

8U Beginner Practice Plan 4

Date: Sessions 10-12

Time: 50 minutes

No. of Players: Up to 48
(Groups of 6-8)

Practice Theme/Goals: Stick handling, skill development, fun

Equipment Required: Blue pucks, cones

WARMUP

Free Puck Time

(5 minutes)

Let players have first five minutes of time as free play. Dump as many items as possible onto the ice and let kids play.

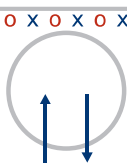
DRILLS: Groups stay in the same area for the duration of practice.

Drill 1: Forward Stride and Stopping

(7 minutes)

Players execute forward stride alternating legs to end of area and ending with a snow plow stop. Ensure that players are in hockey stance with knees bent and head and chest up when executing snow plow stop. With weight on right leg, turn left foot out slightly to the side, push down and to the side pressing the inside edge blade into the ice. Extend leg completely. Recover back to leg aligning the knees back into a hockey stance.

X O X O X O X O



FORWARD STRIDE



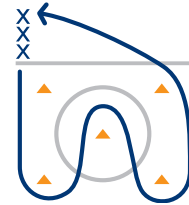
SNOW PLOW STOP

Drill 2: Edges

(7 minutes)

2-Foot Glide Turns: Players take a few strides to gain momentum then work on glide turns up the ice around cones. Focus on bent knees, skates shoulder-width apart, head and shoulders initiate turn by leaning toward cone, lead with inside skate (make sure they do not drag toe around cone), when player reaches cone they turn toes, belly button and head towards next cone and skate to the next cone.

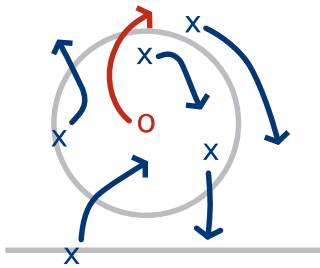
*Make sure to perform drill in both directions.



Drill 3: Freeze Tag

(7 minutes)

Select one player to be the tagger. When a player gets tagged they must stand still (frozen) until a teammate touches them to become free again.

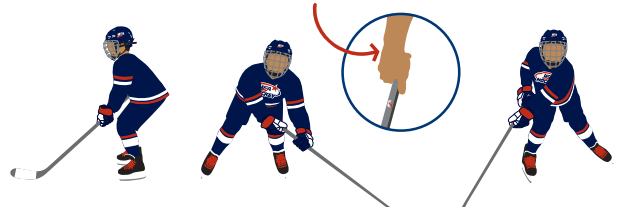


Drill 4: Stationary Puck Handling

(7 minutes)

Players spread out in designated zone facing coach. Using the progression below, have players stickhandle with a puck. Emphasize stance, weight transfer and rolling of wrists.

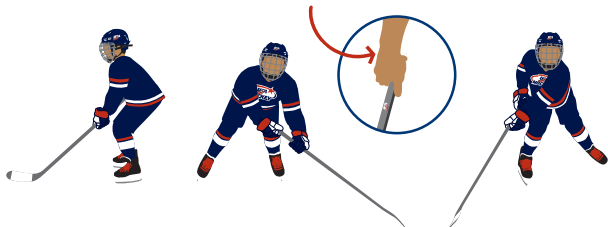
- 30 seconds of tight dribbling (2 times)
- 30 seconds of wide dribbling (2 times)
- 30 seconds of dribbling on side of body (2 times)
- Stick handling with slow movement (2 times)



Drill 5: Skating with Puck

(7 minutes)

Players move with puck and skate across area moving puck from left side to right side of the body. Alternate between narrow and wide puck movements.



Drill 6: British Bulldog with Blue Pucks

(7 minutes)

Players start at one end. 1 to 3 bulldogs (players or coaches) stand in the middle of the area. Players on the line try to skate with a blue puck to the other side of the area without losing the puck to the bulldog.

