

# 8U Intermediate Practice Plan 3

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 36-48

**Practice Theme/Goals:** Skill development, fun

**Equipment Required:** Borders, nets (2), cones, tires

## WARMUP

### *Sharks and Minnows*

(8 minutes)

Designate several players as the sharks to start. The minnows must skate from one end to the other without being tagged. If they are tagged, they become sharks, too.

## STATIONS

On the whistle, players do 5 two-foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

### *Station 1: Skating Edge Control (ABCs)*

(7 minutes)

Divide the players and have them continually perform the movements around the cones, changing the activities on the fly. Swizzles, inside edges, outside edges, 2-foot slalom, inside edges pump, single-leg alternate edges, power jumps, swizzles out-jump-feet together. Practice the skill to the blue line and back.

### *Station 2: Sparta Tight Turns*

(7 minutes)

Every player has a puck. Half of the players are stationary and the other half handles their pucks while trying to do tight turns around the stationary group. After 30 seconds, switch the groups. Stationary players can stickhandle as well.

### *Station 3: Tag with Both Feet on Ice*

(7 minutes)

Players must push with inside edges and keep both feet on ice as they maneuver to escape the coach. If tagged, the tagged player drops to knees until a teammate skates a circle around him and is then set free.

### *Station 4: Hit the Tower*

(7 minutes)

Players spread out around the circle. All players will have pucks. The coach will place 4 to 5 pucks stacked on one another in the middle of the ice. On the coach's whistle, the players will either pass or shoot the puck at the tower of pucks. The player that hits the tower wins and gets to skate to the middle and re-stack the pucks and skate to a new position on the circle. The players who do not hit the tower must skate to a new position on the circle.

### *Station 5: 2v2 Tight Space*

(7 minutes)

Play 2v2, change on whistle every 60 seconds.

### *Station 6: 1v1 or 2v2 Hit the Tire*

(7 minutes)

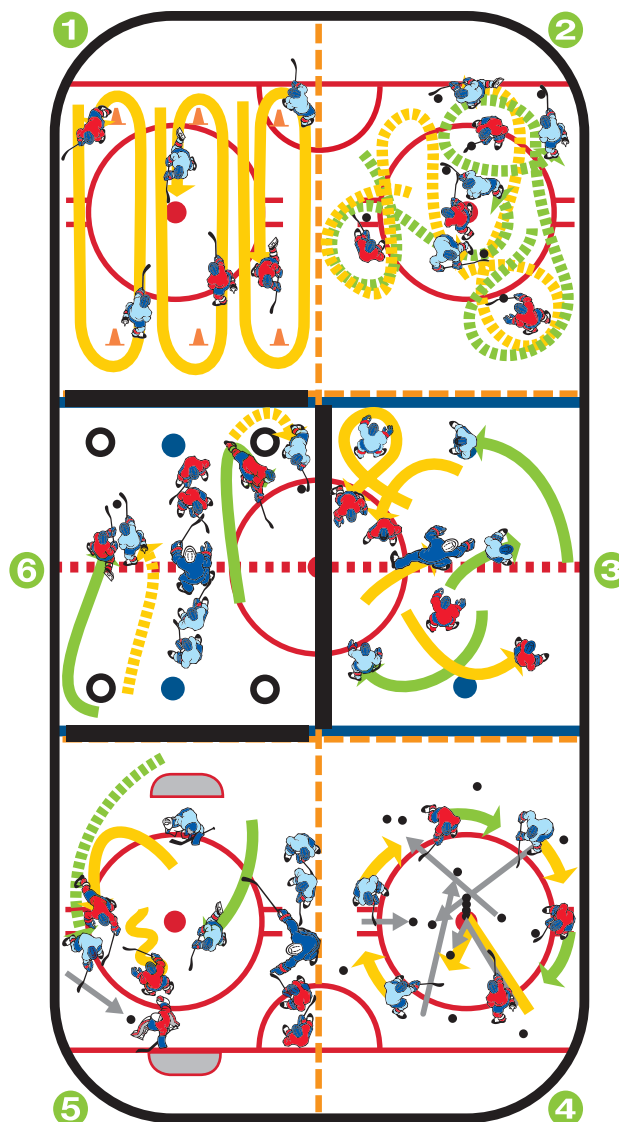
Pass the puck off the tire to score. The coach can have two 1v1s or 2v2s going on at the same time.

## GAME

### *Knockout*

(10 minutes)

Define a playing area for all the players. Each player starts with a puck. They attempt to hold onto their own puck while knocking other players' pucks out of the playing area. Last player with the puck wins. **Variation:** If you lose your puck, you can rejoin the game after the coach has you do 5 power jumps.



## COACHING TIP

Good rule of thumb for running 8U practice is that coaches should talk less and players do more.