



## Basic Structure for 8U Mite Practices

The 8U Mite group consists of players ranging in age from 6 to 8 years old. This assumes that the players have first followed USA Hockey recommendations and taken a basic learn to skate and learn to play program. These two foundational programs will provide the rudimentary skills needed to for the 8U program. In the case of some smaller youth association it may be necessary to group the 6U or even the 10U players into practice sessions. This can still be done efficiently with proper planning and be very beneficial to all involved.

Skating is a primary skill for ice hockey and although players must continue to master skating technique throughout their career, there must be a special emphasis place on the ABC elements of skating in the early years of development. Players at the Mite age have a harder time processing technical skills instruction and their bodies lack some of the fine motor control required. At this age large muscle groups and multiple joint movements should be incorporated into the practice sessions. Agility, balance and coordination (A, B, C's) on the ice surface are at the foundation of LTAD for Mites.

Practices have a preparatory phase followed by the main body of the practice. The main body of the practice session includes station work so that kids are developing their skills in an efficient manner. The recommended breakdown is with six stations so that there is enough variety to hold the interest of players at this age. Training should be structured so that a large part of the skill repetition is done in a games format. Players at all levels must be mentally engaged in order best acquire new skills. When skills repetition lacks an emotional element, children at this age quickly become bored. If the skills repetition is hidden in the form of a game, children are capable of extended periods of focused effort. Play is the key to emotional engagement in the skills repetition.

The six station format should include the following breakdown:

- 1 station is of ABC's
- 1 station of hockey competition, 1v1, 2v2, 3v3, or 4v4
- 1 station is on puck control skills
- 1 station is of passing/shooting skills
- 2 stations are devoted to specifically skating skills

Out of these six stations, two to three at least should be in a games format.

Coaches also need to be mindful of the costs associated with quality ice time for the players and must always strive to maximize the learning environment. Keep explanation, demonstration and setup time to a minimum. The goal is to have the players actively participating in a drill within one minute of station rotation. This is not easy to do so preparation is a key. If you can divide setup and explanation time between multiple coaches, two jobs will get done in half the time.

The basic 8U Mite practice structure is for a 50 minute hour block of ice as this is common across the country (50 minutes of ice with the cost of a 10 minute ice cut included). If your local associating gets the full 60 minutes out of their hour block of ice the practice sessions are easily modified by adding one additional minute to each station and four minutes to the game activity at the conclusion of practice.

It is a good practice to repeat one of the prescribed ice sessions twice in a row. Kids at this age like familiarity with the drills, the repetition is good and it helps the overall efficiency of the session. It is easier for the coaches the second time through.

At the 8U Mite age group, USA Hockey doesn't recommend full time goalies. Every player at this age needs to build a foundation of agility, balance and coordination on the ice surface. We recommend that teams rotate every player through the goaltender position to help kids discover if that position is truly for them. Goaltending requires a high degree of athleticism to be successful. If an 8U player has demonstrated a good on-ice foundation in the ABC's and skating skills and has a passion for the position, it is acceptable to allow that player to play more regular in net.

During the practice sessions the goalies should only play goal when they rotate to a station that has a net. Goalies should continue to rotate with their team as the group advances through the stations. The goalies should continue to skate and be active in every drill.

When no goalie is present for a station, the coaches can tip the net over to provide a low to mid range target for the player to shot at or small nets can be used if available.



**Practice: 1 & 2**

**Theme / Goals:** Skill Development/Fun

**Equipment Required / Set-up:** Borders, Six Nets, Cones, 6-7 Softballs **Ice Time:** 50 Minutes

**Warm Up: Passing with Coaches - 5 min**

Players skate around the rink with puck and make passes to any coach. Coaches are stationed at various positions along the board.

Designate two additional coaches to set up stations.

**Stations: 6 Stations x 6 minutes**

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station as the players arrive.

**Station 1: Skating (ABC's)**

Have players put their sticks down in a row. They line up facing the sticks and perform a number of different agility movements running over the sticks. Run 1 foot over each stick, 2 feet together hop, step over sideways facing left and right, using edges to slalom between them.

**Station 2: Stationary Passing**

Players partner up, stand 8-10' apart and pass the softball back and forth. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body. Softballs will help force proper technique.

**Station 3: Sharks and Minnows Tag**

Two players are designated as the sharks to start. The minnows must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too.

**Station 4: Slalom Puck Control**

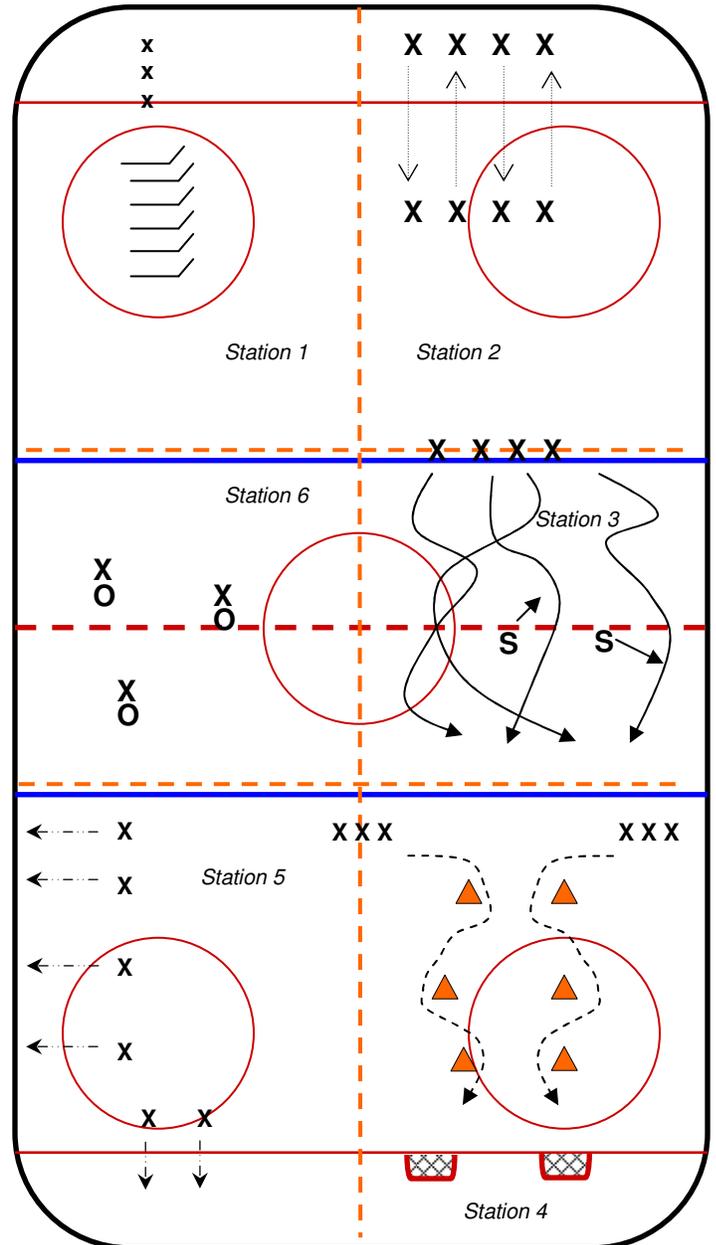
Players carry a puck through a slalom course ending with a shot on net. Emphasize proper shooting technique at the end. This can be turned into a race to force speed.

