



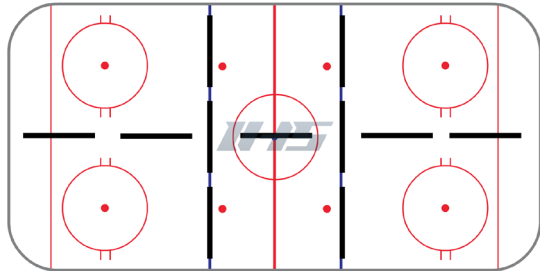
Mite / Novice (U8) 6 Station Practice Plan #1

PRACTICE PLAN

Age Level: Mite / Novice (U8)

Format: 6 Stations

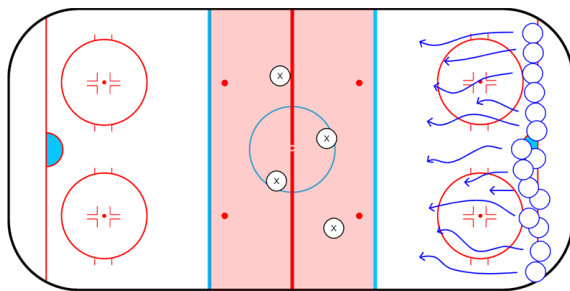
OVERVIEW



Practice Length: 80 minutes

- Warm Up Activity - Sharks & Minnows Full Ice - 10 minutes
- Station #1 - Circle Stickhandling Series - 10 minutes
- Station #2 - Corner Tires 1 vs 1 Multiple Games - 10 minutes
- Station #3 - Freeze Tag - 10 minutes
- Station #4 - Tennis Ball Astroids - 10 minutes
- Station #5 - 3 vs 3 with Mini Nets
- Station #6 - Tire Turn Relays - Control Turns - 10 minutes

WARM UP - SHARKS & MINNOWS (FULL ICE)



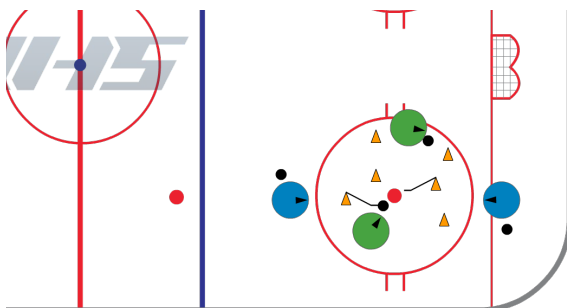
Sharks and minnows could be one of the most popular youth sports games around. In the hockey world you may know this as pom-pom-pullaway. It is a great way to start a practice session because it gets kids excited and engaged.

HOW TO PLAY

All the players place their sticks down below the goal line and line up across the goal line. Select 3-4 players or coaches to be the "sharks". The "sharks" must stay between the blue lines at all times. On the whistle the players will skate from one side of the ice to the other. The object is to not get touched by a "shark". If they get touched then they join the "sharks" in the middle for the rest of the game. The last player to not get touched by a "shark" wins that round.

My Notes

STATION #1 - CIRCLE STICKHANDLING SERIES



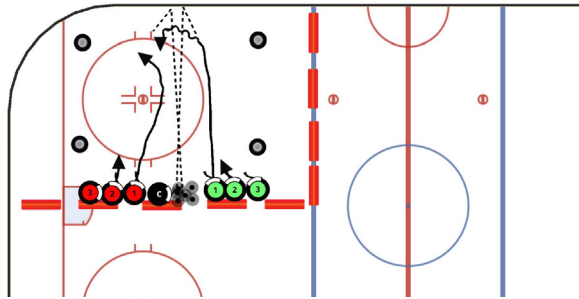
This stickhandling progression has three variations and can be set up in stations depending on the amount of players you have. In this demonstration there are four players at each circle. Each repetition should be about 20 seconds. So on the whistle the active players need to go outside the circle and the in-active players can come into the circle to do the drill.

