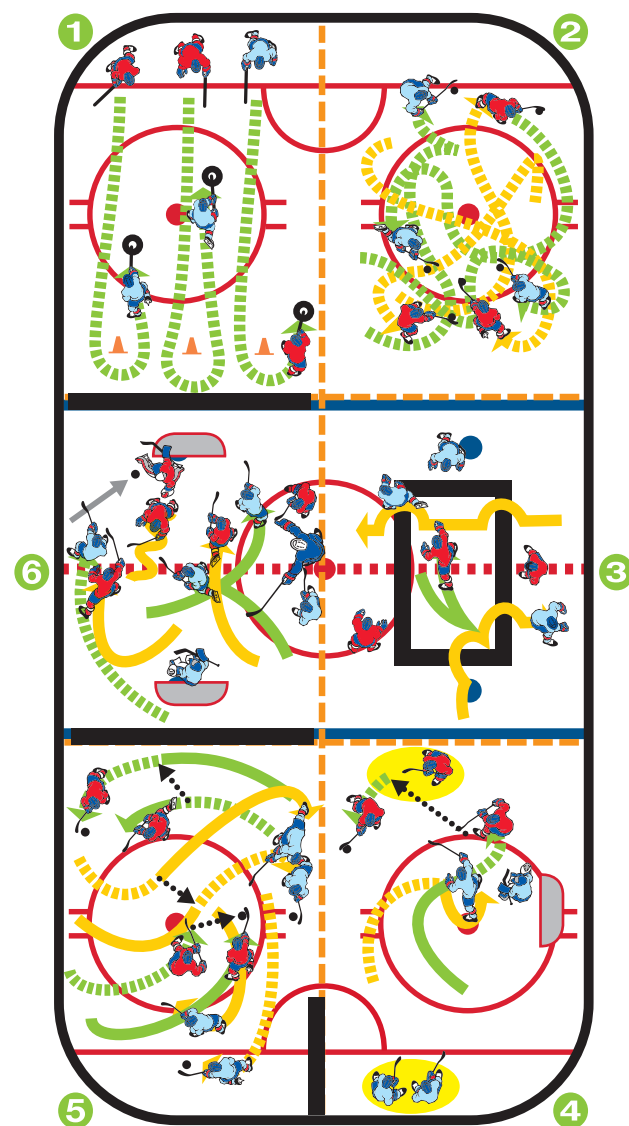
(7 minutes)

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)

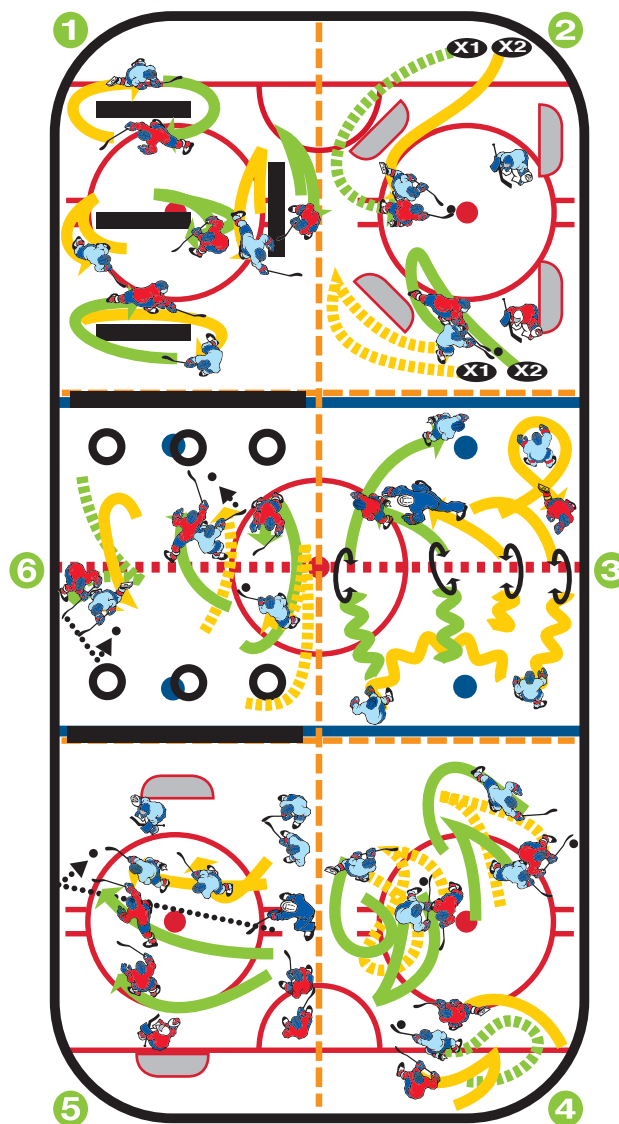
Pass the puck off the tire to score. The coach can have 1v1s or 2v2s happening at the same time.