**Station 5: Shooting**

Have players shoot against the boards. Work on proper wrist shot technique, shooting off the proper foot, and weight distribution. Players should stand sideways to the boards so that proper weight transfer is used. Start with the puck behind the back foot and sweep puck towards target.

**Station 6: 1v1 Keep Away**

Have players play 1v1 keep away in a tight area. Have multiple 1v1's going at once to encourage playing in traffic areas.



**Games: 4v4 Cross-Ice (9 minutes)**

Play 4v4 cross-ice for the remaining time. Change every 30 seconds.

**Coaching Tip:**

Don't be afraid to repeat a practice before moving on to the next one in the sequence. Mite age players love repetition and knowing the activities make the practice run more efficiently.

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)



**Warm Up: 5 min – Puckhandling**

Players skate around the rink handling a puck. On whistle, they jump into the nearest circle and stickhandle, exit on next whistle and continue around the rink in the opposite direction.

Coaches use this time to set up stations

**Stations: 6 Stations x 6 minutes**

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station as the players arrive.

**Station 1: Skating (ABC's)**

Run on skates, drop to knees, drop to single knee, drop to knees and spin 360, arm circles forward, arm circles backward, arm circles 1 forward & 1 backward, 2 foot power jumps, log role to right, log role to left.

**Station 2: Freeze Tag**

Coach tags or selected players do the tagging. The tagged player is frozen and stands in the hockey ready position until he is set free. The tagged player is set free when someone skates a circle around him.

**Station 3: Passing**

Players practice passing technique on both the forehand and backhand. Players should be positioned so that they make the passes across their body. Sweep the ball when passing and keep the hands out away from the body. Use softballs to force proper technique.

**Station 4: Chaos Stickhandling**

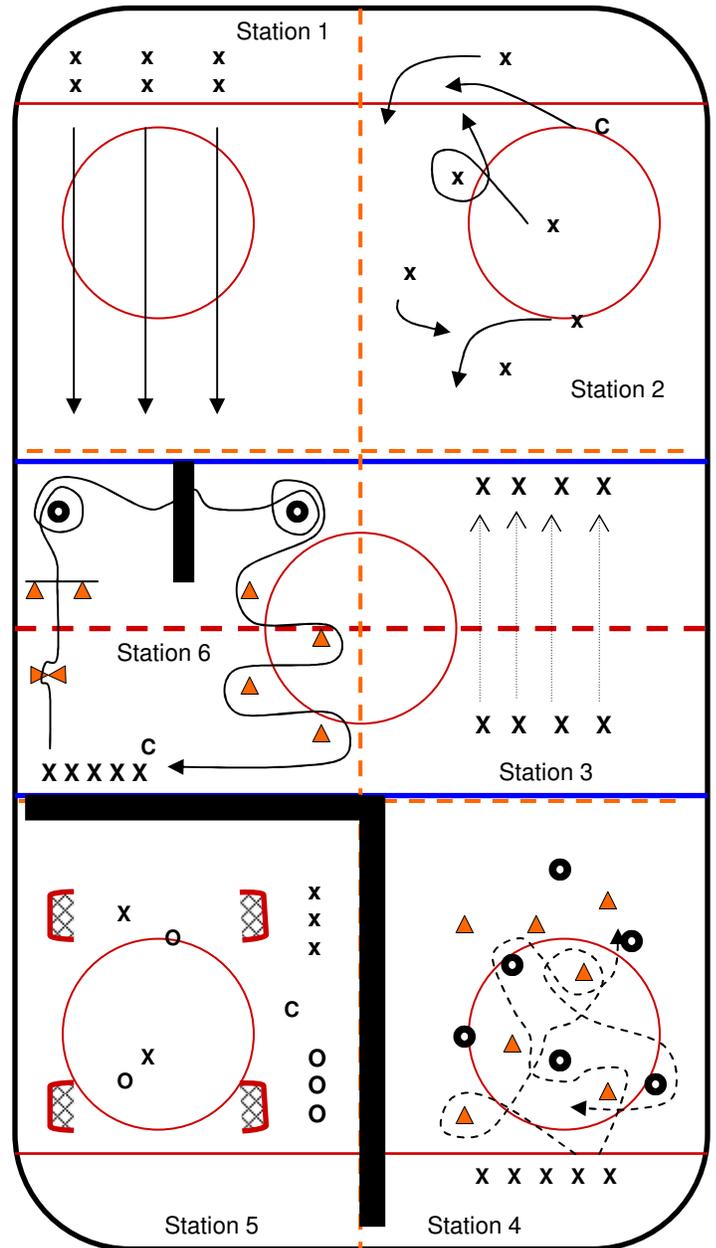
Players stickhandle skating around obstacles. All players are involved. The coach can switch to players going in pairs in a follow the leader setup. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on top of the stick like you would hold a hammer.

**Station 5: 1v1 Hockey**

Keep two 1v1 hockey game going with a change of players every 30 seconds.

**Station 6: Obstacle Course (ABC's)**

Have players begin obstacle course by starting on their knees, stomach, back, etc. Jump over obstacle, immediately followed by sliding under an obstacle. Include 360 degree turns and a slalom course. On all turns, lead with stick.



**Game: Pom Pom Pull Away (9 Minutes)**

Players must skate to opposite end of ice without being tagged by selected taggers. Once tagged players stand along boards. Last survivor wins.

**Coaching Tip:**

Have the coaches distribute the water at each station by spraying it directly to the players. Coaches handling the bottles improves the efficiency and reduces time wasted.

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)



**Warm Up: Passing with Coaches - 5 min**

Players skate around the rink with puck and make passes to any coach. Coaches are stationed at various positions along the board.

