

Warm Up: Edges Around Sticks – 5 min

Divide into three groups for more direct instruction to the players. 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 feet.

Stations: 6 Stations x 6 minutes

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Passing in 3's

Divide players into groups of three. Two players are stationary and one player skates around the out side of the two. All three players pass between themselves. After 40 seconds, change the moving player.

Station 2: Forward & Backwards Pivots

Work on skating technique, forwards to backwards and backwards to forwards pivots. Lead with stick.

Station 3: Backwards Skating

Work on backwards skating technique. Begin with a C-cut start and backwards stride, return skating backwards through slalom course. Use tires so the coaches are not continually setting the course up and not instructing.

Station 4: Tire Push Game

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: Catch & Shoot

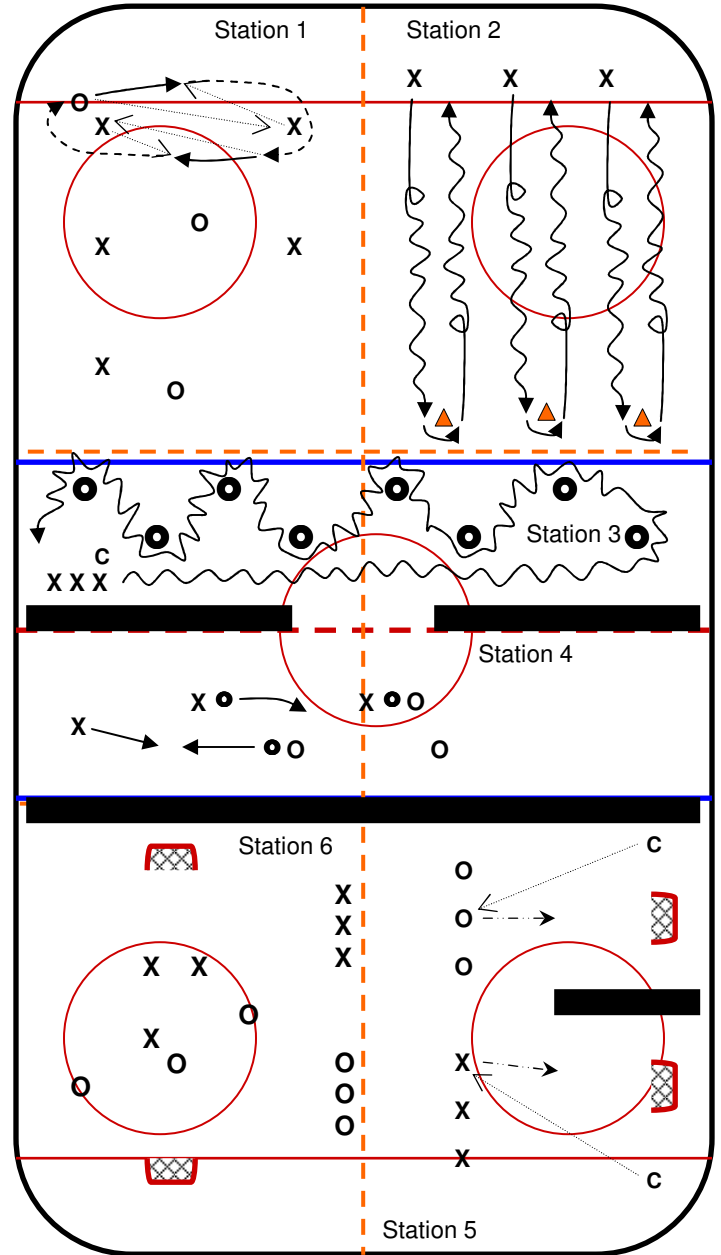
Coaches rapidly pass pucks to the stationary players. Players catch the pass and immediately shoot on goal. Teach players to receive the puck and move their feet into shooting position without stickhandling.

Station 6: 3v3 Tight Space

Play 3v3 in the confined space for 30 to 40 second shifts.

Games: 3v3 Cross-ice w/ Tennis Balls (9 minutes)

Play cross-ice hockey in all three zones using tennis balls. Change shifts every 30 to 40 seconds.



Coaching Tip:

Be positive and upbeat in your communication with the players. How you say something is just as important as what you say.

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