



Coaching Education Program

8-AND-UNDER PRACTICE PLANNER



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Introduction

This manual provides practice plans and materials needed for 8-and-under coaches. USA Hockey and its Coaching Education Program provide a vast amount of resources and plans for coaches. This manual is a small sample of resources that are available and will provide you links to additional information for each section.

SECTION 1 – ATHLETE DEVELOPMENT

Here we will introduce you to the understanding of long-term athlete development for this age group.

SECTION 2 – AGE-SPECIFIC PRACTICE PLANNING

Today, practices are more than just on-ice. It is important to incorporate some off ice training each week into your sessions. Exposure to a board base of movement activities will help players increase their movement capabilities and gain confidence as athletes.

SECTION 3 – AREAS OF FOCUS

Here we highlight some specific aspects of practice planning. You will find age-specific information on body contact, goaltending, small-area games and off-ice practices.

Be sure to check out usahockey.com for more coaching resources:

- Mobile Coach App
- Checking the Right Way
- Small-Area Games
- Skill Progressions for Youth Hockey
- Goaltending
- Off-Ice Training
- American Development Model
- Coaching Manuals
- Coaching Articles
- Coaching Videos
- AND MORE!

SECTION 1

Athlete Development



Long-Term Athlete Development

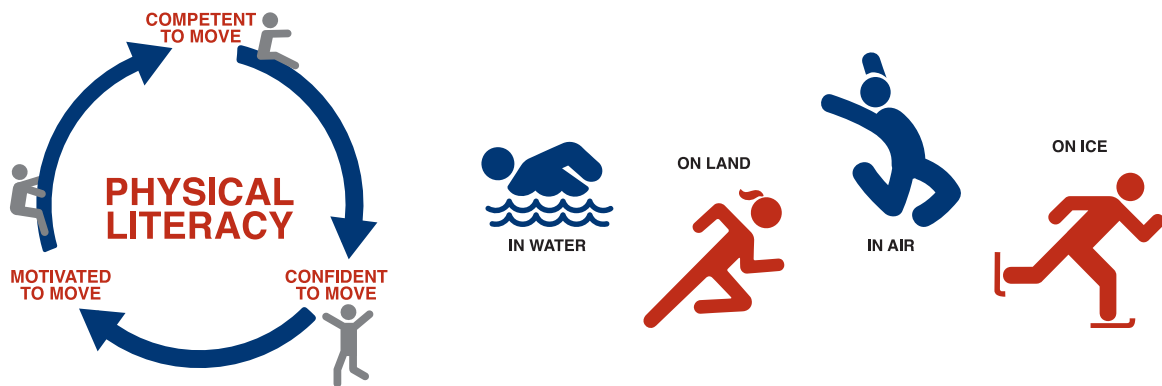
STAGES OF DEVELOPMENT

- Active Start – ages 0-6
- FUNdamentals – ages 6-8 (female) and 6-9 (male)

These stages focus on acquiring fundamental movement skills (running, jumping, kicking, etc.) and the development of physical literacy. Fun competitions are introduced in a team environment and the basic hockey skills of skating and puck control are introduced for skill acquisition.

USA Hockey encourages activity that incorporates fundamental movement skills in the four environments that lead to physical literacy:

- In the water – swimming
- On the ground – athletics
- In the air – gymnastics
- On ice and snow – sliding (skating)



According to SHAPE America (the society of health and physical educators), **“Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.”**

GOALS/DESIRED OUTCOMES

Put young athletes in an environment where they will **play**, **love** and **excel** at hockey.

- More puck touches. Smaller spaces mean more opportunity for a player to touch the puck and improve skills.
- Age-appropriate training. By scaling the ice to their level, children are more involved, more engaged and develop skills more efficiently.
- Increased competition. A smaller ice surface makes players of all skill levels think and act quicker, resulting in more frequent battles for the puck and hockey decision-making.
- FUN for all participants.

LONG-TERM ATHLETE DEVELOPMENT

- Practice fundamental movement skills like running, jumping, skating and swimming.
- Introduce the ABCs of athleticism – agility, balance, coordination and speed.
- Focus on flexibility.
- Emphasis on agility, quickness and change of direction. Bursts are less than 5 seconds in duration.
- Once a week, prior to or after practice, spend 30 minutes off-ice working on fundamental movements and the ABCs. Do this through games and challenging activities. Keep it fun.
- Play multiple sports (e.g., soccer, running, gymnastics, lacrosse, baseball, swimming, skiing, etc.).

AGE-APPROPRIATE TRAINING

- Keep players active. Station-based practices maximize ice time and repetitions.
- Design drills to focus on multiple skills and hockey situations.
- Use small-area games for individual skill development and to introduce basic concepts (puck pursuit, puck support).
- 30-60 players per practice session.
 - 2-3 ice touches per week
 - 50-minute ice sessions
 - 5 months = 20 weeks per season maximum
 - 50-60 ice touches per season (34-40 practices and 16-20 cross-ice games)
- 9-13 players per team; no full-time goalies

PRACTICE DESIGN SHOULD INCORPORATE THE PRINCIPLES OF:

- FUN/Engaging
- Looks like the game
- Constant decision making
- Lots of puck touches
- Challenging

**FOR MORE INFORMATION ON LONG-TERM ATHLETE DEVELOPMENT
OR USA HOCKEY'S AMERICAN DEVELOPMENT MODEL, VISIT:**

<http://www.admkids.com/page/show/910488-long-term-athlete-development>

SECTION 2

Practice Planning



Practice Plans

What to implement at the 8-and-Under level:

1. More puck touches.
2. Maximum ice utilization.
3. Increased competition and engagement for all players.
4. Fun for all participants.

Station-based practices will keep players active and engaged while utilizing the ice more efficiently. Players will receive more opportunities for individual coaching. They'll receive more repetitions which means more development. These best practices are designed to maximize activity in a fun and competitive environment. In addition to the core fundamentals (skating and stickhandling), players will develop contact confidence while battling for loose pucks in races and other small-area scenarios. Keep your players active and engaged. Players that have fun will want to return, and by getting them to return we can further their development.

**THE FOLLOWING IS JUST A SAMPLING OF PRACTICE PLANS.
FOR ADDITIONAL PRACTICE PLANS, VISIT:**

<http://www.usahockey.com/practiceplans>

8U Practice Plan 1 (Beginner)

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)

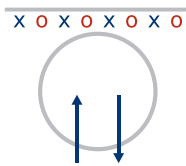
Let players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let players play.

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.

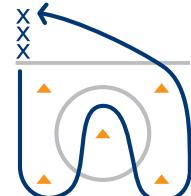


Drill 2: Edges

(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.

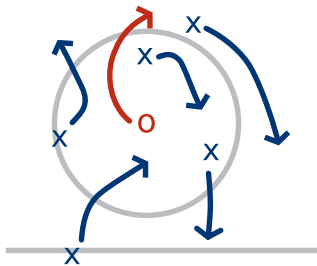
*Make sure to perform drill in both directions.



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.

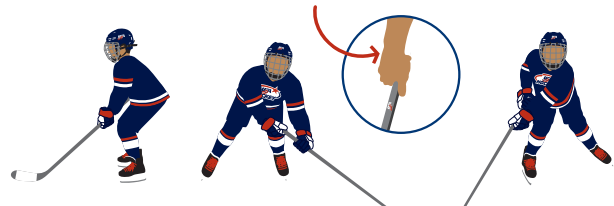


Drill 4: Stationary Puck Handling

(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.

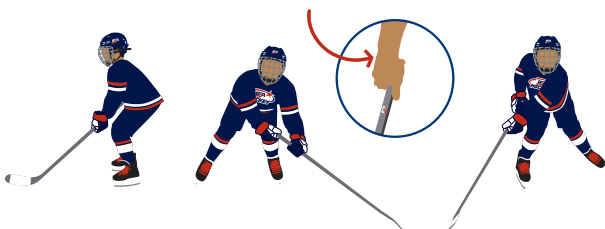
- 30 seconds of tight dribbling (2 times)
- 30 seconds of wide dribbling (2 times)
- 30 seconds of dribbling on side of body (2 times)
- Stick handling with slow movement (2 times)



Drill 5: Skating with Puck

(7 minutes)

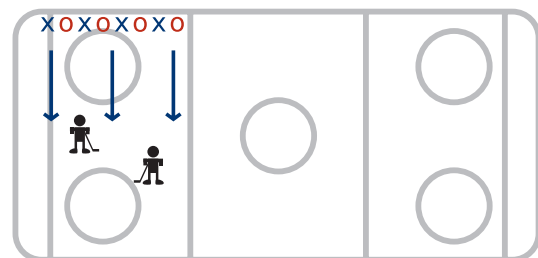
Players move with puck and skate across area moving puck from left side to right side of the body. Alternate between narrow and wide puck movements.