Designate two additional coaches to set up stations.

**Stations: 6 Stations x 6 minutes**

On the whistle, players do 5 two foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

**Station 1: Skating Edge Control (ABC's)**

Swizzles, inside edges, outside edges, 2 foot slalom, inside edges pump, single leg alternate edges, power jumps, swizzles out jump feet together.

**Station 2: Puck Control**

Slalom through cones and finish with wrist shot. Next, skate full circles around each cone and finish with a wrist shot. Coach can add chaser to slalom. Check to see that each player is holding their stick properly.

**Station 3: Tag with Both Feet on Ice**

Players must push with inside edges and keep both feet on ice as the maneuver to escape the coach. If tagged the tagged player drops to knees until a teammate skates a circle around him and is then set free.

**Station 4: Passing Shuttle**

Player with puck skates 3 strides, passes to opposite line and then skates to the back of that line. Next the player with the puck skates 3 strides and passes to opposite line. Work both forehand passing and backhand passing. Remember to sweep puck.

**Station 5: 3 v 3 Tight Space**

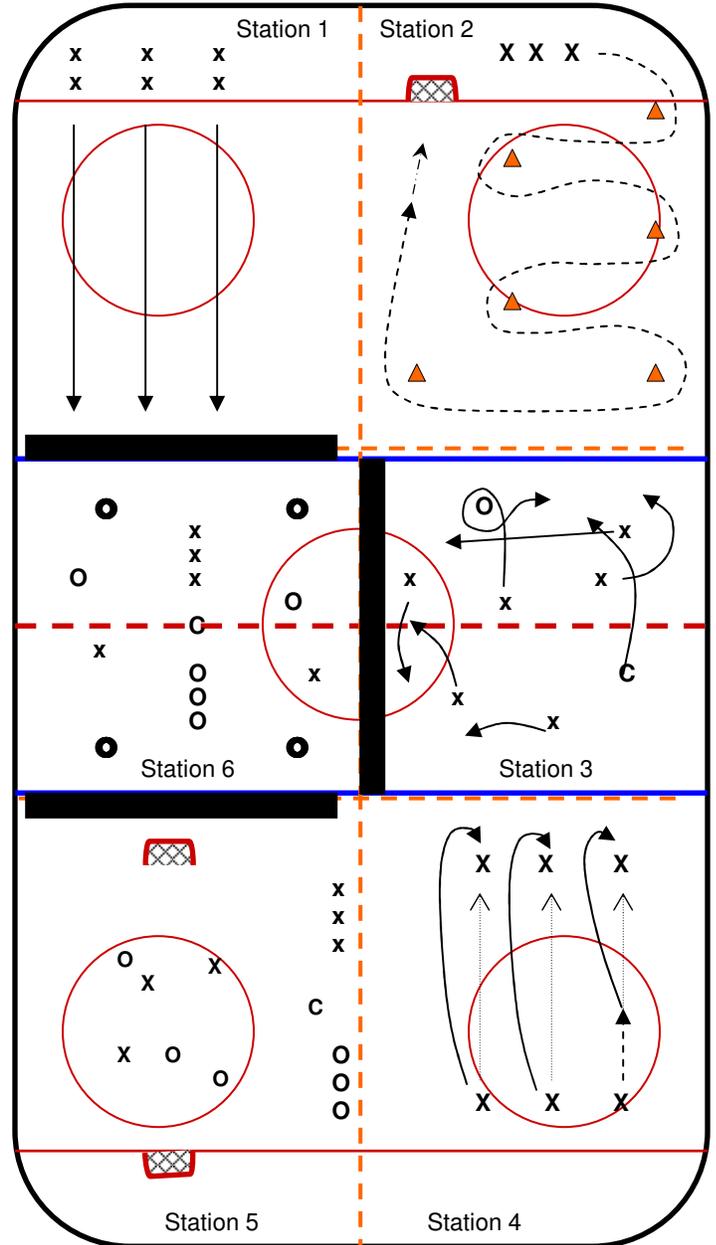
Play 3v3, change on whistle every 30 seconds.

**Station 6: 1v1 or 2v2 Hit the Tire**

Pass the puck off the tire to score. The coach can have two 1v1's or 2v2's going on at the same time.

**Game: 4v4 Cross-Ice – 9 minutes**

Play 4v4 cross ice hockey in all three zones for the remaining time.



**Coaching Tip:**

**Good rule of thumb for running Mite practice is that coaches should talk less and players do more.**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)

**Warm Up: 5 min – Puckhandling**

Players skate around the rink handling a puck. On whistle, they jump into the nearest circle and stickhandle, exit on next whistle and continue around the rink.

Coaches use this time to set up stations

**Stations: 6 Stations x 6 minutes**

On the whistle, players do 5 two foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

**Station 1: Forward Cross Overs Left**

Players skate the circle working on cross-over skating technique. Each player skates two laps around the circle with the next player in line starting as player one passes in front on his first lap. Coaches should work individually with players that need technical instruction. Keep stick to inside.

**Station 2: Net Tag**

Player X attempts to evade player O using the nets as a screen. This activity can be done with multiple players at the same time.

**Station 3: Pass & Follow**

Players pass the puck to the next player and then take that players spot. Sweep puck and show a good target for reception. Finish with a wrist shot on goal.

