

# 8U Intermediate Practice Plan 4

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 36-48

**Practice Theme/Goals:** Skating, evasion, puck control, fun

**Equipment Required:** Borders, nets (6), tires (14)

## 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 log rolls before changing stations. Coaches distribute water at each station as the players arrive.

### *Station 1: Forward Cross-Overs*

(7 minutes)

Players skate around tires working on cross-over skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

### *Station 2: Net Tag*

(7 minutes)

Player X attempts to evade Player O using the nets as a screen. Have multiple groups going at the same time. Encourage deception with stops and starts. Use other obstacles like dividers or sets of tires if you don't have enough nets.

### *Station 3: Guard the Gate*

(7 minutes)

Set tires about 8 feet apart. Players are in pairs. The puck carrier must try to carry the puck through their set of tires. Defender tries to prevent that. On change of possession, the player roles change.

### *Station 4: 2v2 Tight Space*

(7 minutes)

Play 2v2 and change on the whistle every 60 seconds.

### *Station 5: Chaos with Agility*

(7 minutes)

Every player has a puck. Players skate around in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids. On signal from coach, players perform some agility skating; figure 8, stops and start both ways, inside edges, etc., then return to Chaos Puck Control.

### *Station 6: Forward and Backward Tag*

(7 minutes)

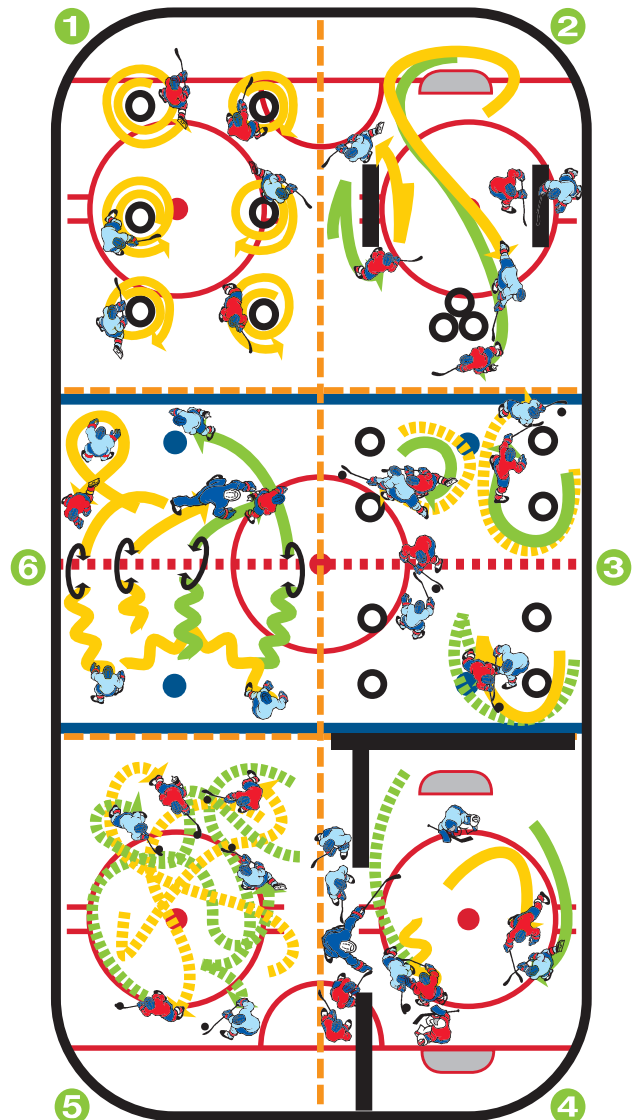
Use the center red line as the pivot point. Players can only skate forward on one side of the line and backward on the other. Coach or designated tagger must try to tag all players. If tagged, the player is frozen until a teammate skates a circle around them and sets them free.

## GAME

### *Knockout*

(10 minutes)

Define a playing area for all the players. Each player starts with a puck. They attempt to maintain possession of 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

What I hear, I forget.  
What I see, I remember.  
What I do, I understand.

— Confucius