



## Practice: 1 & 2

**Theme / Goals:** Skill Development/Fun

**Equipment Required / Set-up:** Borders, Six Nets, Cones, 6-7 Softballs **Ice Time:** 50 Minutes

### Warm Up: Passing with Coaches - 5 min

Players skate around the rink with puck and make passes to any coach. Coaches are stationed at various positions along the board.

Designate two additional coaches to set up stations.

### 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: Skating (ABC's)

Have players put their sticks down in a row. They line up facing the sticks and perform a number of different agility movements running over the sticks. Run 1 foot over each stick, 2 feet together hop, step over sideways facing left and right, using edges to slalom between them.

#### Station 2: Stationary Passing

Players partner up, stand 8-10' apart and pass the softball back and forth. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body. Softballs will help force proper technique.

#### Station 3: Sharks and Minnows Tag

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: Slalom Puck Control

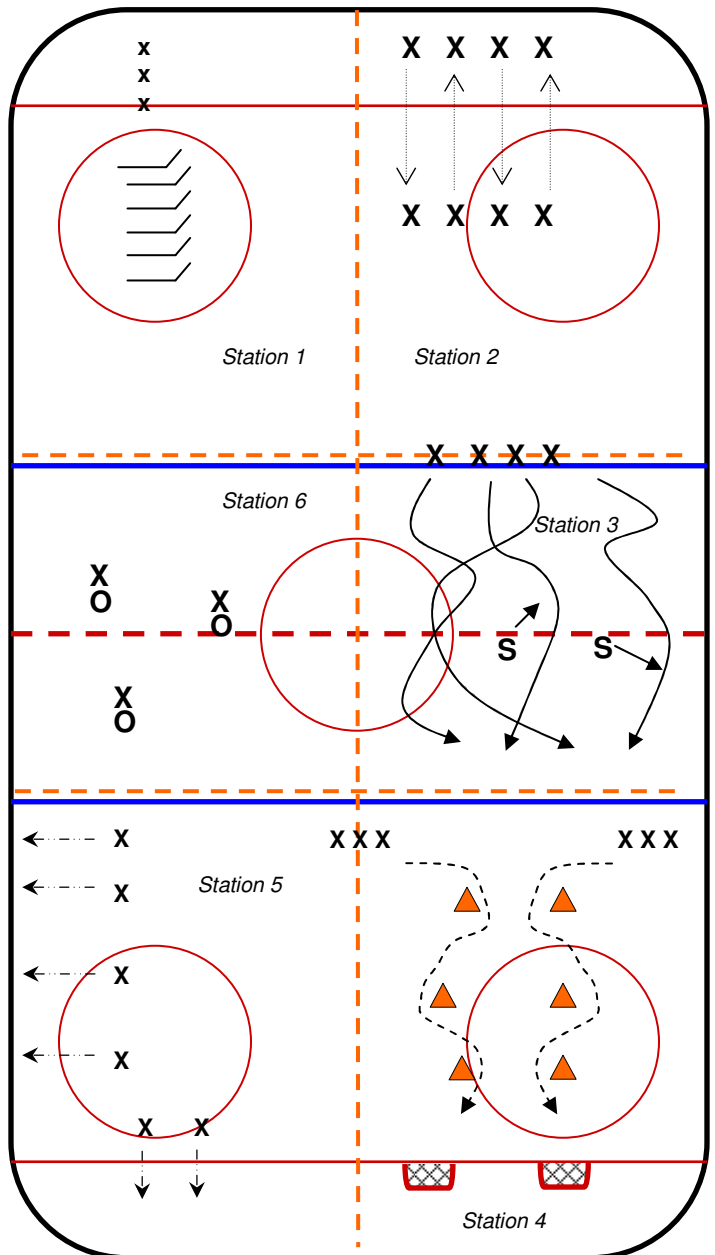
Players carry a puck through a slalom course ending with a shot on net. Emphasize proper shooting technique at the end. This can be turned into a race to force speed.

#### Station 5: Shooting

Have players shoot against the boards. Work on proper wrist shot technique, shooting off the proper foot, and weight distribution. Players should stand sideways to the boards so that proper weight transfer is used. Start with the puck behind the back foot and sweep puck towards target.

#### Station 6: 1v1 Keep Away

Have players play 1v1 keep away in a tight area. Have multiple 1v1's going at once to encourage playing in traffic areas.



### Games: 4v4 Cross-Ice (9 minutes)

Play 4v4 cross-ice for the remaining time. Change every 30 seconds.

### Coaching Tip:

**Don't be afraid to repeat a practice before moving on to the next one in the sequence. Mite age players love repetition and knowing the activities make the practice run more efficiently.**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)