



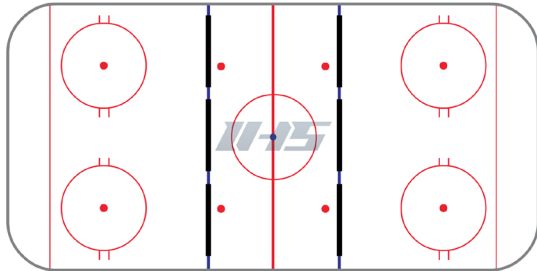
# Mite / Novice (U8) 3 Station Practice Plan #5

PRACTICE PLAN

Age Level: Mite / Novice (U8)

Format: 3 Stations

## OVERVIEW



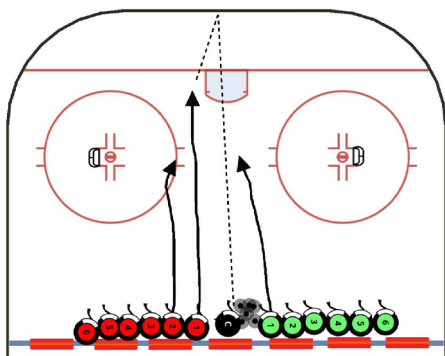
Warm Up Activity -Free time on ice with toys - 10 minutes  
Station #1 - Coach's Call - 15 minutes  
Station #2 - Freeze Tag - 15 minutes  
Station #3 - 3 vs 3 Cross Ice - 15 minutes

## WARM UP - FREE TIME ON THE ICE WITH TOYS

Place as many toys and objects on the ice as you can. Things like soccer balls, pucks, ringettes, mini nets, tennis balls, etc... Let the kids play with what they choose to play with. The coaches can get involved and engage with the kids. Play keep away or try hitting them with tennis balls. Keep it fun and let the kids explore.

My Notes

## STATION #1 - COACH'S CALL



My Notes

This cross ice small area game allows the coach to decide how many players from each team will play in each round.

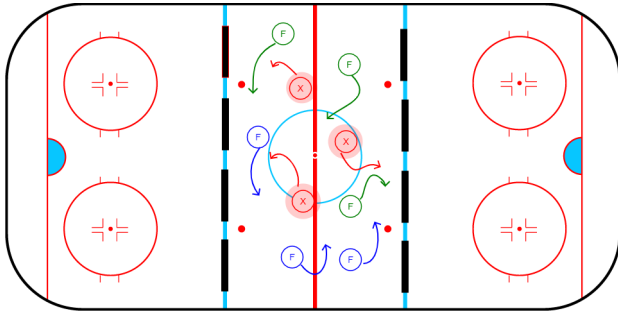
### SETUP

Place two mini nets facing each other like you would in regular 3 vs 3 cross ice. The coach has the pucks in the middle of the ice at the edge of the zone (blue line). The players are split into two teams on each side of the coach.

### HOW TO PLAY

The coach starts each round by calling out a number for each team and dumping a puck into the zone. That number of players from each team will jump into the game. The teams play until a goal is scored or the coach blows the second whistle. Then the coach will call out new numbers for each team and a new round begins.

## STATION #2 - FREEZE TAG



My Notes

While the kids will have an absolute blast playing dodge ball they will also be taking 100's of repetitions of the shooting motion.

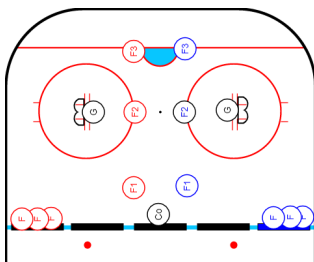
### SETUP

Place all the tennis balls along the center line of the station and divide the players into two teams. You may want to place some discs or cones along the center line so players know where the center line is.

### HOW THE GAME IS PLAYED

Players start along the wall on their side of the ice. On the whistle the players will race to gather as many tennis balls as they can from the middle. Players shoot the tennis balls at the other team. If a player is hit they drop to two knees and wait for the next round. If a player catches a ball then all of their teammates are back in the game.

## STATION #3 - 3 VS 3 CROSS-ICE



My Notes

This is a basic cross ice 3 vs 3. Depending on your numbers and the age level you can do 4 vs 4 as well. Keep in mind one of the goals is to get every player engaged and a lot of puck touches.

### SET UP

Place two nets cross ice facing each other with three players from each team in the playing area. In this set up the goals are moved up to the face-off dots. This allows more space behind the nets and allows for more plays and shots on net. Allow the players to play for 60 - 90 seconds then blow the whistle for a shift change.