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 Practice Plan 2 (Beginner)

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 players 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

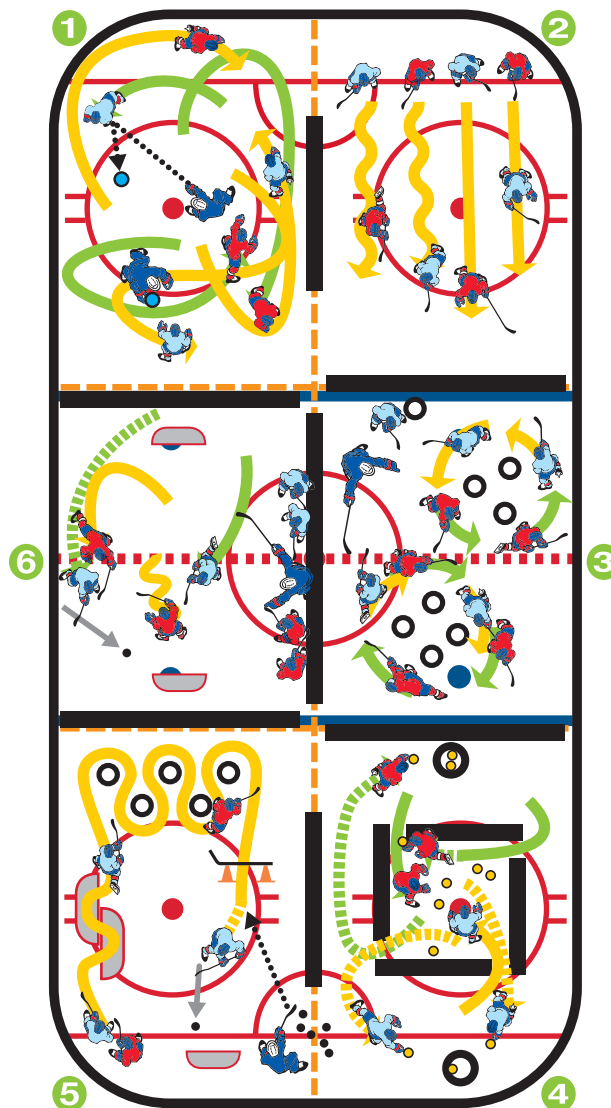
(8 minutes)

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 Practice Plan 3 (Intermediate)

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 players. 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)

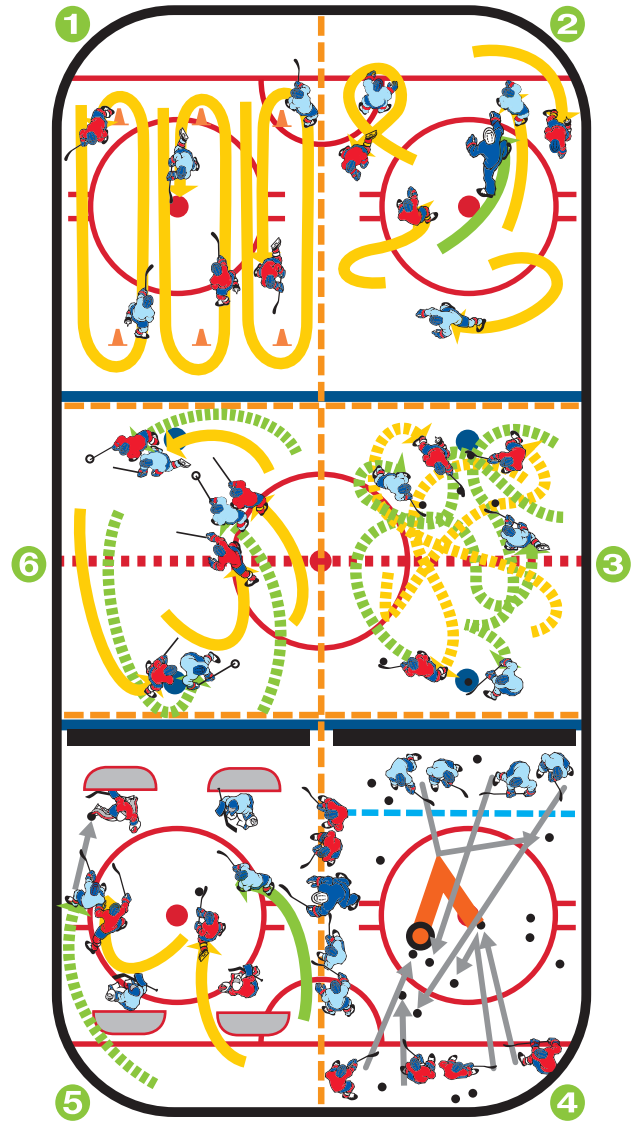
Start game with one less ring than the number of players. On the signal to start, the players attempt to grab a ring with their overturned stick and keep possession until the coaches single to stop. After each stoppage, remove a ring for the game.

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 Practice Plan 4 (Intermediate)

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 players. 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)

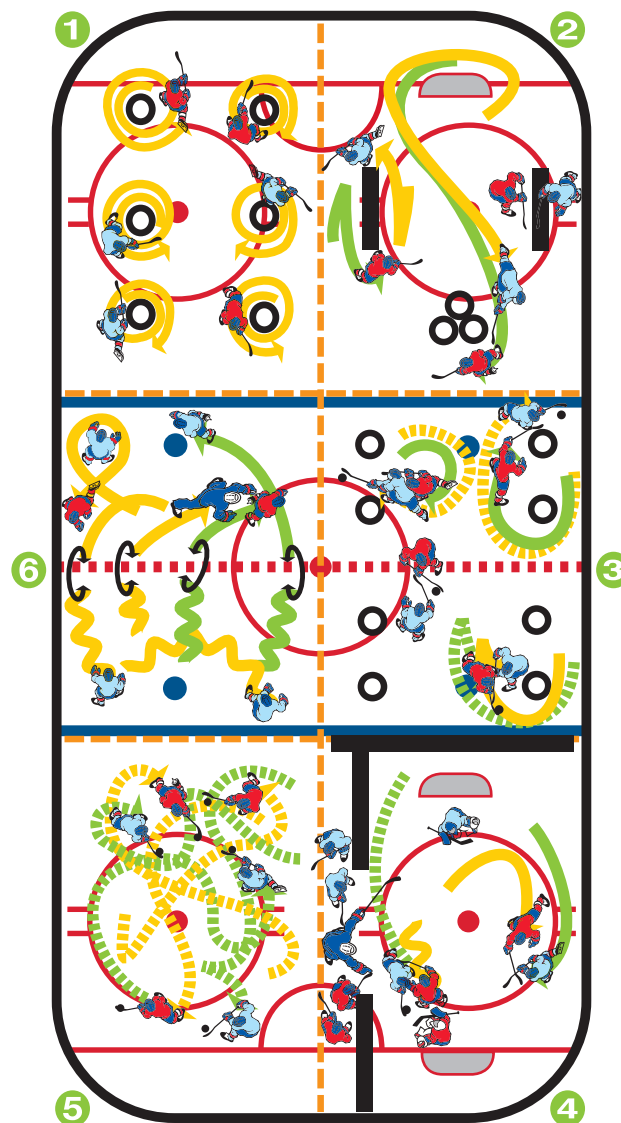
Use the center red line as the pivot point. Players can only skate forward on one side of the line and backward on the other. Coach or designated tagger must try to tag all players. If tagged, the player is frozen until a teammate skates a circle around them and sets them free.

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 Practice Plan 5 (Intermediate)

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 players.

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)

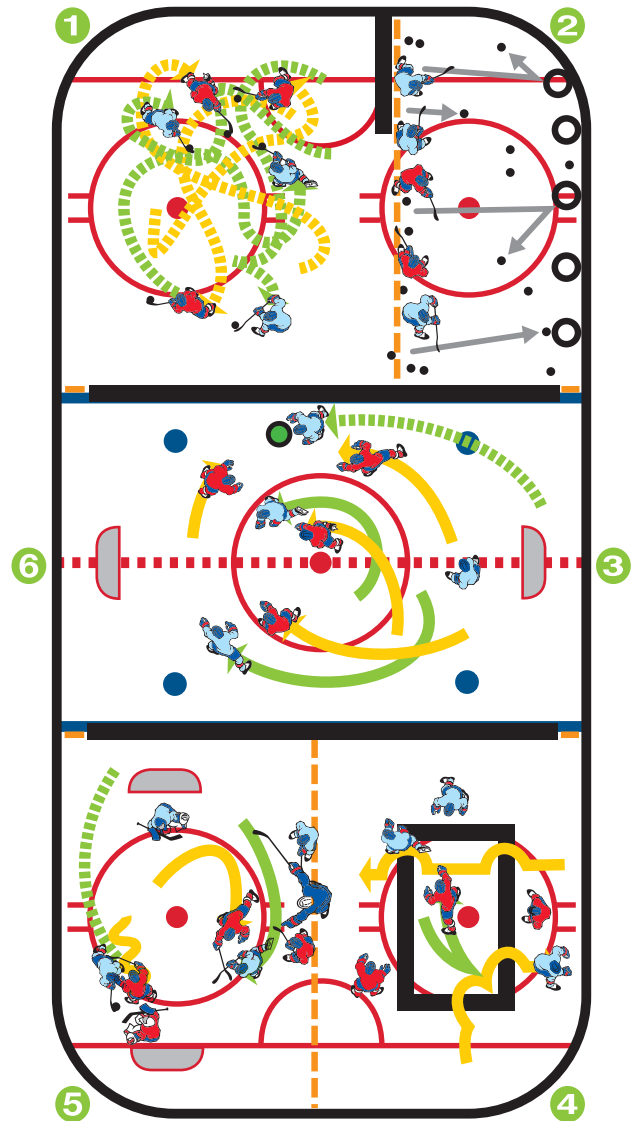
Play soccer 5v5 or 4v4 cross-ice in 40-second shifts in whatever number that allows players to participate every other shift.