PROGRESSION #1

The first drill is simple. Each player carries a puck and they need to be creative as they can as they move through the objects. While we want them to be creative we want them to be in complete control and have awareness of the other player/players in the circle.

My Notes

STATION #2 - CORNER TIRES 1 VS 1 WITH MULTIPLE GAMES



My Notes

SET UP

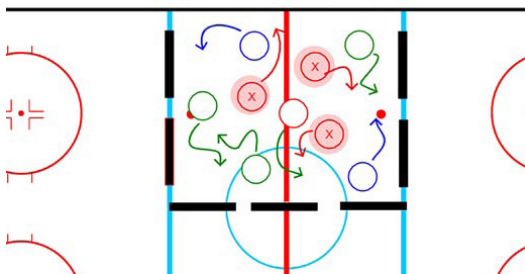
Place a tire in each corner of the station as shown in the diagram. The coach has the pucks on the edge of the station with players lined up on each side.

HOW THE GAME IS PLAYED

The coach starts by dumping a puck into play. The first two players will compete for the puck. The objective is to hit one of the tires on your opponents side. If a player hits a tire then their opponent picks up the loose puck and continues the play. Coaches blow the whistle after 60 - 90 seconds and all the player go back to line and the coach begins a new round. Players can keep track of how many times they hit their opponents tire.

Coaches should have 2 or 3 game going at one time.

STATION #3 - FREEZE TAG

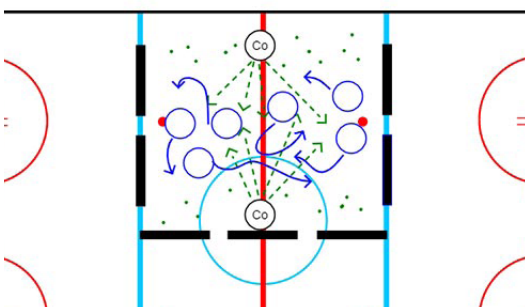


My Notes

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".

This game can be played on quarter ice stations, third ice stations, and sixth ice stations. It depends on the number of players. For 10 - 15 players the quarter ice and third ice station sizes work well. Less than that then the sixth ice station size works well.

STATION #4 - 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.

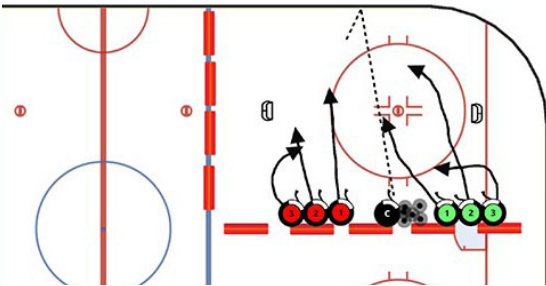
SETUP

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 #5 - 3 VS 3 WITH MINI NETS



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.

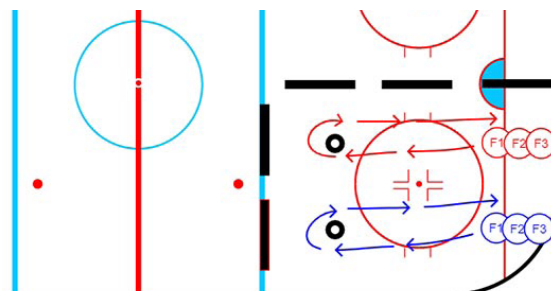
SETUP

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 #6 - TIRE TURN RELAYS - CONTROL TURNS



My Notes

This is a simple relay race where players go out to the tire, do a control turn, and then work on forward strides back to the goal line. The players should do a few repetitions working on proper control turn fundamentals first, then do a few rounds of the relay races.

COACHING POINTS

- encourage players to trust the outside edge of their inside skate when going around the tire.
- the inside foot should be slightly in front of the back foot as they make the turn.
- players should rotate their chest and head so they look to where they want to go.
- give players positive feedback when they make tight turns.