

Warm Up: Partner Skills (10 Minutes)

Divide up into six groups with two groups in each zone. Players work in pairs through the following sequence: Begin with Russian Shadows (creative skating that partner imitates). Russian Shadows with pucks, 1v1 keep away. 2v2 keep away. Repeat each activity twice for 45 seconds. During rests between activities, have players work on passing skills, forehand, backhand, bullet pass (hard as possible) Designate additional coaches to set up dividers.

Stations: 6 Stations x 6 Minutes

On the whistle to change station, players drop to the ice and do two log roles 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 & Backwards (ABCs)

Step over stick R/L hands & F/B, stick through legs F/B, drop to knees F/B, Drop to one knee L/R & F/B, Log role L/R. Arm circles F/B, Arm circles 1F/1B.

Station 2: 3v3 Tight Space

Play 3v3 in the defined area with 30 second shifts.

Station 3: Forward & Backwards Tag

Use the center red line as the pivot point. Players can only skate forward on one side of the line and backwards 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: Stops and Starts

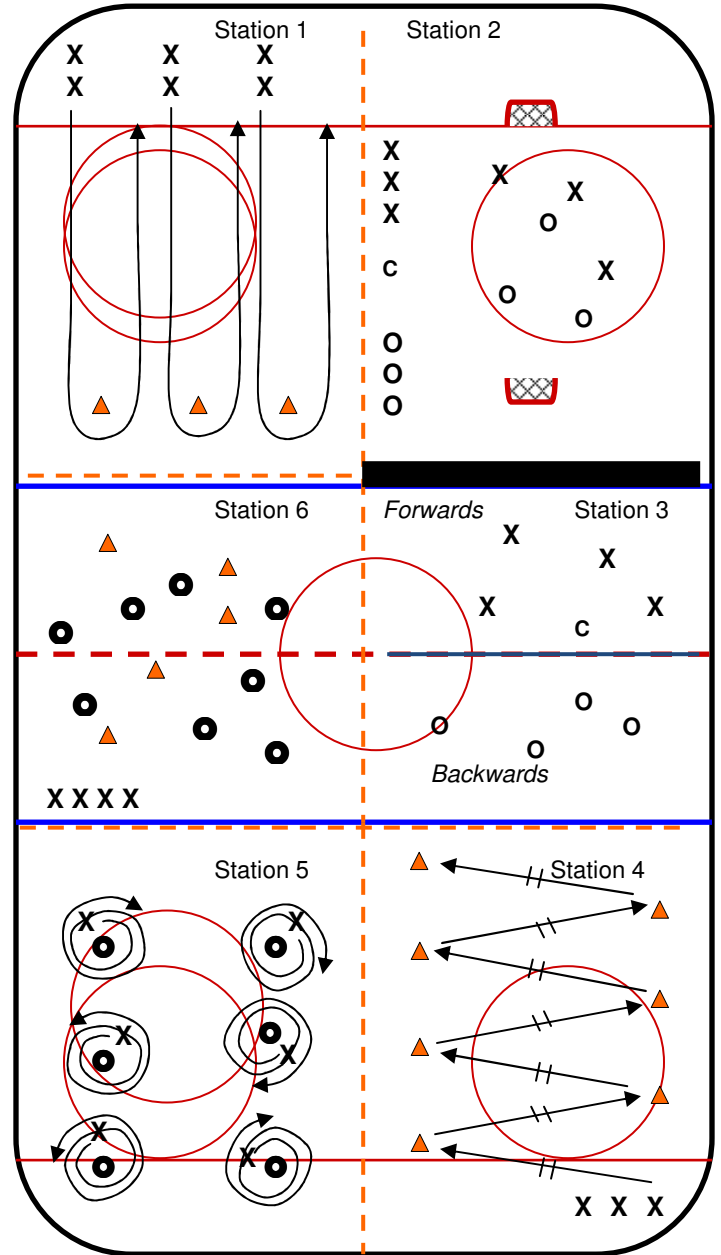
Stop and start working on technique. Coaches should pull players aside and work individually with those who need instruction. Add some agility between cones like drop to knees and get up or carry pucks

Station 5: Backwards Cross Overs

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.

Station 6: Puck Control, Follow the Leader

Players go in pairs with multiple pairs involved at a time. Each player has a puck with the first player designating the course through the obstacles. The second player follows the path of the first player. Take turns as to who is leading.



Game: Pom Pom Pull Away (9 Minutes)

Players must skate to opposite end of ice without being tagged by selected taggers. Once tagged players stand along boards. Last survivor wins.

Coaching Tip:

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

For more practice plans in the 8U Mite progression see www.admkids.com