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 Practice Plan 6 (Intermediate)

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)

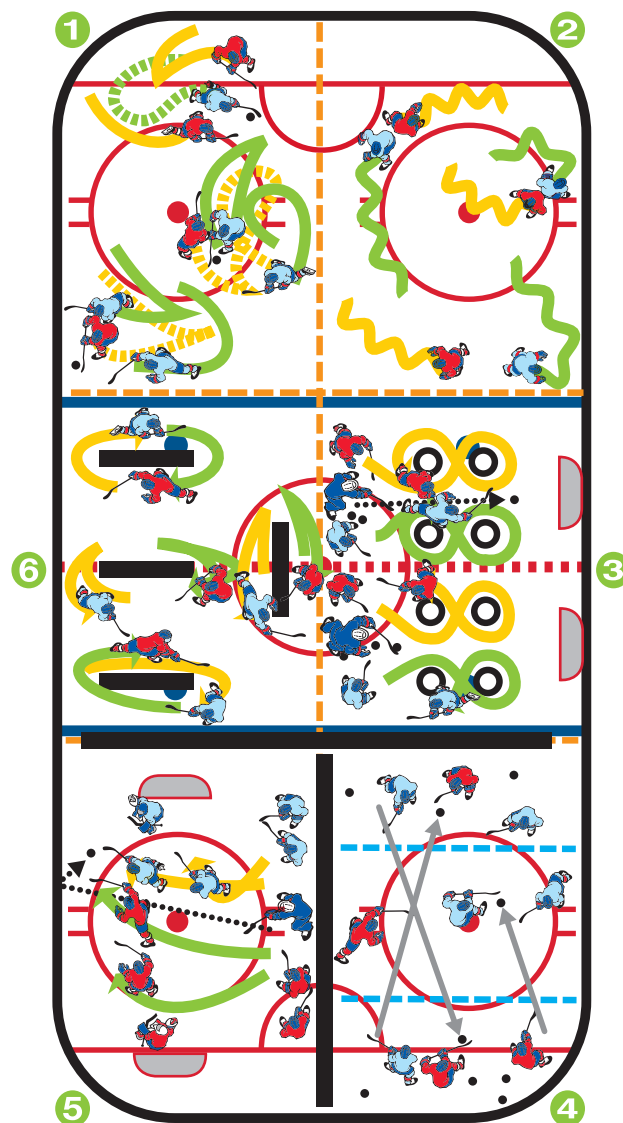
Players pair up starting on each side of a divider pad. One player is designated "IT" and tries to tag their partner. Once tagged, switch roles and repeat. Player are not allowed to step over the pads.

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 Practice Plan 7 (Intermediate)

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)

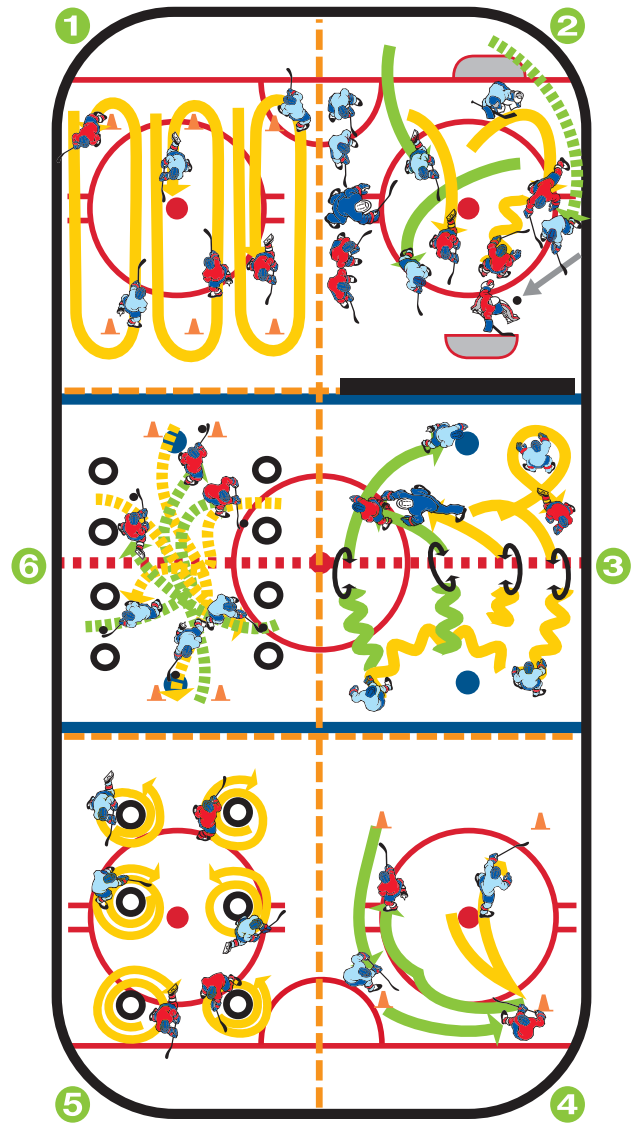
Use cones or tires to create a gate for each player. All players carry a puck. On the signal, players must skate through the gate opposite them, avoiding other players. Fastest through gate wins. Change to skating through opposite gate and then back through original gate.

GAME

3v3 or 4v4 Cross-Ice

(10 minutes)

Play 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 Practice Plan 8 (Advanced)

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)

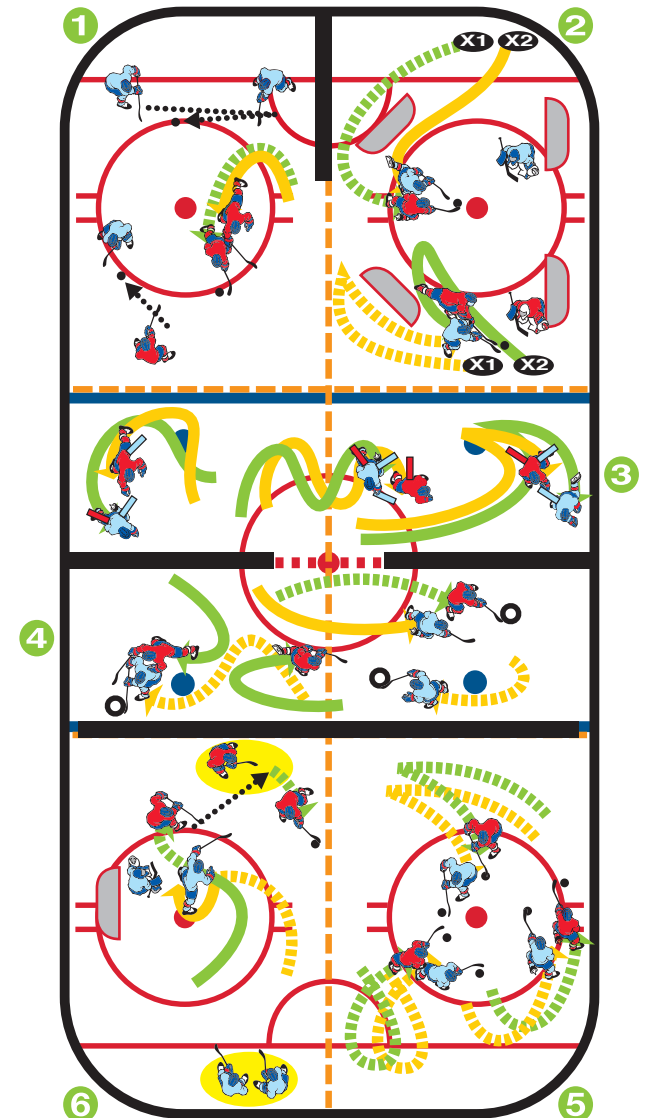
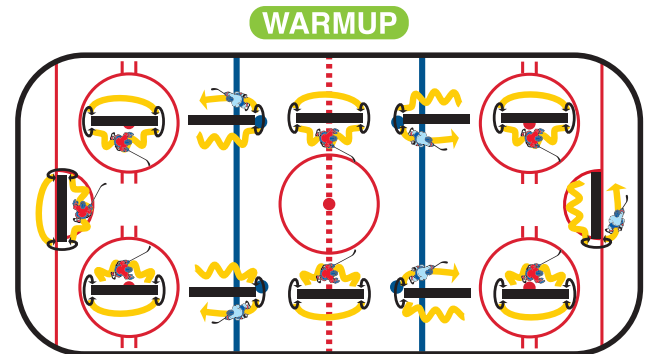
Play starts as a 1v1. When the defender steals the puck, they must pass to their waiting teammate who becomes the new offensive player. The original offensive player becomes the new defender and the original defender exits the play.