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

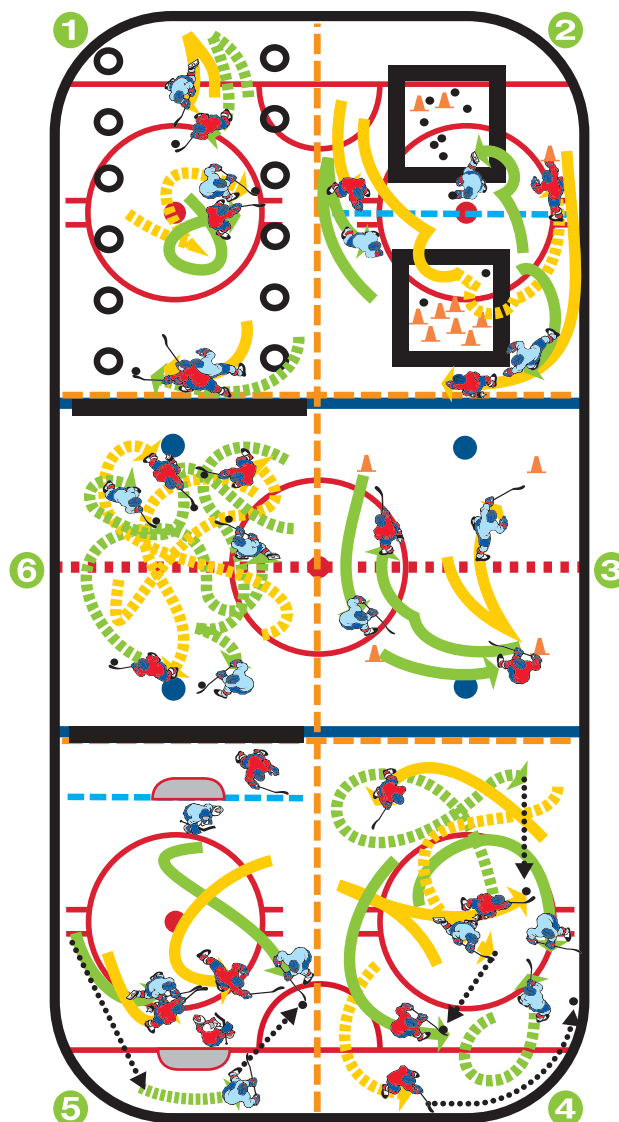
(7 minutes)

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)

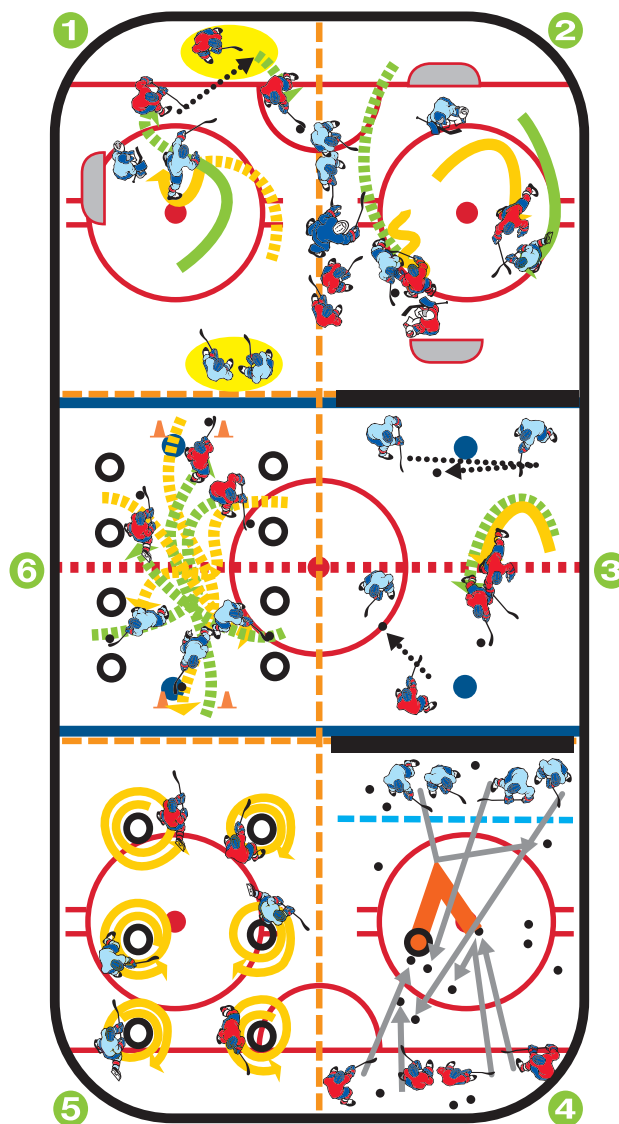
Use cones or tires to create a gate for each player. All players carry a puck. On the signal, players must skate through the gate opposite them, avoiding other players. Fastest through gate wins. Change to skating through opposite gate and then back through original gate.

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!