**Station 4: 3v3 Tight Space**

Play 3v3 and change on the whistle every 30 seconds

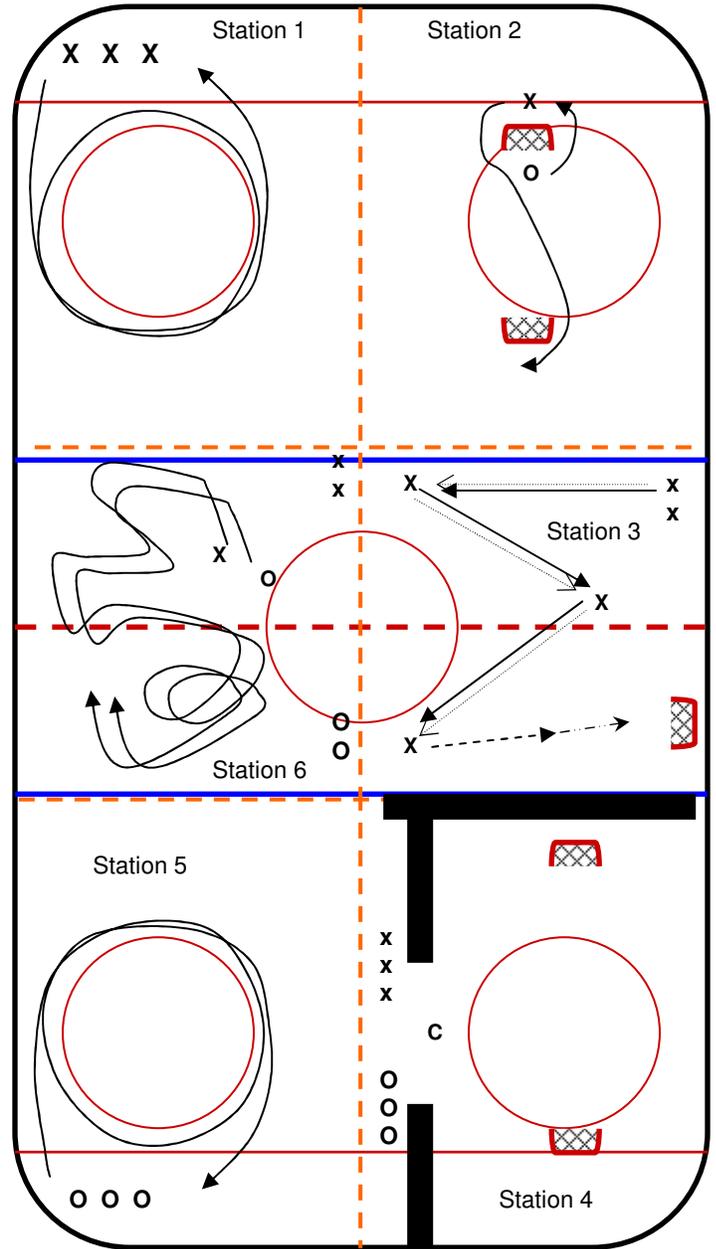
**Station 5: Forward Cross Overs Right**

Players skate the circle working on cross-over skating technique. Keep stick to inside.

**Station 6: Russian Shadows (follow the leader)** Two players go together and play follow the leader. Encourage them to be creative with their movements. Can carry pucks as well and can have multiple groups going at once. Works on skating, edges, agility, coordination, and balance.

**Soccer in all 3 zones (9 minutes)**

Cross ice Soccer in all three zones for remaining time.



**Coaching Tip:**

**What I hear - I forget**  
**What I see - I remember**  
**What I do - I understand**  
**- Confucius**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)



**Warm Up: ABC's Warm-up - 5 min**

Coaches should immediately set up the dividers across each blue line. Players will skate a figure 8 around the ice surface down the middle and back along the side boards. Players must jump over the dividers and perform a superman dive at the red line down the middle and drop to their knees at the red line coming back along the boards. Mix up the agility moves.

Designate two additional coaches to set up stations.

**Stations: 6 Stations x 6 minutes**

On the whistle to change stations the players do one 360 jump to the right and one to the left before moving on to the next activity. Coaches distribute water at each station as players arrive.

**Station 1: Puck Control**

Players skate with puck through slalom and finish off with a shot on goal. Check to see that the players are holding their sticks properly.

**Station 2: Shooting Technique**

Player work on wrist shot technique shooting against the boards. Players should stand sideways to boards so that proper weight transfer is used. Start with puck behind back foot and sweep puck towards target.

**Station 3: Soccer (ABC's)**

Play soccer 5v5 or 4v4 cross ice in 40 second shifts in whatever number that allows players to participate every other shift.

**Station 4: Obstacle Course**

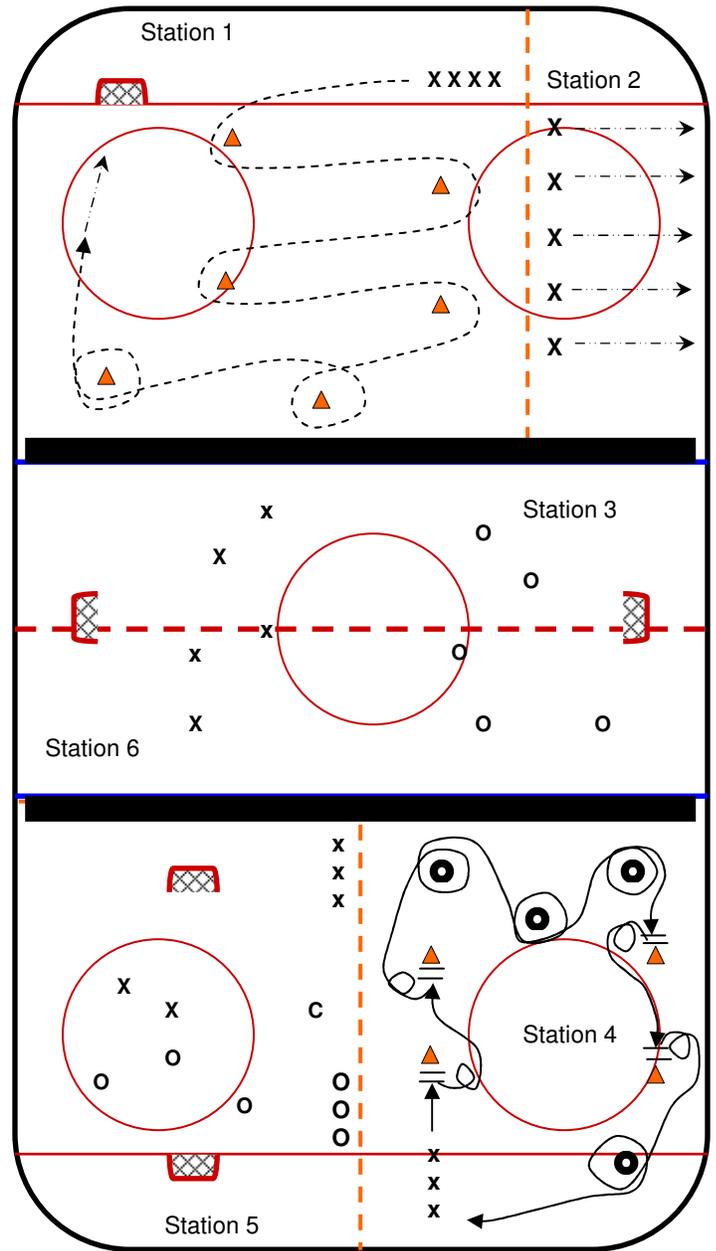
Run obstacle course to focus on stops, starts, and tight turn skating skills. Once players begin, be active and assist individual players with skating technique. Keep stick under control and blade near ice. Follow stick through course.