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 Practice Plan 9 (Advanced)

Date: Early Season

Time: 60 minutes

Number of Players: 36-48

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

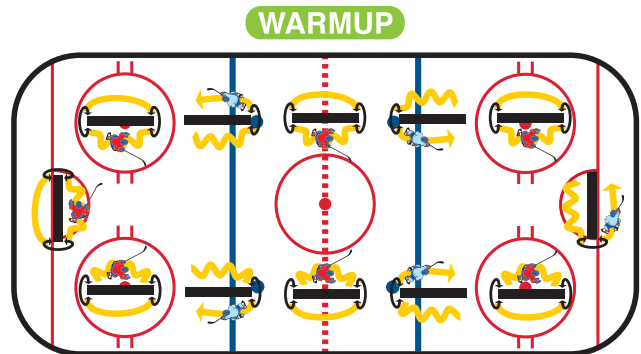
Equipment Required: Borders, nets (6), cones, tires, ringettes

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

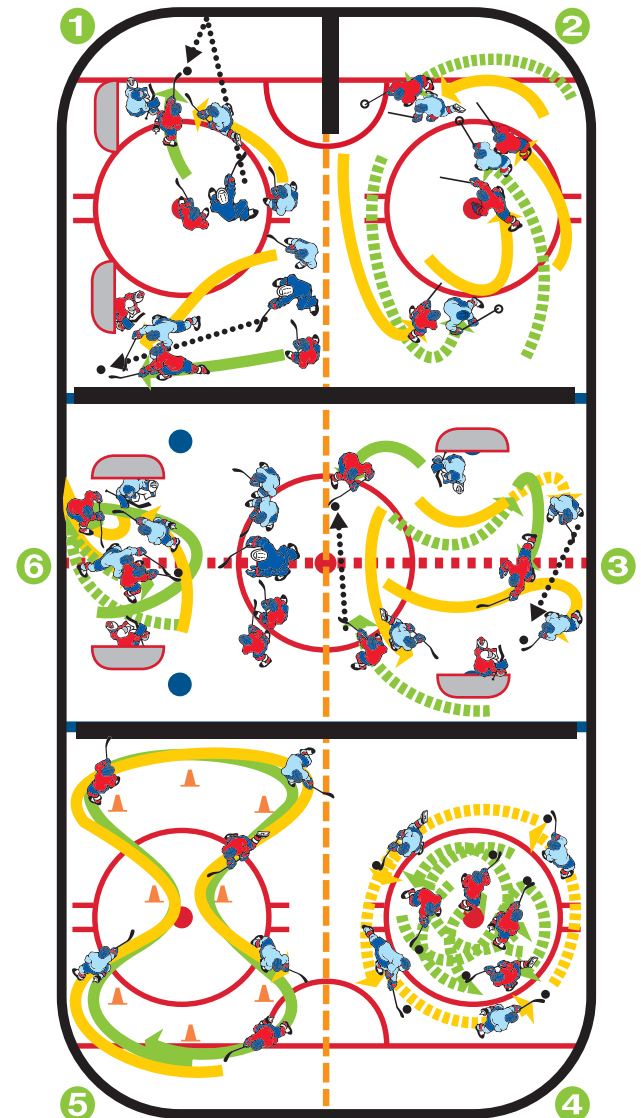
(7 minutes)

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 Practice Plan 10 (Advanced)

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 a 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)

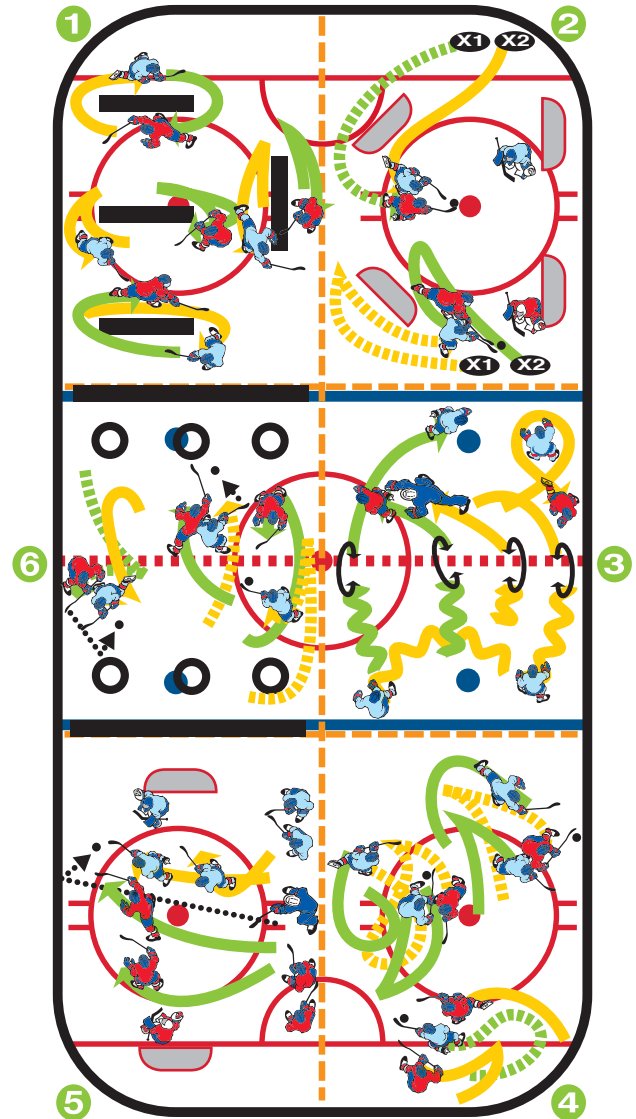
Pass the puck off the tire to score. The coach can have 1v1s or 2v2s happening at the same time.

GAME

Cross-Ice Hockey

(10 minutes)

Divide the players into teams so each plays 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.

SECTION 3

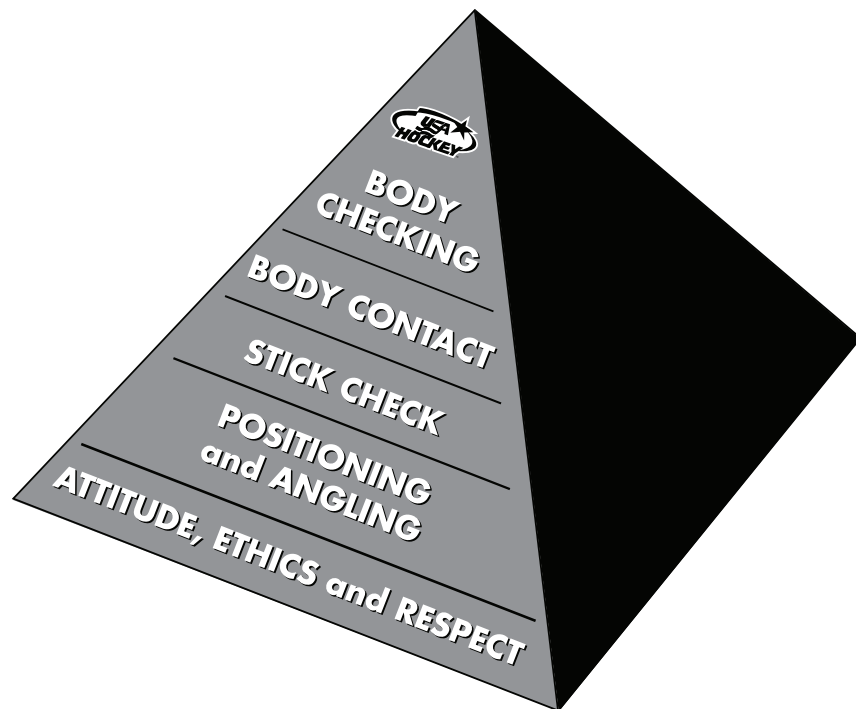
Areas of Focus



Body Contact

TEACHING POINTS

- Create understanding that you will have contact with other players.
- Foster contact confidence.
- Players learn by participating and getting involved in play.
- Players know what to expect and how incidental contact feels.
- Introductory body contact phase.
- Bumping in small-area games.
- Learning to fall, learning proper body position.
- Understanding danger areas.
- Basic sportsmanship.

