

# 8U Beginner Practice Plan 5

**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 kids 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.

