



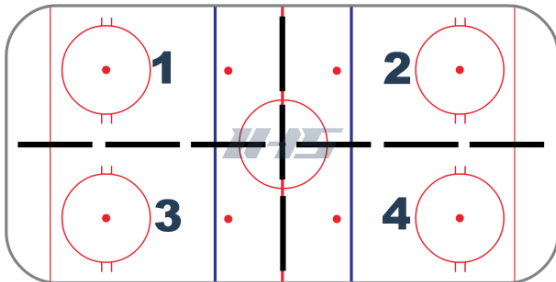
# Mite / Novice (U8) 4 Station Practice Plan #4

PRACTICE PLAN

Age Level: Mite / Novice (U8)

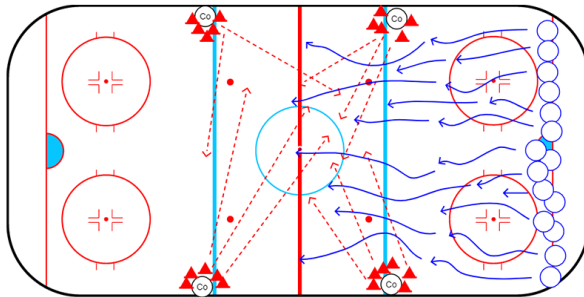
Format: 4 Stations

## OVERVIEW



- Warm Up Activity - Torpedo (Full Ice) - 10 minutes
- Line Skating - Knee bend - full & half lemons - forward stride - 10 minutes
- Station #1 - Push & pull relays - 10 minutes
- Station #2 - Finders keepers - 10 minutes
- Station #3 - Toy finder - 10 minutes
- Station #4 - 2 vs 2 with regular nets - 10 minutes

## WARM UP - TORPEDO - FULL ICE

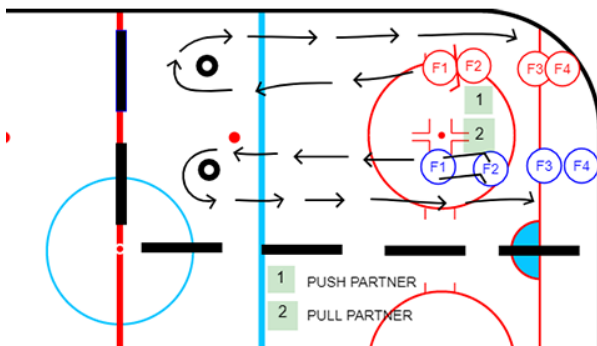


### HOW TO PLAY

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 - PUSH & PULL RELAYS



In these relay races players will be working on their forward strides. There are two variations and for each variation the players simply skate out around the tire and back to the goal line. Once they cross the goal line the next pair can go. In every race each pair will go two times so that players can switch roles.

### PUSH PARTNER

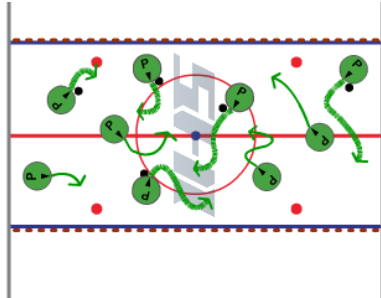
In this version one player is backwards and one player is forwards. The players hold each others sticks at about shoulder height together. The player going forward pushes the other player, the player going backward just glides and tries to steer them in the right direction.

### PULL PARTNER

This is also commonly known as the chariot race. The player in front will hold a stick in each hand while the player in back will squat down and hold the sticks under their arm by the stick blade. The player in front skates while the player in back is squatting down low and enjoying the ride.

My Notes

## STATION #2 - FINDERS KEEPERS - PUCK PROTECTION DRILL

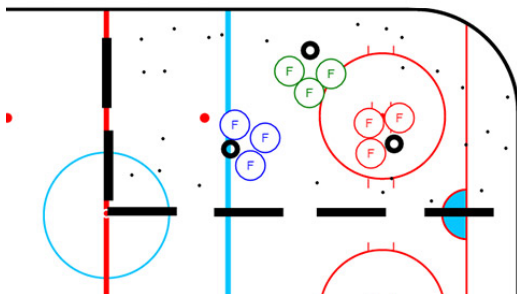


My Notes

### How to Play

You will need half as many pucks as you have players. For example if we have 12 players then we will use 6 pucks. On the whistle the coach will shoot the pucks into the zone. The objective for the players is to find a puck and maintain puck possession. The coach will allow the players to go for 45 seconds to 1 minute. On the whistle the players must stop where they are. The coach can decide a consequence for the players that do not have a puck such as push-ups or skating.

## STATION #3 - TOY FINDER



My Notes

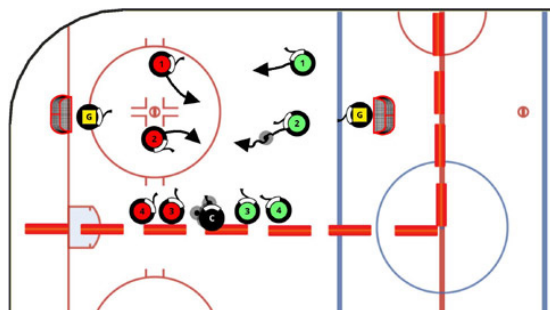
### SET UP

Place three tires in a triangle formation in the playing area as shown in the diagram. Scatter as many pucks as you can around the outside of the station. Divide the players up into three equal teams if possible and have each team start by one of the tires.

### OBJECTIVE

On the whistle players will skate around and pick up "toys" (pucks). The object of the game is to find as many "toys" (pucks) as possible and put them in your team's tire. The team that collect the most "toys" wins that round.

## STATION #4 - 2 VS 2 QUARTER ICE WITH REGULAR NETS



My Notes

This version of 2 vs 2 is played on a quarter ice station using regular nets. This station allows you to use goalies if they are available. This type of 2 vs 2 is great for this size of station. It allows each player to be fully engaged at all times. With only two players it is still mostly 1 on 1 play but some of the advanced players have opportunities to make plays. Each shift should be 60 - 90 seconds then blow the whistle and throw out a new puck for the next group of players.

### COACHING POINTS

For the most part just let them play and try not to get too involved except for managing the shift changes. Compliment them on good plays but stay away from correcting them.