



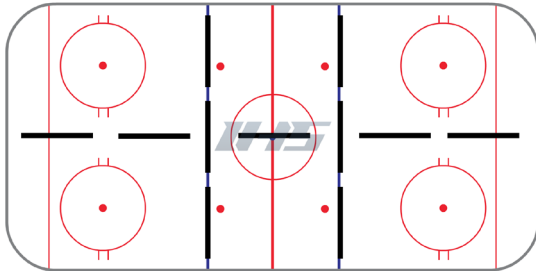
Mite / Novice (U8) 6 Station Practice Plan #3

PRACTICE PLAN

Age Level: Mite / Novice (U8)

Format: 6 Stations

OVERVIEW



Practice Length: 80 minutes

Warm Up Activity - Free time with pucks and toys - 10 minutes

Line Skating - Forwards & Backwards C-cuts

Station #1 - Chase the rabbit without pucks - 10 minutes

Station #2 - 1 vs 1 in a box - 10 minutes

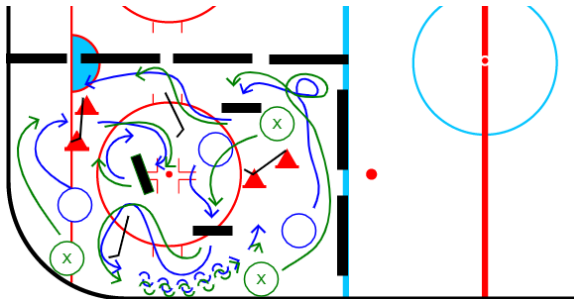
Station #3 - Back to Back Small Area - 10 minutes

Station #4 - Finders Keepers - 10 minutes

Station #5 - 1 vs 1 in a box - 10 minutes

Station #6 - Inside Edges Slalom Relays - 10 minutes

STATION #1 - CHASE THE RABBIT WITHOUT PUCKS



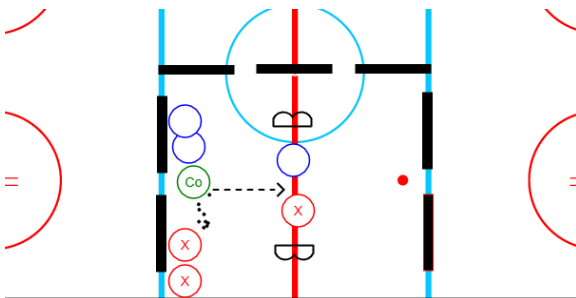
In this game the players will pair up with a partner. The activity is great for skating, agility, and creativity.

SETUP

Place some barriers randomly throughout the zone. Have players pair up with another player and one player will be Player #1 and the other Player #2. On the whistle Player #1 will skate all around the zone jumping over barriers, making tight control turns, going backwards, and being creative throughout the zone. Player #2 will try to copy exactly what Player #1 does. The coach blows the whistle after 60 - 90 seconds, gives the players a little rest, then the players switch roles.

My Notes

STATION #2 & #5 - 1 VS 1 IN A BOX



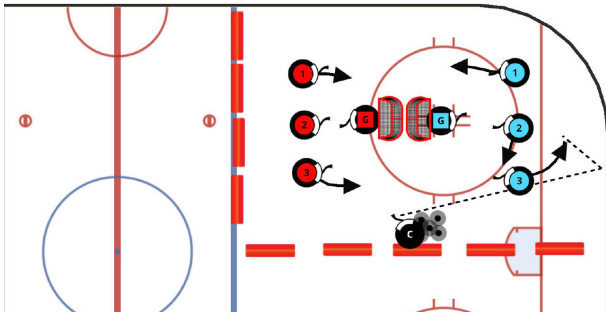
This version of 1 vs 1 allows players to play in a tight space. The small space allows them to start developing puck protection instincts, winning 50/50 races for pucks, and how to take pucks away. There is really nowhere for players to hide so they have to be engaged.

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 #3 - BACK TO BACK SMALL AREA GAME



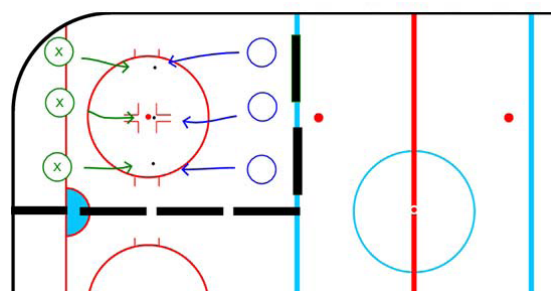
My Notes

In this small area game you will place the nets back to back in the middle of the playing area. This version is played in small areas so it is intended for quarter ice or sixth ice stations. Depending on the amount of players you have you can do 3 vs 3, 2 vs 2, or even 1 vs 1.

HOW THE GAME IS PLAYED

Divide the players up equally and have them start on their own side. The coach will play a puck into the playing area and players compete for the puck. In this version there are no rules as to where players can go. They are simply trying to score on the opponents net. When a goal is scored the coach plays a new puck to the team that was just scored upon and they begin play. Play for about 90 seconds and blow the whistle for a shift change. If all the players are able to play then allow a 20 - 30 second rest and start another 90 second shift.

STATION #4 - FINDERS KEEPERS



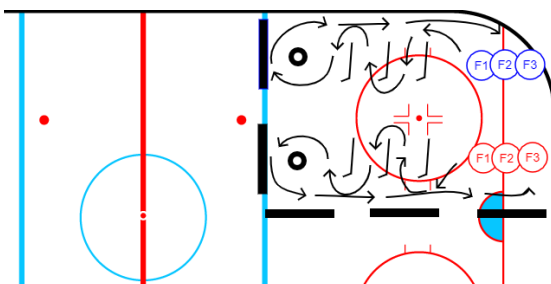
My Notes

This is a great warm up hockey activity or station drill to incorporate into your practices. Players will love it and it helps ramp up the energy and excitement for practice.

How the game is played

- Divide players into two sides.
- Place half as many pucks as there are players along the center line.
- On the whistle players will compete for possession of a puck.
- After 30 seconds blow the whistle.
- Players without a puck have to leave the game and/or do push-ups.
- Repeat until you have a champion.

STATION #6 - INSIDE EDGES SLALOM RELAY RACES



My Notes

In this relay race players will be forced to work on their inside edges. As players go around the stick they need to use the inside edge of the outside foot only. Once they get to the middle of the stick they can transfer their weight to the other foot and use the inside edge of that foot to go around the next stick.

SETUP

This station can be set up the exact same way as the one step and two foot jumps relays. Place two rows of 5 sticks with a tire at the end as shown in the diagram. Divide up the players in to two teams and have each team form a line in front of the row of sticks.