



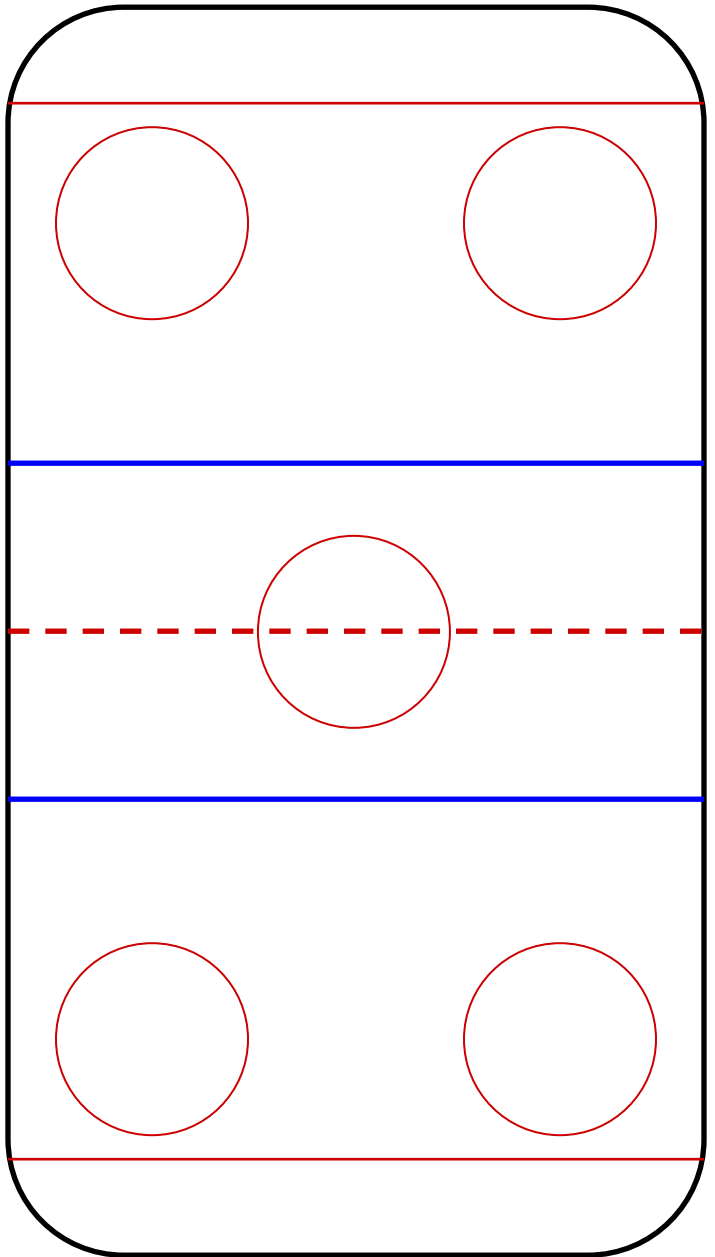
Practice:

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up:

Ice Time:

Warm Up:
Stations:
Station 1:
Station 2:
Station 3:
Station 4:
Station 5:
Station 6:



Games:
Coaching Tip:
<p>For more practice plans in the 8U Mite progression see www.admkids.com</p>