**Station 5: 2v2 Score on Any Net**

Play 2v2 in 30 to 40 second shifts. Players can score on any net. The coach continues to spot puck into play after goals are scored until the shift time is complete.

**Station 6: Soccer (ABC's)**

Play soccer 5v5 or 4v4 cross ice in 40 second shifts in whatever number that allows players to participate every other shift.



**Game: 4v4 Cross-Ice (9 min)**

Play 4v4 cross-ice hockey in all three zones for the remaining practice time.

**Coaching Tip:**

**No Lines, no laps, no lectures... words to live by for coaching 8U Mites.**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)



**Warm Up: Free Play – 5 minutes**

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

**Stations: 6 Stations x 6 minutes**

On the whistle to change stations the players do one 360 jump to the right and one to the left before moving on to the next activity. Coaches distribute water at each station as players arrive.

**Station 1: 1v1 Pit Game X2**

Players compete 1v1 in a tight space scoring on opposite goal. Coach continually spots puck into play when a goal is scored. Variation: score on either net.

**Station 2: Edges Around Sticks**

Players drop stick length wise in front of them. Inside edge around stick, outside edge around stick, 2 laps inside edge around stick, 2 laps outside edge, inside edge figure 8, outside edge figure 8, 2 foot side jumps over stick, 1 foot side hop over stick. Perform all exercises on both right and left feet.

**Station 3: 1v1 Keep Away & Passing**

Players play 1v1 keep away in zone. On whistle to rest, players stationary pass to each other. Pass cross body and sweep puck. Forehand, backhand, bullet pass (hard as possible).

**Station 4: Give Away Game**

Players split into 2 teams with one team on each side of the line. Players must stay on their own side. The players attempt to shoot as many pucks as possible into the other team's zone. On the whistle to end the game the team with the fewest pucks in their zone wins. Dividers can also be used as the line in the middle so the players must lift the puck.

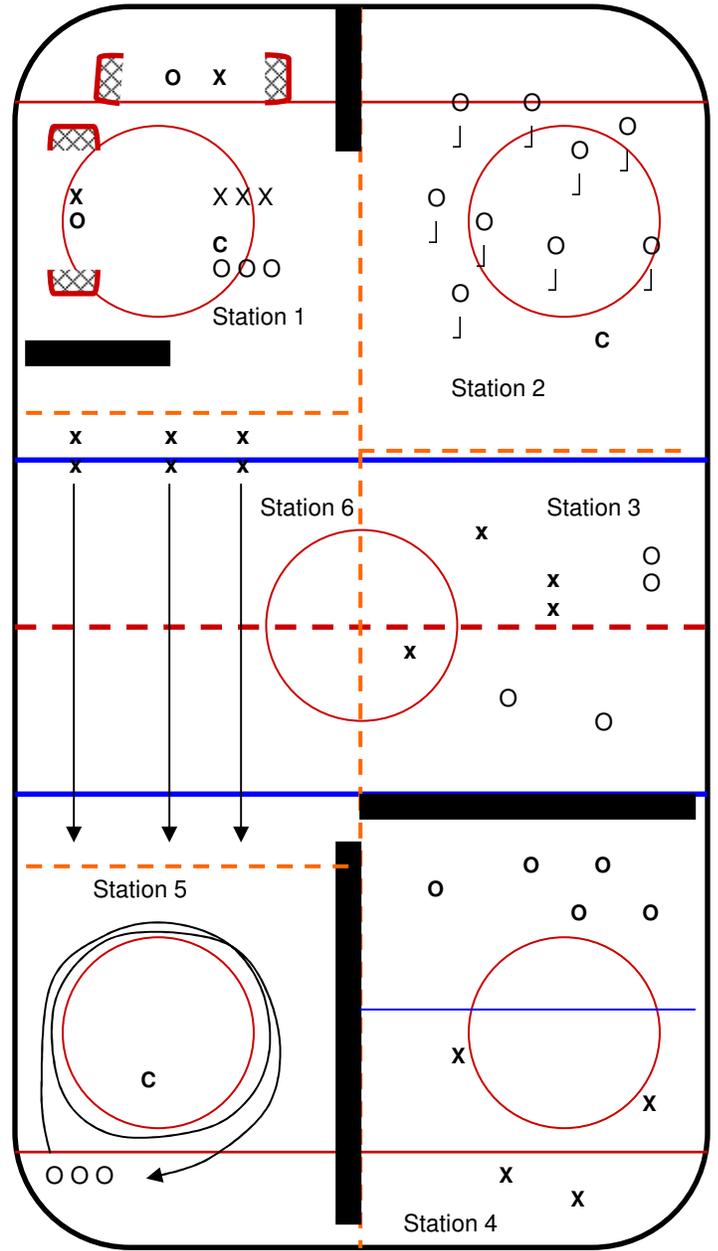
**Station 5: Cross Overs Right & Left**

Cross over skating technique to both right and left. Keep stick under control and to the inside.

**Station 6: Skating & ABC's**

Skating Technique and ABC's – Step over stick, stick through legs, drop to knees, drop to knees 360, log role to left/right, run on skates forward, butt to heels glide, inside edge swizzles, swizzle out jump feet together, single leg stride left/right.

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)



**Game: Full Ice Glove Tag (9 Min)**

Players must skate the length of the ice without getting hit by a glove thrown by the coaches. If the player can catch a glove before it hits the ground, they have a free pass to opposite end. Tagged players wait along the boards.

**Coaching Tip:**

**Yell at me I will resent you**  
**Pamper me I will not respect you**  
**Encourage me I will never forget you**



Equipment Required / Set-up: Borders, Six Nets, Cones, Tires,

Ice Time: 50 Minutes

Tennis Balls, Ringette Rings

**Warm Up: ABC's Warm-up - 5 min**

Coaches should immediately set up the dividers across each blue line. Players will skate a figure 8 around the ice surface down the middle and back along the side boards. Players must jump over the dividers and perform a superman dive at the red line down the middle and drop to their knees at the red line coming back along the boards. Mix up the agility moves.

Designate two additional coaches to set up stations.

**Stations: 6 Stations x 6 minutes**

On the whistle to change station, players do 3 hops on the left foot and 3 hops on the right foot before moving on to the next activity. Coaches distribute water at each station as the players arrive.

**Station 1: 3v3 Ringette**

Play 3v3 tight space ringette. 30 second shifts and change.

**Station 2: Freeze Tag**

Once tagged the player drops to knees with stick out on ice. The player is unfrozen when a teammate skates a circle around him and jumps over his stick.

