

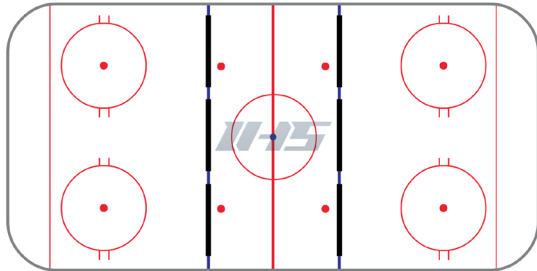


Mite / Novice (U8) 3 Station Practice Plan #8

Age Level: Mite / Novice (U8)

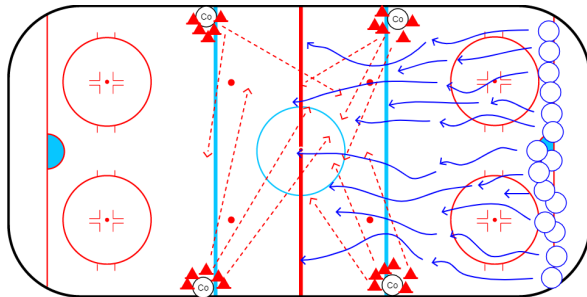
Format: 3 Stations

OVERVIEW



Warm Up Activity - Torpedo (Full Ice) - 10 minutes
Station #1 - 1 vs 1 in a box - 15 minutes
Station #2 - Neutral Zone Races #3 & #4 - 15 minutes
Station #3 - Greatest Drill in the World - 15 minutes

WARM UP - TORPEDO (FULL ICE)



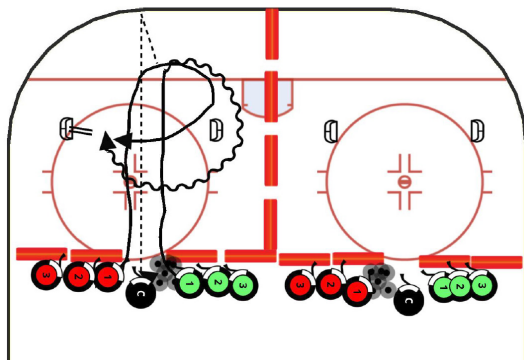
Torpedo is a great warm up activity for young hockey players. It is most appropriate for U8 & U10 but even U12 players find it fun and engaging. The game gets players warmed up, excited, and raises the excitement level for practice.

HOW TO PLAY

All the player will throw their sticks down behind the goal line so they are out of the way and line up all the way across the goal line. The coaches will collect as many cones as the can and station themselves along the wall. On the whistle the players will try to skate from one end to the other without getting hit by a "torpedo" (cone). If they get hi they have to take a knee until the game is over. The last player to get hit wins that round.

My Notes

STATION #1 - 1 VS 1 IN A BOX



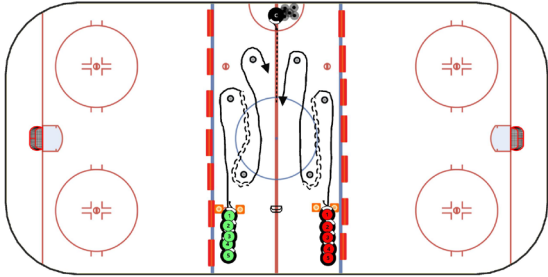
This version of 1 vs 1 allows players to play in a tight space. The small space allows them to start developing puck protection instincts, winning 50/50 races for pucks, and how to take pucks away. There is really nowhere for players to hide so they have to be engaged.

SET UP

View the diagram and animation to show you how the playing areas can be setup. The coach will have the pucks just outside the box with players split up on both side. Try to match players of similar ability together. The coach will throw a puck into the box and the next to two players in line will play 1 vs 1. Once a goal is scored the coach plays a new puck into the box and the next two players go.

My Notes

STATION #2 - NEUTRAL ZONE PUCK RACES WITH MINI NETS #3



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

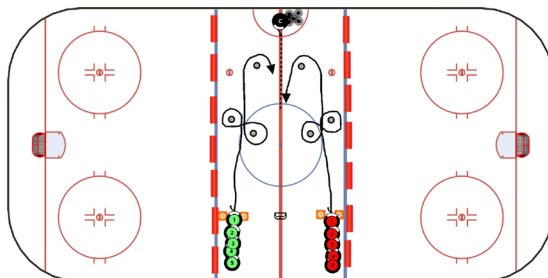
Place a mini net in the middle of the zone inline with the dots. The coach has the pucks on the far side of the ice. Place the tires as shown on the diagram and animation. It is helpful to place two cones to mark the starting line for each line. Try to have players of equal ability go against each other.

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 #2 - NEUTRAL ZONE PUCK RACES WITH MINI NETS #4



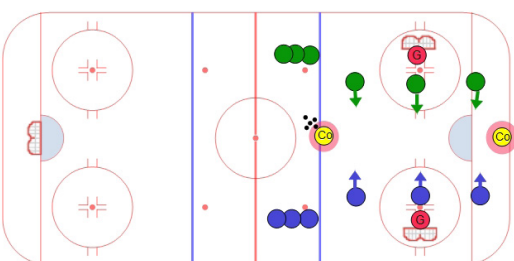
This puck race requires quick, tight control turns in both directions. It is a nice progression from the Neutral Zone Puck Races #1 & #2.

SETUP

Place a mini net in the middle of the station and inline with the dots. Please reference the diagram and animation for the placement of the tires / cones. It is also important to try and pair players of similar ability level to compete against each other.

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