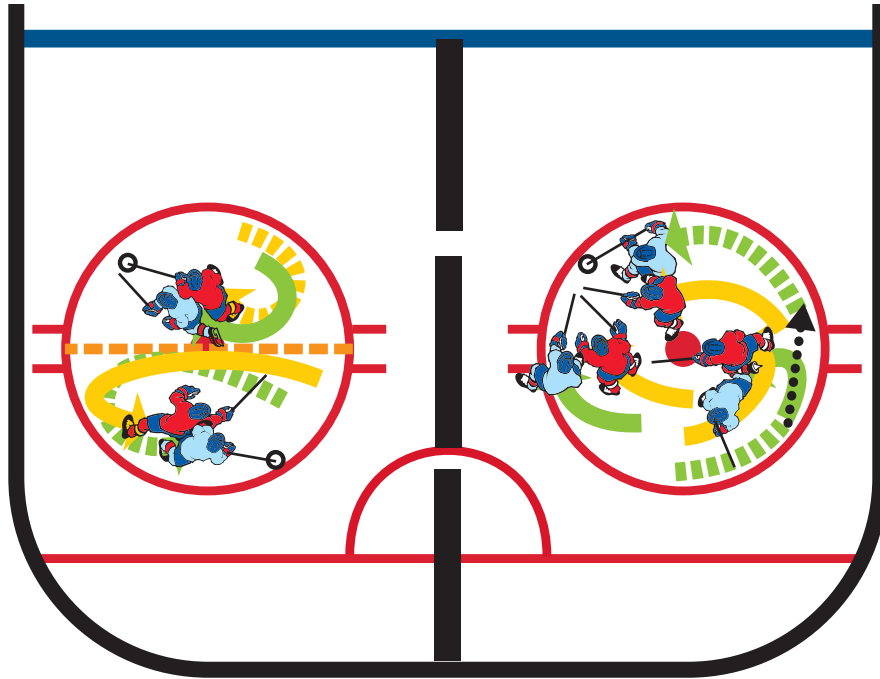


Ringette Keep-Away (Contact)

Draw a line through the face-off circle. Play 1v1 keep-away in each half of the circle and encourage body contact. Players can be physical as long as the stick is down and they make body contact in an attempt to play the ring. Encourage body contact while attempting to gain ring.

Ringette Keep-Away and Protection (Contact)

Every player participates simultaneously. Use 2 or 3 ringettes depending on the number of players in the station. If 6 players, use 2 ringettes, if 8 players, use 3 ringettes. Players compete for ringettes and play keep-away. If you have a ringette, protect it; if you don't have one, try to take one away from someone who does. This game emphasizes puck protection, competing, stick strength, and heads-up awareness.



FOR ADDITIONAL INFORMATION ON BODY CONTACT,
ACCESS THE *CHECKING THE RIGHT WAY* MANUAL:

<http://bit.ly/2iEO7Cr>

Goaltending

INTRODUCTION TO GOALTENDING

QuickChange Equipment

- It allows all players to try goaltending.
- Players put pads on over standard player equipment.
- Players are the goalie for one station and then they switch with another player.
- Coaches create an environment for the goalies to make saves.
- Coaches should encourage and celebrate saves.
- Let the goalies play and be kids.

Fully-Dressed Goalies

If you have fully-dressed goalies, they should rotate with a group through all stations and participate in the same manner as the other players.

Goal Crease

Draw a crease for all nets and encourage the goalie to play on the top of the crease (base depth). If they're in the correct position, goalies should erase the crease by the end of the drill with their movements.



Goal Stance

The stance should reflect the standard athletic posture; well-balanced, elbows and hands in front of the body. Teach the stance to the whole group before players get their chance to be the goalie.



Benchmarks

Players should be able to complete the following fundamental goaltending activities before moving on to the next level of goaltending development.

1. Proper stance (without micro-adjustments).
2. Play at the top of the crease (without reminders).
3. Be able to skate forward and complete 360-degree turns in both directions with goalie pads on.
4. Make a save while watching the puck all the way into their equipment and then continue to watch it/play it until the play is over.



FOR MORE GOALTENDING RESOURCES, PLEASE VISIT:

<http://www.USAHockeyGoaltending.com>

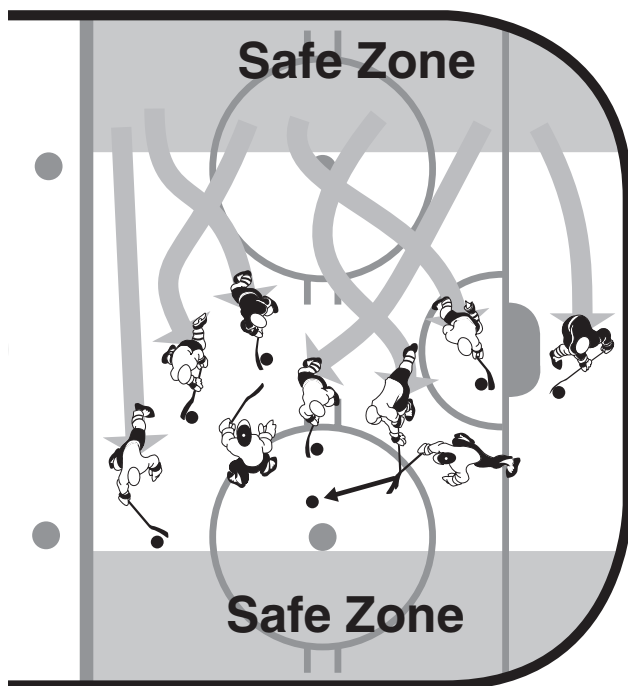
Small-Area Games

Small-area competitive games not only force players into tight competitive quarters, they also encourage players to battle aggressively for the puck while having lots of fun. Similar to how kids used to play growing up and skating on frozen ponds, these games help replicate the best ‘free play’ environments of the past and develop critical skills in today’s future stars.

Utilizing small-area competitive games provides many advantages. First and foremost, the games are designed so players are forced to make quicker decisions and do so under pressure from other players. Small-area games also simulate game shifts and provide an excellent form of conditioning in practice. Below are two examples of small-area games.

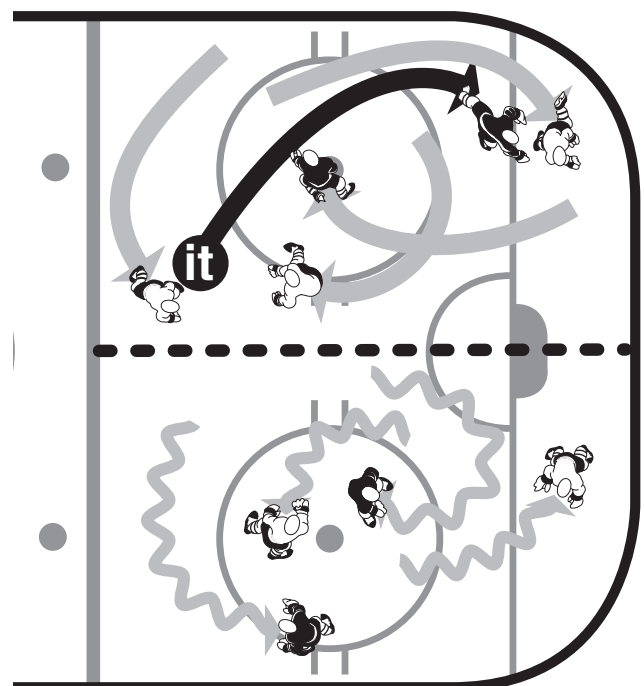
SHARKS AND MINNOWS

The minnows line up across the boards with pucks, while the shark begins in the middle. Minnows skate from dot to dot with their puck. If the shark takes or knocks the puck from their stick, they too become sharks and help check the remaining minnows. The minnows are safe from the dots to the boards as shown. The game is over when every player has their puck knocked off of their stick.



FORWARD/BACKWARD TEAM TAG

Using one third of the ice, divide the area in two with an ice pen. On one side, players can only skate forward while on the other side they must skate backward. One player is “it” and begins the game by tagging the other players. If any player, including “it”, crosses the line to the other side, they must skate forward or backward depending on which side they are on. Once a player has been tagged, he/she must help tag everyone else.



FOR MORE SMALL-AREA GAMES, PLEASE VISIT:

<http://bit.ly/2wd94ZU>

Dryland Training

USA Hockey provides dryland training cards with age-appropriate exercises and guidelines to help every player become a physically-literate athlete.

It's important that we develop athletes first; athletes who are capable of moving confidently in a variety of athletic environments. We can then develop these athletes into hockey players with higher upside due to their enhanced overall athleticism.

The development of fundamental movement skills and fundamental sport skills is critical if children are to feel confident about physical activity. The basis of which should be created around play and games.

All sports begin with basic fundamental movement and core sports skills. The ABCs of athleticism include agility, balance, coordination and speed, while fundamental movement skills include running, jumping, skating and throwing. Children should have a solid foundation in these fundamental movement skills before they can successfully acquire sports skills. Studies have shown that children who have a strong, broad-based foundation in the fundamental movements and sports skills from a variety of sports increase their potential for future success in sports.

This guide provides a sample dryland training plan. For additional age-appropriate on- and off-ice practice plans, please see ADMkids.com for resources you can use to easily design additional plans for your team. Below are three sample dryland training practice plans. Each drill is detailed on the following pages.