**Station 3: Obstacle Course (ABC's)**

Have players start on knees, stomach, back, etc. Jump dividers, dive under sticks and 360 around far tire. Keep stick under control and follow stick.

**Station 4: Skating Tight Turns**

Skate the tight turn slalom course. Half way through add pucks. Once started, work individually with players that need technical skills help. Keep stick down, under control and lead with stick.

**Station 5: Puck Control Fakes**

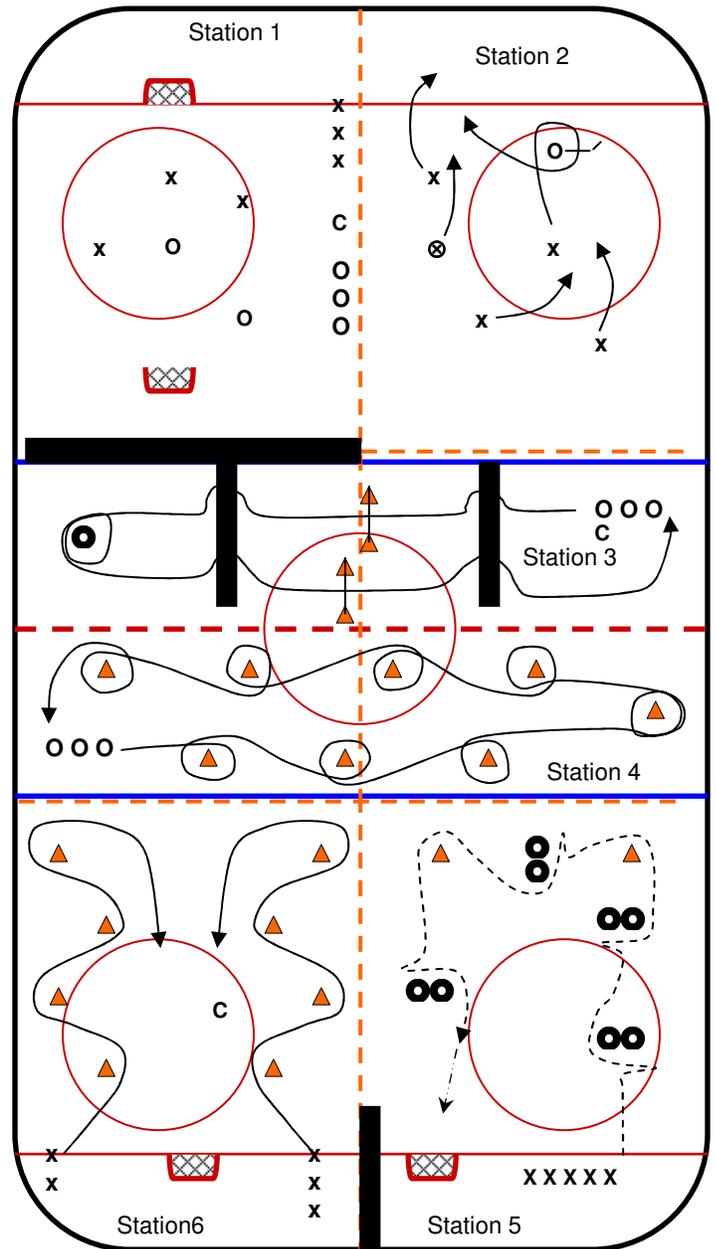
Have players attempt a wide fake at each set of double tires. Emphasize exaggerated moves and putting the puck as wide as possible. Finish off with a shot on goal.

**Station 6: Loose Puck Races (ABC's)**

Players race for a loose puck and finish with a shot on goal. Vary course and add extra agility. Examples, start from knees or stomach, complete 360 around cone, jumps etc. Keep stick down and under control, lead with stick.

**Games: 3v3 Cross-ice w/ Tennis Balls (9 minutes)**

Play cross-ice hockey in all three zones using tennis balls. Change shifts every 30 to 40 seconds.



**Coaching Tip:**

**Play attaches the emotional engagement for kids at this age to make skills repetition fun.**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)



**Warm Up: Free Play – 5 minutes**

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.)

Coaches set up stations.

**Stations: 6 Stations x 6 minutes**

On the whistle to change station, players do 3 hops on the left foot and 3 hops on the right foot before moving on to the next activity. Coaches distribute water at each station as the players arrive.

**Station 1: Forward Cross Overs L/R**

Work on skating technique. Each player skates two laps around the circle with the next player in line starting as player one passes in front on first lap. Coaches should work individually with players on technique as needed. Keep stick to the middle.

**Station 2: Net Tag**

Players evade the tagger by using the nets and tires to screen out opponent.

**Station 3: Passing with Movement**

Pass forehand then backhand. Catch pass and spin 360. Skate forward and pass, stop and skate backwards to starting spot.

**Station 4: 2v2 Any Net**

Play 2v2, with the players able to score on either net. Coach continues to spot pucks into the game when players score until the end of a 30 second shift.

**Station 5: 2 on 0 Passing**

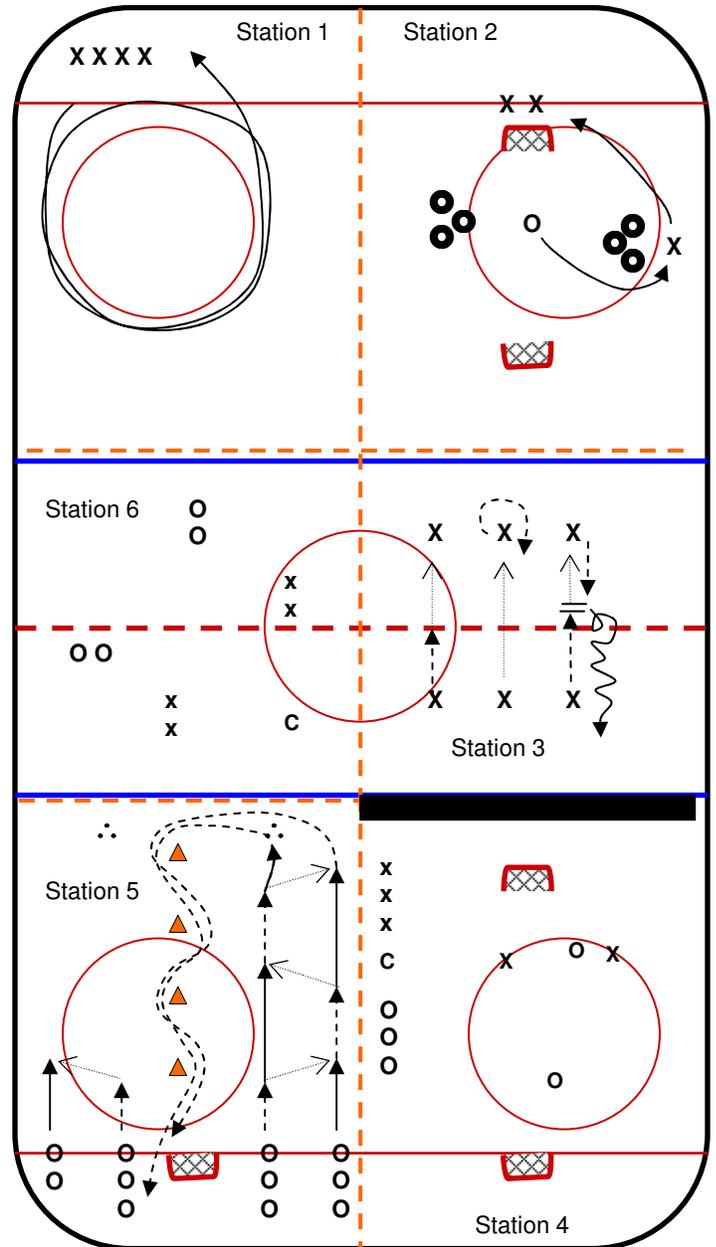
2 on 0 passing with weave back through cones. Players should change lines so they are passing on both forehand and backhand. Use proper technique and sweep the puck. Have stick on the ice to show a target on pass reception.

