



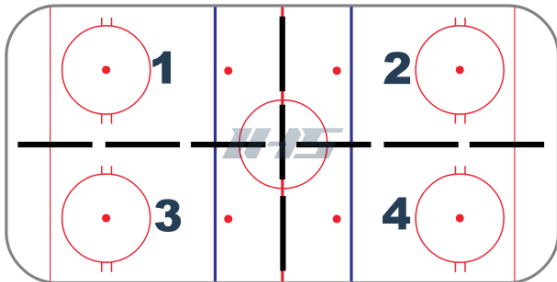
Mite / Novice (U8) 4 Station Practice Plan #5

PRACTICE PLAN

Age Level: Mite / Novice (U8)

Format: 4 Stations

OVERVIEW



Warm Up Activity - Free time with variety of toys on the ice- 10 minutes

Line Skating - forwards to backwards - backwards full & half lemons

10 minutes

Station #1 - Tire turn relays - forwards to backwards transition - 10 minutes

Station #2 - Soccer - 10 minutes

Station #3 - Freeze tag - 10 minutes

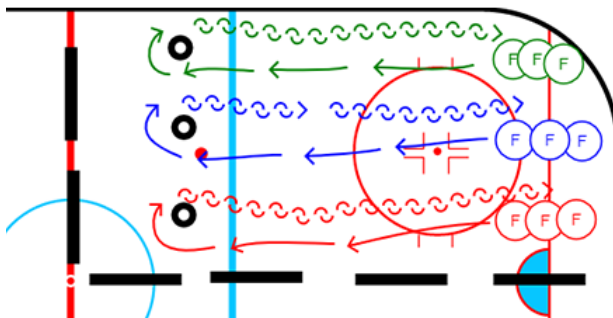
Station #4 - Turns & stops with shots- 10 minutes

WARM UP - FREE PLAY

Just give the kids 10 minutes to play with different objects on the ice. Get the coaches involved to throw tennis balls with them, kick soccer balls, pass the pucks, play keep away, etc... Just allow time for the kids to explore whatever they gravitate towards.

My Notes

STATION #1 - TIRE TURN RELAYS - FORWARDS TO BACKWARDS TRANSITION



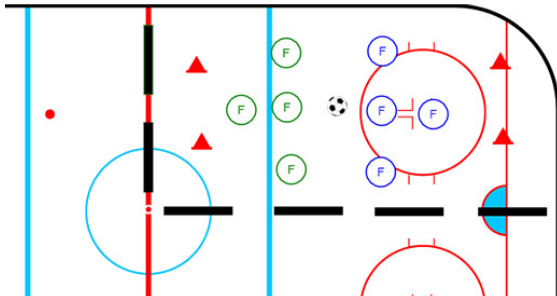
This relay race has players working on forward stride, forwards to backwards transition, and backwards skating. The players should be shown a good demonstration first and then give them several repetitions before having them race. The players will go forwards to the tire, transition to backwards as they go around the tire, then backwards all the way to the goal line.

COACHING POINTS

- Flip the hips as you get even with the tire so your butt is facing the direction you are transitioning.
- use the outside edge of the inside skate to push off of and start your momentum backwards.
- try to limit the transition to one cross over before starting backwards C-cuts.

My Notes

STATION #2 - SOCCER



My Notes

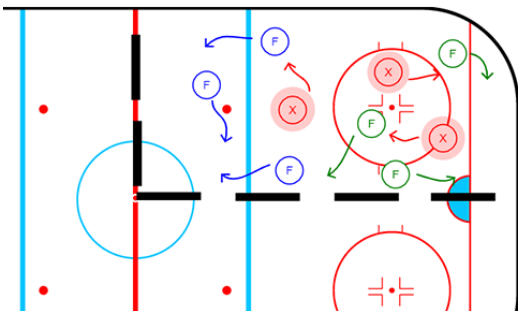
SET UP

The version shown in this diagram is on 1/4 ice station. Instead of using hockey nets try using cones and widening out the goals a little bit. The kids seem to have more fun when more goals are scored. Depending on the number of players in your station you can play 3 vs 3, 4 vs 4, or 5 vs 5. Don't worry about shift changes just split up the players in your station as equal as possible and let them all play.

WHY THIS GAME IS GOOD

Not only will the players have a blast, but they will be forced to use their edges, balance, and agility in ways they don't always get to.

STATION #3 - FREEZE TAG



My Notes

One of the greatest traditions in all of youth sports could be the traditional game of Freeze Tag. The reason this game is great for the Mite / Novice age level is because it requires players to use awareness, edges, stop & starts, and agility. Designate new players for each round or have the coaches be all time "IT".

STATION #4 - TURNS & STOPS WITH SHOTS



My Notes

SET UP

Place a net at each end of the station with a goalie (if available). Split up the players into equal lines in opposite corners. Place up to 5 cones slightly staggered down each side of the station (see diagram) and place the pucks at the end of the cones more to the middle of the ice.

On one side the players will do a two foot hockey stop and try to spray as much snow as they can on each cone. On the other side they will work on control turns. After they go through the cones they can pick up a puck and take a shot before going to the end of the other line.