



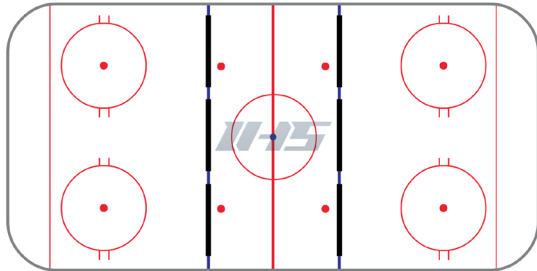
Mite / Novice (U8) 3 Station Practice Plan #6

PRACTICE PLAN

Age Level: Mite / Novice (U8)

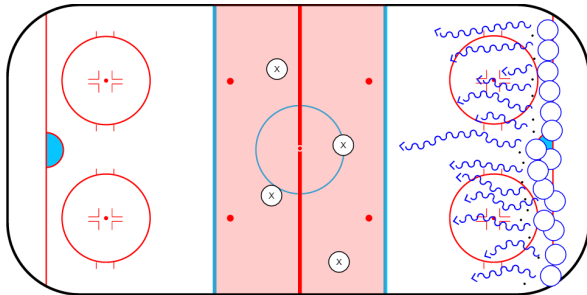
Format: 3 Stations

OVERVIEW



Warm Up Activity -Brittish Bulldog- 10 minutes
Station #1 - 2 vs 2 vs 2 with mini nets - 15 minutes
Station #2 - Neutral Zone Races #1 & #2- 15 minutes
Station #3 - Greatest Drill in the World - 15 minutes

WARM UP - BRITISH BULLDOG (FULL ICE)



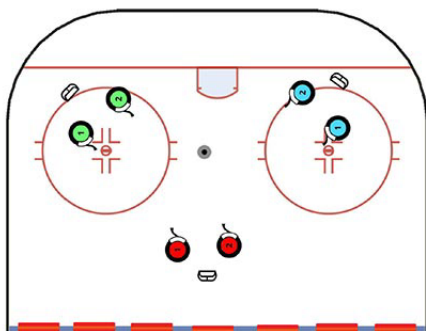
This game is inspired by the soccer activity with the same name. Another great warm up activity that will get players excited and ramp up the energy for practice. Players can use pucks or ringettes. In some cases it might be best to only let the advanced players use pucks. This game promotes creativity, awareness, and decision making. It also provide a game that works on their puck control and ability to handle the puck (or ringette) with their head up.

HOW TO PLAY

The players line up on the goal line with a puck (or ringette) on their stick. Place 3 - 4 coaches or players in the middle (the bulldogs). On the whistle the players will try to skate from one end to the other without getting their puck (or ringette) stolen by the "bulldogs". The "bulldogs" must stay between the blue lines.

My Notes

STATION #1 - 2 VS 2 VS 2 WITH MINI NETS



This game gives players an great opportunity to be creative and play a small area game with a twist. The game requires awareness as they are trying to score on two nets and trying to protect one net.

SETUP

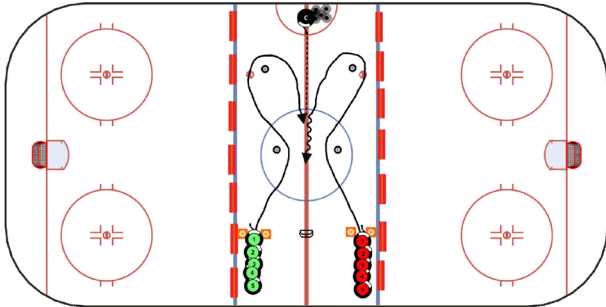
Place three mini nets in a triangle formation in one offensive / defensive zone as shown in the diagram. Divide players into three teams. Two players from each team will be involved at one time. Players will play for 60 - 90 seconds.

How the game is played

Each team has a net that they protect. They are trying to score on the other two nets. If they score a goal on one of the other nets they earn 1 point. If they allow a goal on the net they are trying to protect then they lose 1 point.

My Notes

STATION #2 - NEUTRAL ZONE PUCK RACES WITH MINI NETS #1



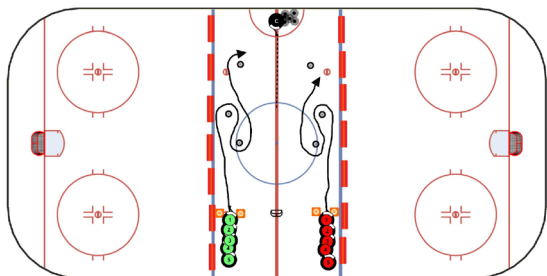
Puck races are great for promoting compete level in the players. This is a simple one where players go around one tire, do a control turn around the second tire, and then race for the puck. The player that wins the puck gets to shoot on the net.

SETUP

Place a mini net in the middle of the zone and inline with the dots. Place tires or cones as shown in the diagram including a couple cones at the start of each line to mark the starting line. The coach will have all the pucks on the far side. Try to pair up players of equal ability.

My Notes

STATION #2 - NEUTRAL ZONE PUCK RACES WITH MINI NETS #2



This is a good race to do as a progression from Neutral Zone Puck Race #1. This race requires players to use tight control turns around each tire.

SETUP UP

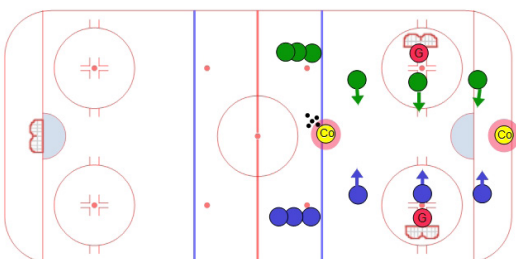
Place a mini net in the middle of the zone inline with the dots. The coach has the pucks on the far side of the ice. Place the tires as shown on the diagram and animaiton. It is helpful to place two cones to mark the starting line for each line. Try to have players of equal ability go against each other.

COACHING POINTS

Give a good demonstration to the players on how to do a proper control turn. They should lead slightly with their inside skate, trust the outside edge of their inside skate, and rotate their chest and head to where they want to go.

My Notes

STATION #3 - GREATEST DRILL IN THE WORLD



Players love this drill so much it was referred to as "The Greatest Drill in the World" within our team, hence the name. This drill is a variation of the typical 3 on 3 cross ice game. In this variation coaches, or designated players, are placed on each side as shown in the diagram. These coaches (or players) are used as outlets for each team. Therefore, when a team has control of the puck they will have a 5 on 3 advantage because they can use either of these outlets. When they receive a pass, the designated coaches (or players) must pass back to a player on the same team from which they received the pass. Encourage quick puck movement, moving without the puck, lots of talking, puck protection, and taking advantage of 2 on 1 situations.

My Notes