**Station 6: Steal Pucks**

Each player has a puck. On the whistle players attempt to steal other players pucks while still possessing their own.

**Submarine Tag (9 minutes)**

On the whistle, players must skate the length of the ice without being tagged. If tagged the player stands still with legs spread apart wide. To become free again a teammate must slide between their legs.



**Coaching tip:**

**Turn the word “practice” into a positive thing!**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)





**Warm Up: Partner Skills (10 Minutes)**

Divide up into six groups with two groups in each zone. Players work in pairs through the following sequence:

Begin with Russian Shadows (creative skating that partner imitates). Russian Shadows with pucks, 1v1 keep away. 2v2 keep away. Repeat each activity twice for 45 seconds. During rests between activities, have players work on passing skills, forehand, backhand, bullet pass (hard as possible)

Designate additional coaches to set up dividers.

**Stations: 3 Stations x 13 minutes Games Day**

On the whistle to change stations, players do pop corn (drop to their knees and up) 5 times before moving on to the next activity. Coaches distribute water at each station as the players arrive.

**Station 1: Cross-Ice Hockey**

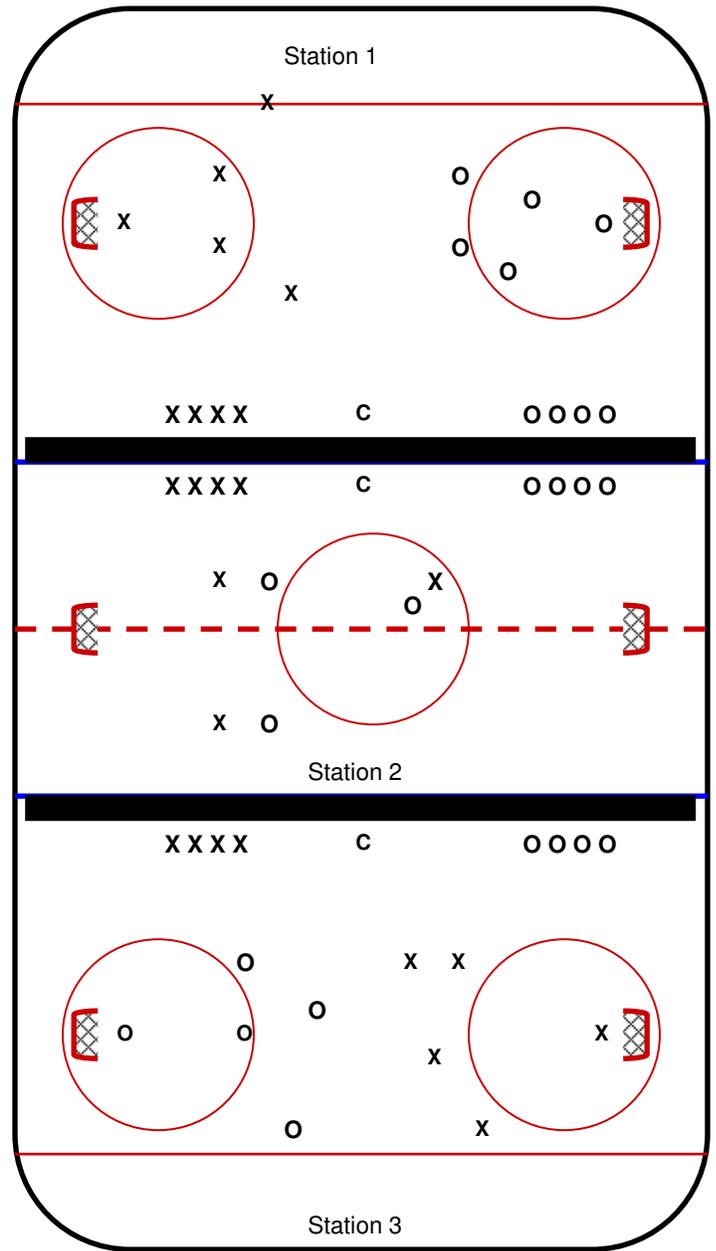
Play cross-ice hockey 5v5, 4v4 or a combination of both, whichever allows the players to play every other shift. Shift length is 45 seconds.

**Station 2: Cross-Ice 1v1's**

Play 1v1 cross-ice until someone scores. Keep 3 to 4 1v1 competitions going at all times. When a 1v1 competition ends the players go to the back of their team lines. Can also be done 2v2.

**Station 3: Cross-Ice Ringette**

Play cross-ice ringette 5v5, 4v4 or a combination of both, whichever allows the players to play every other shift. Shift length is 45 seconds.



**Coaching Tip:**

**The smaller the ice, the bigger the competition.**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)

**Warm Up: Skating – 7 Minutes**

Whole ice skating with everyone moving – includes, forward stride, cross-overs, 2 ft stops & head up w/ traffic. Begin out of two corners from same end and finishes in the far corner. Keep stick under control and lead with the stick...repeat coming back, can add pucks. Assign coaches to prepare stations.