DRYLAND TRAINING PRACTICE PLANS

Instructions for use:

- Start or conclude the session with a fun game using a variation of tag.
- Set up six stations, one for each exercise.
- Each station should have 1-2 coaches facilitating the activity whenever possible.
- Each station runs for approximately 5 minutes: 30-60 seconds of explanation and 4 minutes of exercise.
- Length of exercise is 30 seconds active and 30 seconds resting.

PRACTICE PLAN 1

Station 1: Relay Race

Station 2: Dot Drill

Station 3: Tug of War/
Push of War

Station 4: Expansion of Reach

Station 5: Wrist Shot

Station 6: Bird Dog

PRACTICE PLAN 2

Station 1: Jumping Jacks/
Seal Jacks

Station 2: IVM Sprints

Station 3: Leap Frog

Station 4: Quick Stick

Station 5: Monkey in the Middle

Station 6: Crab Walk

PRACTICE PLAN 3

Station 1: Stick Catchers

Station 2: Hop Scotch

Station 3: Long Jump

Station 4: Wide Dribble

Station 5: Circle Passing

Station 6: Bear Crawl

FOR ADDITIONAL INFORMATION ON OFF-ICE TRAINING, PLEASE VISIT:

<http://bit.ly/2iDMAMQ>

PRACTICE PLAN 1

Station 1: Relay Race

Station 2: 5 Dot Drill

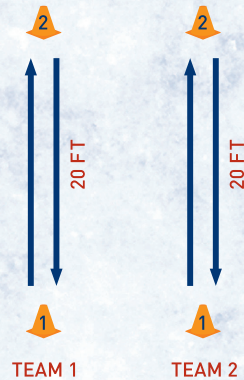
Station 3: Tug of War & Push of War

Station 4: Expansion of Reach

Station 5: Wrist Shot

Station 6: Bird Dog

RELAY RACE



①

RELAY RACE

SETUP

- Divide players into two equal groups.
- Set up two cones 20 feet apart from each other.

① MOVEMENT

- Players sprint to touch cone #2, sprint back through cone #1, high five next player in line to initiate their turn.
- First team to get all players across start line wins.

Be creative and have them sprint forward, backward, laterally, skip, carioca...

PRACTICE PLAN 1

Station 1: Relay Race

Station 2: 5 Dot Drill

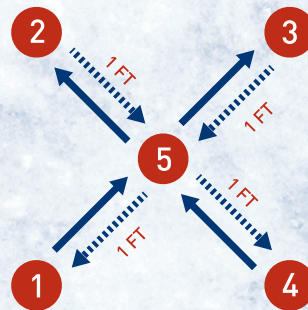
Station 3: Tug of War & Push of War

Station 4: Expansion of Reach

Station 5: Wrist Shot

Station 6: Bird Dog

5 DOT DRILL



①

5 DOT DRILL

SETUP

- Use tape to form the 5 dot drill on the floor.
- Dots are about 12 inches apart.

① MOVEMENT

- Using 2 feet player jumps from dot #1.
- Forward to dot #5 (center), then forward to dot #2.
- Backward to dot #5 (center).
- Forward to dot #3.
- Backward to dot #5 (center), then backward to dot #4.
- Forward to dot #5 (center).
- Backward to dot #1.
- Repeat for entire timed repetition.

Set up a couple 5 dot drills and make it into a race once the players get the pattern and technique down.

ADVANCED

Perform exercise hopping on 1 foot.

PRACTICE PLAN 1

Station 1:
Relay Race

Station 2:
5 Dot Drill

Station 3:
Tug of War &
Push of War

Station 4:
Expansion
of Reach

Station 5:
Wrist Shot

Station 6:
Bird Dog

TUG OF WAR & PUSH OF WAR

TUG OF WAR



PUSH OF WAR



TUG OF WAR & PUSH OF WAR

SETUP

- Divide players into partners.
- Separate players from their partner by a line on the ground (use tape).

① MOVEMENT - TUG OF WAR

- Players reach across line to grasp partner's hands (right handed and left handed shake).
- Players try to pull partner across the line.
- If successful, player receives a point.
- First player to 5 points wins, then switch partners.

① MOVEMENT - PUSH OF WAR

- This game is similar to TUG OF WAR except the players are pushing each other.
- Put both hands up palm to palm with partner.
- Players try to cross the line with both feet.

PRACTICE PLAN 1

Station 1:
Relay Race

Station 2:
5 Dot Drill

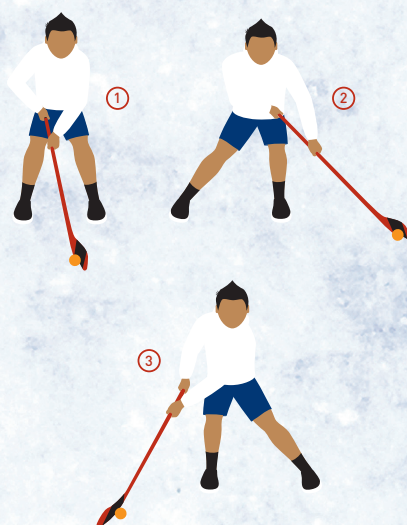
Station 3:
Tug of War &
Push of War

Station 4:
Expansion
of Reach

Station 5:
Wrist Shot

Station 6:
Bird Dog

EXPANSION OF REACH



EXPANSION OF REACH

FOCUS

- Loose bottom hand, hand slide, expansion of reach.

MOVEMENT

- ① Stickhandle ball out in front of body.
- ② Short, quick dribble in front of body.
- ③ Extend ball to maximum distance on forehand side of body.
- ④ Short, quick dribble in front of body.
- ⑤ Extend ball to maximum distance on backhand side of body.
- ⑥ Extend to the forehand 10x.
- ⑦ Extend to the backhand 10x.

TECHNIQUE

- Stand in basic hockey stance with feet shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Extend reach to maximum distance from body-slide hands together.
- More arm movement is necessary, but still use wrists to cup the ball.
- To pull ball close to body-hands are wide.
- Players should transfer body weight during expansion.

Use split vision to survey surroundings and the ball.

PRACTICE PLAN 1

Station 1:
Relay Race

Station 2:
5 Dot Drill

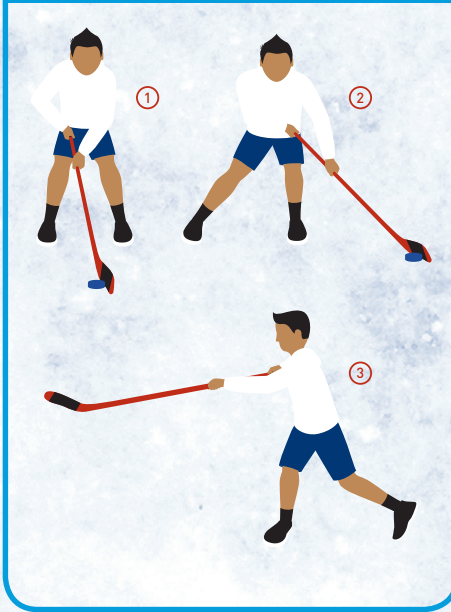
Station 3:
Tug of War &
Push of War

Station 4:
Expansion
of Reach

Station 5:
Wrist Shot

Station 6:
Bird Dog

WRIST SHOT



WRIST SHOT

SETUP

- When shooting off of plexiglass use blue pucks.
- When shooting off of concrete use a hockey ball.
- Forehand Wrist Shot 20x.

TECHNIQUE

- 1 Stand in a hockey ready position: knees and ankles bent, with head and chest up.
- 2 Body is turned to the side with weight on the back foot.
- 3 Lower the bottom hand slightly on the shaft of the stick, grip is firm. Puck begins on the heel of the blade with the blade cupped. Stick and puck start behind back foot.
- 4 Sweep the puck forward and shift weight to the front leg.
- 5 Use a quick push/pull action with the arms and quickly roll wrists over (top palm up, bottom palm down).
- 6 Rotate upper body toward the net; shoulders finish square to net.
- 7 Puck moves from heel to toe of the stick blade as it is released.
- 8 Rolling wrists over, follow through low, pointing stick at target.
- 9 Keep the blade cupped over the puck.
- 10 Follow through by pointing the toe of the stick toward the target.
- 11 Follow through until top hand palm is facing up and bottom hand palm is facing down.

*Proper weight transfer gives the shot power.
The higher the follow through, the higher the shot.*

ADVANCED

Players shoot at a Shooter Tutor aiming for all 5 openings.

