



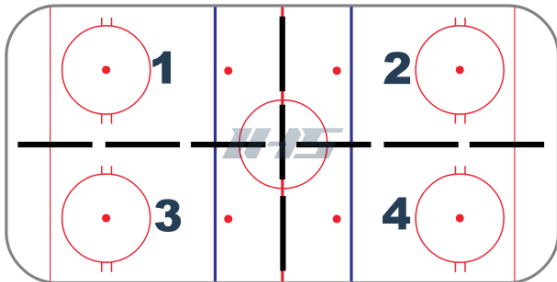
Mite / Novice (U8) 4 Station Practice Plan #7

PRACTICE PLAN

Age Level: Mite / Novice (U8)

Format: 4 Stations

OVERVIEW



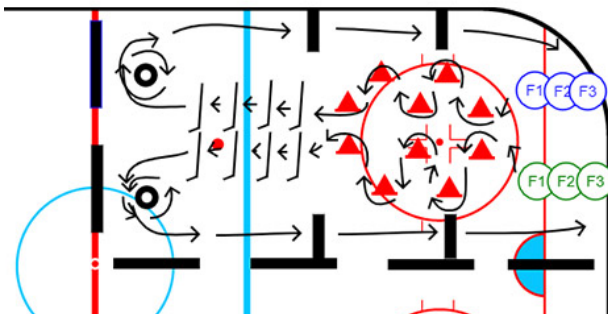
Warm Up Activity - Free time with variety of toys on the ice- 10 minutes
 Line Skating - Knee bend - inside & outside edges - 10 minutes
 Station #1 - Quarter ice obstacle course #1 - 10 minutes
 Station #2 - 1 vs 1 vs 1 with mini nets - 10 minutes
 Station #3 - Astroids with tennis balls - 10 minutes
 Station #4 - Slalom races 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 - QUARTER ICE OBSTACLE COURSE #1



My Notes

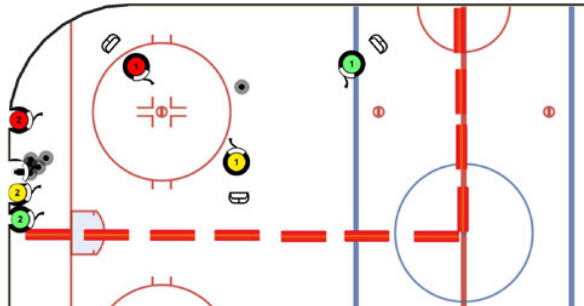
SET UP

Divide up players into two teams and place in two lines on the goal line. The first set of obstacles is 5 staggered cones. After the cones place 4 sticks perpendicular to the path about 4 feet apart. One tire should be placed at the far side of the station. Along each edge there should be a small barrier or a stick on top of a cone (something high enough for players to jump over).

HOW THE RACE IS RUN

On the first set of obstacles the players do inside edges around the cones. Then they do one foot step overs across all four sticks. At the tire they do a full control turn all the way around the tire. Then they skate back towards the line and do two footed jumps over the barriers along the way.

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



My Notes

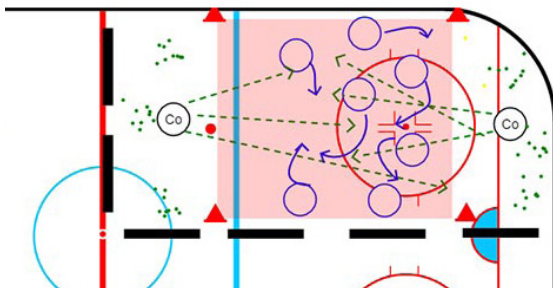
SETUP

The setup requires three mini nets and at least 6 players. The nets should be set up in a triangle formation (see diagram). Each player will claim a net and stand in front of it to start. The coach will blow the whistle and throw a puck into the middle of the playing area.

OBJECTIVE

Players try score a goal in either of the other players nets while protecting goals from being scored on their own net. The coach should try to keep track of how many goals each player scores in each round. They get 1 point for a goal scored on another players net and -1 point for goals allowed on their own net.

STATION #3 - TENNIS BALL ASTEROIDS



My Notes

Time for fun! While the kids will love this game they don't even realize how much they are actually working on fundamentals. They have to multi-task and be aware of what is going on in two directions while using edge to change directions and be agile.

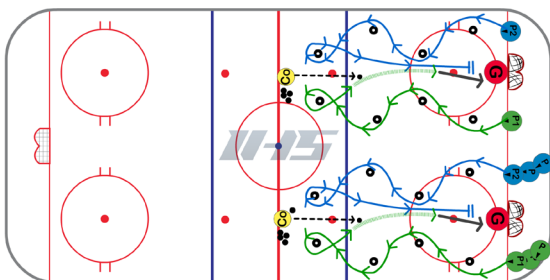
SETUP

Place an abundance of tennis balls at each end of the station. Mark off a playing area using cones that is similar to what is shown in the diagram. Place two coaches at each end who will be shooting tennis balls back and forth.

HOW TO PLAY

The coaches will shoot tennis balls back and forth trying to hit the players skating around in the middle. If a player is hit they must drop down on both knees. They can come alive again when they are touched by another player. The round is over when there are no more active players.

STATION #4 - HALF ICE SLALOM RACES



My Notes

Setup

On the whistle players start by going to the outside of the first tire. At the last tire the players do a control turn all the way around the tire starting on the inside. The coach will play a 50/50 puck towards the net and the players will compete for the puck the first player to touch the puck is on offense and the second player becomes the defender and backchecks against the player with the puck.