PRACTICE PLAN 1

Station 1:
Relay Race

Station 2:
5 Dot Drill

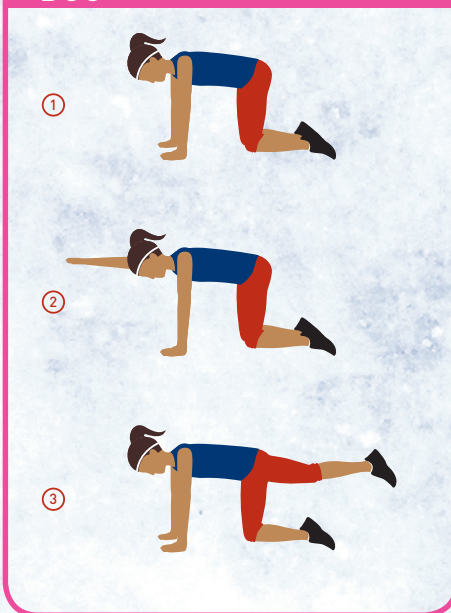
Station 3:
Tug of War &
Push of War

Station 4:
Expansion
of Reach

Station 5:
Wrist Shot

Station 6:
Bird Dog

BIRD DOG



BIRD DOG

MOVEMENT

- 1 Kneel on the floor with hands firmly placed about shoulder width apart.
- 2 Point right arm out straight in front of body, parallel to the ear, and hold for 5 seconds.
- 3 Return hand to floor.
- 4 Point left arm out straight in front of body, parallel to the ear, and hold for 5 seconds.
- 5 Return hand to floor.
- 6 Brace the abdominals, extend right leg off the ground, and hold for 5 seconds.
- 7 Don't move hips or weight to left leg.
- 8 Brace the abdominals, extend left leg off the ground, and hold for 5 seconds.
- 9 Don't move hips or weight to right leg.
- 10 During all movements players maintain a flat back (bridge).

ADVANCED

Have players lift a single arm or leg and move it in slow controlled movements across the body and out to the side.

PRACTICE PLAN 2

Station 1:
Jumping Jacks
Seal Jacks

Station 2:
IVM Sprints

Station 3:
Leap Frog

Station 4:
Quick Stick

Station 5:
Monkey in
the Middle

Station 6:
Crab Walk

JUMPING JACKS SEAL JACKS

JUMPING JACKS



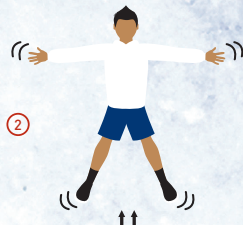
①



SEAL JACKS



②



JUMPING JACKS SEAL JACKS

① JUMPING JACKS STATIONARY

- Stand in a position with feet together and arms down by side.
- Jump to a position with the legs spread wide and the hands touching overhead.
- Jump back to starting position.

② SEAL JACKS STATIONARY

- Stand in a position with feet together and arms extended in front of chest at shoulder level.
- Jump spreading legs and swinging arms to the sides.
- Jump back to starting position.

MOVEMENT

Perform Jumping Jacks or Seal Jacks moving forward 10 yards.
Perform Jumping Jacks or Seal Jacks moving laterally 10 yards.

ADVANCED

All players perform Jumping Jacks or Seal Jacks moving in a circle. Players work on timing while avoiding running into each other.

PRACTICE PLAN 2

Station 1:
Jumping Jacks
Seal Jacks

Station 2:
IVM Sprints

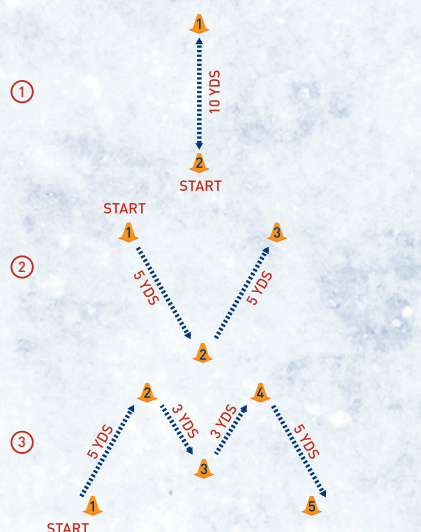
Station 3:
Leap Frog

Station 4:
Quick Stick

Station 5:
Monkey in
the Middle

Station 6:
Crab Walk

IVM SPRINTS



IVM SPRINTS

SETUP "I," "V," "M"

- Set up 2 cones to form the pattern of the letter I.
- Set up 3 cones to form the pattern of the letter V.
- Set up 5 cones to form the pattern of the letter M.

① MOVEMENT "I"

- Run Forward to cone #2, pivot and run forward to cone #1.

② MOVEMENT "V"

- Run forward from cone #1 to cone #2, pivot and run forward from cone #2 to cone #3.

③ MOVEMENT "M"

- Run forward to each cone crossing over and exploding to the next cone.

ADVANCED

All drills can be done facing forward, backward, or facing one direction the entire repetition, transitioning from forward to backward.

PRACTICE PLAN 2

Station 1:
Jumping Jacks
Seal Jacks

Station 2:
IVM Sprints

Station 3:
Leap Frog

Station 4:
Quick Stick

Station 5:
Monkey in the Middle

Station 6:
Crab Walk

LEAP FROG



LEAP FROG

- ① MOVEMENT**
- Stand in a wide squat stance with toes pointed out.
 - Squat down into a 3/4 stance.
 - The lower the squat the harder the exercise.
 - Leap Frog forward 2 jumps, then backward 2 jumps for 20-30 seconds.

LATERAL MOVEMENT

- Stand in a wide squat stance with toes pointed out.
- Squat down into a 3/4 stance.
- The lower the squat the harder the exercise.
- Leap Frog to the right 2 times, then back to the left 2 times for 20-30 seconds.

Once players have the technique down have them Leap Frog in a designated area playing tag.

PRACTICE PLAN 2

Station 1:
Jumping Jacks
Seal Jacks

Station 2:
IVM Sprints

Station 3:
Leap Frog

Station 4:
Quick Stick

Station 5:
Monkey in the Middle

Station 6:
Crab Walk

QUICK STICK



QUICK STICK

FOCUS

- Hand speed, wrist action, cupped blade.
- Short dribbles.

SETUP

- 8 pucks in a vertical line, pucks are about 2 feet apart.
- Use a hockey ball to perform drill.

- ① MOVEMENT**
- Player stickhandles ball between each puck while straddling the vertical row of obstacles.

TECHNIQUE

- Feet are shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- The top of the stick shaft should be held in the top hand with a hammer grip.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Emphasis is on wrist movement, not arm movement.
- Cup ball on forehand and backhand side of blade.
- Player rolls wrist to cup the ball.

Slow down drill for younger or beginner players.

PRACTICE PLAN 2

Station 1:

Jumping Jacks
Seal Jacks

Station 2:

IVM Sprints

Station 3:

Leap Frog

Station 4:

Quick Stick

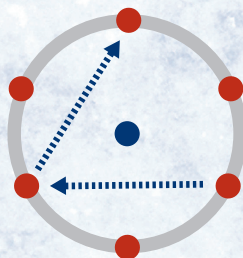
Station 5:

Monkey in the Middle

Station 6:

Crab Walk

MONKEY IN THE MIDDLE



PLAYERS

①

MONKEY IN THE MIDDLE

①

SETUP

- Players form a circle with one player in the middle.
- The player in the middle (monkey) attempts to intercept passes made between the outside players.
- If the monkey steals the ball they move to the outside and new player becomes the monkey.

5-6 players works best. Make players move feet, position hands correctly and make good passes by receiving only on forehand or backhand. If they catch the ball on the wrong side of the stick they become the monkey.

PASSING TECHNIQUE

- Begin with ball behind the back foot on the heel of the blade.
- Sweep the ball toward partner, using the push/pull action with the hands and a low follow through pointing stick at target.
- Transfer weight from back leg to front leg as the ball is swept.

RECEIVING TECHNIQUE

- Cup the ball and pull the ball across the front of the body on the forehand.
- Keep arms free away from the body, rotate upper body.
- Receiver presents a full target with the stick blade.
- Reduce grip tension in the bottom hand to cushion the ball with a short catch using the hands and wrist.

Backhand-use same technique.

PRACTICE PLAN 2

Station 1:

Jumping Jacks
Seal Jacks

Station 2:

IVM Sprints

Station 3:

Leap Frog

Station 4:

Quick Stick

Station 5:

Monkey in the Middle

Station 6:

Crab Walk

CRAB WALK



①

②

CRAB WALK

STATIONARY

- ① Sit on floor with hand about a foot behind glutes.
- ②
 - Alternate lifting opposite hands and legs in place.
 - Slow, medium and fast...mix it up.
 - Play "follow the leader" or "simon says." Be predictable at first when calling out cues, then challenge the players with more unpredictable commands.

MOVEMENT

Forward: Start in Crab Walk position and walk forward 10 yards.
Backward: Start in Crab position and Walk backward for 10 yards.
Lateral: Players Crab Walk sideways 10 yards each way.

PRACTICE PLAN 3

Station 1: Stick Catchers

Station 2: Hop Scotch

Station 3: Long Jump

Station 4: Wide Dribble

Station 5: Circle Passing

Station 6: Bear Crawl



STICK CATCHERS

- ① **SETUP**
- Divide players into partners.
 - Each player has a hockey stick resting on the butt end of the shaft.
 - Players stand 3 feet apart with stick positioned in left hand.

- ② **MOVEMENT**
- One player counts 1, 2, 3...on 3 each player lets go of his/her stick, and explodes to catch partner's stick before it falls to the ground.

ADVANCED

After 3 successful attempts at 3 feet apart, players progress to 4 feet and then 5 feet apart.

Switch to right hand after a few repetitions.

PRACTICE PLAN 3

Station 1: Stick Catchers

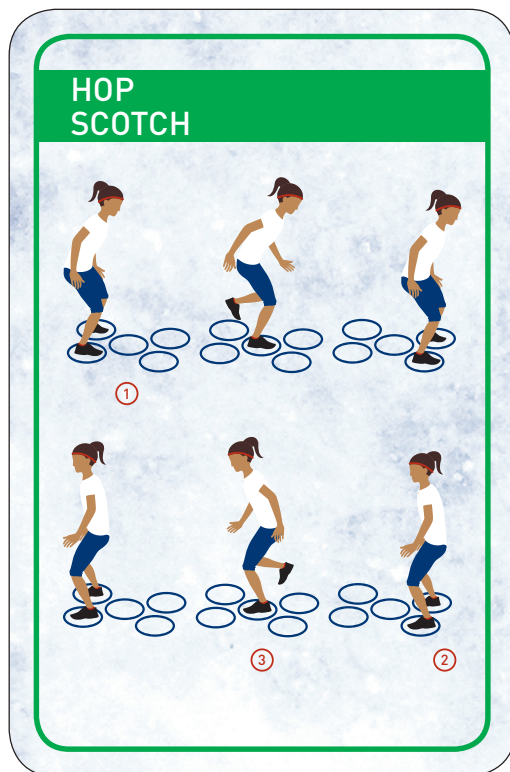
Station 2: Hop Scotch

Station 3: Long Jump

Station 4: Wide Dribble

Station 5: Circle Passing

Station 6: Bear Crawl



HOP SCOTCH

SETUP

- Use 5 hula hoops, chalk, or tape 5 X's on the ground.

MOVEMENT

- ① • Jump forward in a 2-1-2 progression.
- ② • Jump 180 degrees on 4th jump and repeat 2-1-2 progression back to starting position.
- ③ • Switch using left and right foot on single leg jumps.

PRACTICE PLAN 3

Station 1:
Stick Catchers

Station 2:
Hop Scotch

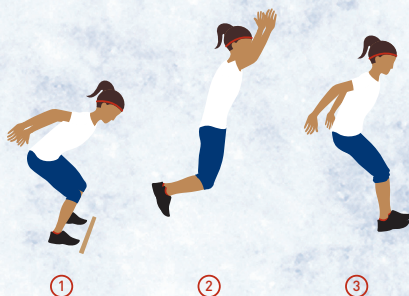
Station 3:
Long Jump

Station 4:
Wide Dribble

Station 5:
Circle Passing

Station 6:
Bear Crawl

LONG JUMP



LONG JUMP

SETUP

- Mark the starting line with a piece of tape on the floor or use a hockey stick.

MOVEMENT

- Place toes behind the line.
- Have players jump as far forward as they can from starting line.
- Place a piece of tape with their name at the first landing spot (where heel of foot strikes the ground). Do the same for all players in the station. Have each player complete 5-10 jumps.

Encourage players to jump farther than their first attempt. If the player succeeds, move their marker.

ADVANCED

To work on deceleration, mark an attainable distance and have players try to jump to the target. Players should jump as close to the line as possible without going over it.

PRACTICE PLAN 3

Station 1:
Stick Catchers

Station 2:
Hop Scotch

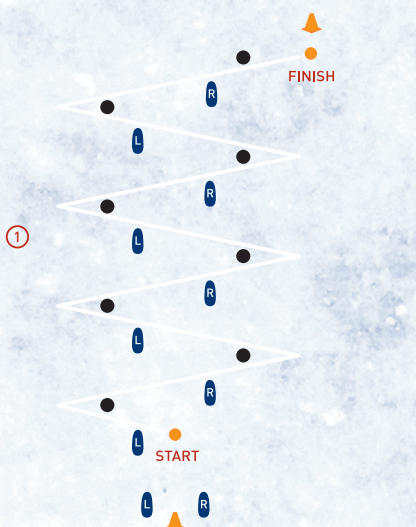
Station 3:
Long Jump

Station 4:
Wide Dribble

Station 5:
Circle Passing

Station 6:
Bear Crawl

WIDE DRIBBLE



WIDE DRIBBLE

FOCUS

- Loose bottom hand, hand slide, expansion of reach.

SETUP

- 8 Stationary pucks in a slalom pattern approximately 6 feet wide and 3 feet in distance between pucks.
- Distance separating pucks dictates level of difficulty.
- Use a hockey ball to perform drill.

MOVEMENT

- Alternate extending ball to both sides of the body while moving down the middle of the obstacles.

TECHNIQUE

- Feet are shoulder width apart.
- Head and chest up.
- Tight grip with top hand.
- The top of the stick shaft should be held in the top hand with a hammer grip.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Use a wide dribble from side to side.
- Hands slide together for a greater reach.
- Wrist movement is key to cupping the ball and maintaining control.
- Cup ball on forehand and backhand side of blade.

Slow down drill for younger or beginner players. Speed dictates level of difficulty.

PRACTICE PLAN 3

Station 1:
Stick Catchers

Station 2:
Hop Scotch

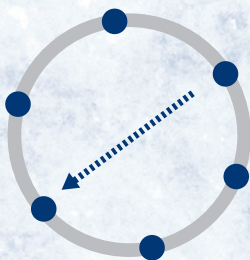
Station 3:
Long Jump

Station 4:
Wide Dribble

Station 5:
Circle Passing

Station 6:
Bear Crawl

CIRCLE PASSING



PLAYERS

①

CIRCLE PASSING

①

SETUP

- Players form a circle.
- Two balls are in play.
- Using the forehand players pass ball to any teammate in the circle.
- Using the backhand players pass ball to any teammate in the circle.

GAME

Players must say the name of the player they pass the ball to.

PASSING TECHNIQUE

- Allow for cross body passing.
- Begin with ball behind the back foot on the heel of the blade.
- Sweep the ball toward partner, using the push/pull action with the hands and a low follow through pointing stick at target.
- Transfer weight from back leg to front leg as the ball is swept.

RECEIVING TECHNIQUE

- Receiver presents a full target with the stick blade.
- Reduce grip tension in the bottom hand to cushion the ball with a short catch using the hands and wrist.
- Cup the ball and pull the ball across the front of the body on the forehand.
- Keep arms free away from the body, rotate upper body.

Backhand-use same technique.

ADVANCED

Players pass ball on forehand but receive ball on backhand.

PRACTICE PLAN 3

Station 1:
Stick Catchers

Station 2:
Hop Scotch

Station 3:
Long Jump

Station 4:
Wide Dribble

Station 5:
Circle Passing

Station 6:
Bear Crawl

BEAR CRAWL



①



②

BEAR CRAWL

①

MOVEMENT / FORWARD

- Start on all fours.
- Pick up right hand and left leg, extend forward.
- Pick up left hand and right leg, extend forward.
- Players Bear Crawl forward for 10 yards.

②

MOVEMENT / BACKWARD

- Start on all fours.
- Lift right hand and left foot extend backward quickly, alternating arms and legs.
- Players Bear Crawl backward for 10 yards.

MOVEMENT / LATERAL

- Start on all fours.
- Lift right hand and right leg extend to the right, repeat.
- Players Bear Crawl sideways each way for 10 yards.

Once all three movements are introduced, coach calls out "Bear Crawl forward," "Bear Crawl backward," or "Bear Crawl lateral." The players perform the exercise on command.

SECTION 4

Additional Resources



Additional Resources

USA HOCKEY WEBSITE

www.usahockey.com

USA HOCKEY COACHES PAGE

<http://www.usahockey.com/coaches>

USA HOCKEY MOBILE COACH APP

<http://www.usahockey.com/page/show/893678-usa-hockey-mobile-coach>

LONG-TERM ATHLETE DEVELOPMENT (LTAD)

<http://www.admkids.com/page/show/910488-long-term-athlete-development>

SKILL DEVELOPMENT

Skill Progressions for Youth Hockey

<http://www.usahockey.com/page/show/1510002-skill-progressions-for-youth-hockey>

Practice Plan Manuals

<http://www.usahockey.com/practiceplans>

ACTIVITY TRACKER

<http://www.admkids.com/page/show/977437-repetition-and-player-activity>

BODY CONTACT

Checking the Right Way Manual

http://assets.ngin.com/attachments/document/0042/2205/Checking_Manual_FINAL_15.pdf

GOALTENDING

<http://www.usahockeygoaltending.com/>

OFF-ICE TRAINING

<http://www.usahockey.com/page/show/893673-age-specific-training>

SMALL-AREA GAMES

Teaching Concepts Through Small-Area Games

http://assets.ngin.com/attachments/document/0065/0924/Teaching_Concepts_Through_Small-Area_Games_FINAL.pdf

USA Hockey Small-Area Competitive Games

<http://mobilecoach.usahockey.com/USAH/Manual0024/>

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