**Stations: 6 Stations x 6 minutes**

On the whistle to change station, players drop to the ice and do two log roles to the left and two to the right before moving on to the next activity. Coaches distribute water at each station as the players arrive.

**Station 1: 1v1v1 Keep Away**

Dived players into groups of three. Players Play keep away from each other in a confined space. Encourage players to try and use their hand skills to beat their opponents instead of just skating away from them.

**Station 2: Backwards Bumper Butts**

Players skate backwards and attempt to run into each other knocking the others off balance. Everyone should begin with their hands on their knees. If a player is knocked down or their hands leave their knees, they are out. Last player standing – wins!

**Station 3: Backwards C-Cut Starts**

Coach work with players on their backwards C-cut starts and backwards skating. One coach works on left foot start and other coach on a right foot start.

**Station 4: Tight Turns**

Players skate 360 degree tight turns around each tire. Keep stick under control and lead with the stick blade near ice and out in front. After a few minutes add in pucks.

**Station 5: Passing Lanes Game**

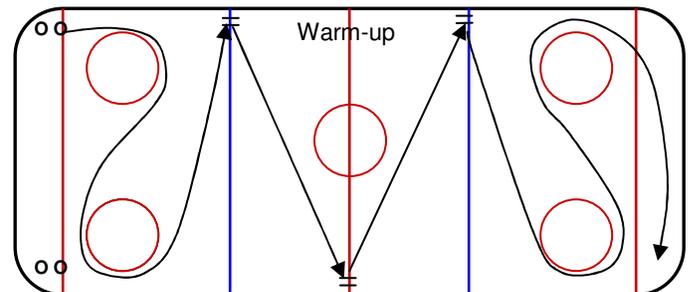
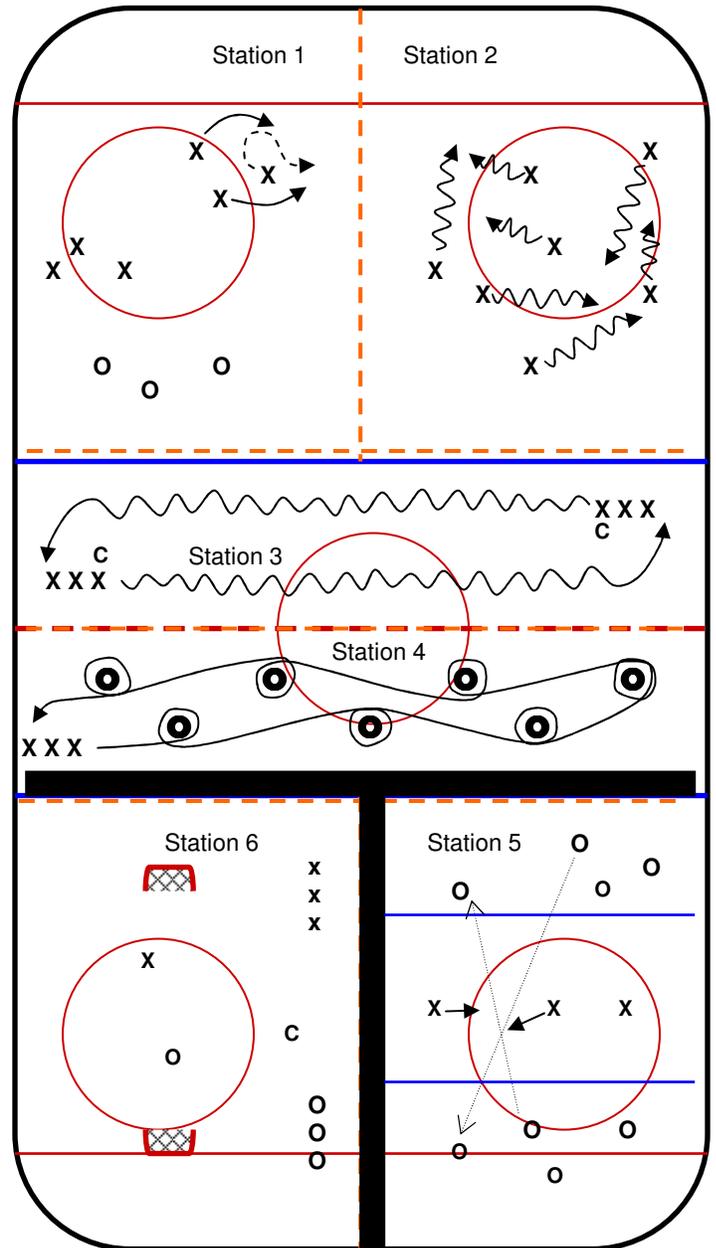
Using a marker, divide the ice into three zones. The players in the end zones attempt to pass pucks to each other through the middle zone without being intercepted. Players in the middle zone attempt to steal passes. All passes must be on the ice and direct (not off the boards). If a player in the middle zone intercepts a pass, he now becomes a new passer. The old passer moves to the middle. Keep 3 to 4 pucks in play.

**Station 6: 2v2 Score Any Net**

Play 2v2 in a tight space for 30 second shifts. Players can score on either net.

**Game: 4v4 Cross-Ice – 9 minutes**

Play 4v4 cross ice hockey in all three zones for the remaining time.



**Coaching Tip: Encourage competition at the puck...win your 1v1 battle.**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)

**Warm Up: Partner Skills (10 Minutes)**

Divide up into six groups with two groups in each zone. Players work in pairs through the following sequence: Begin with Russian Shadows (creative skating that partner imitates). Russian Shadows with pucks, 1v1 keep away. 2v2 keep away. Repeat each activity twice for 45 seconds. During rests between activities, have players work on passing skills, forehand, backhand, bullet pass (hard as possible) Designate additional coaches to set up dividers.

**Stations: 6 Stations x 6 Minutes**

On the whistle to change station, players drop to the ice and do two log roles to the left and two to the right before moving on to the next activity. Coaches distribute water at each station as the players arrive.

**Station 1: Forward & Backwards (ABC's)**

Step over stick R/L hands & F/B, stick through legs F/B, drop to knees F/B, Drop to one knee L/R & F/B, Log role L/R. Arm circles F/B, Arm circles 1F/1B.

**Station 2: 3v3 Tight Space**

Play 3v3 in the defined area with 30 second shifts.

**Station 3: Forward & Backwards Tag**

Use the center red line as the pivot point. Players can only skate forward on one side of the line and backwards on the other. Coach or designated tagger must try to tag all players. If tagged the player is frozen until a teammate skates a circle around them and sets them free.

**Station 4: 2v1 Keep Away**

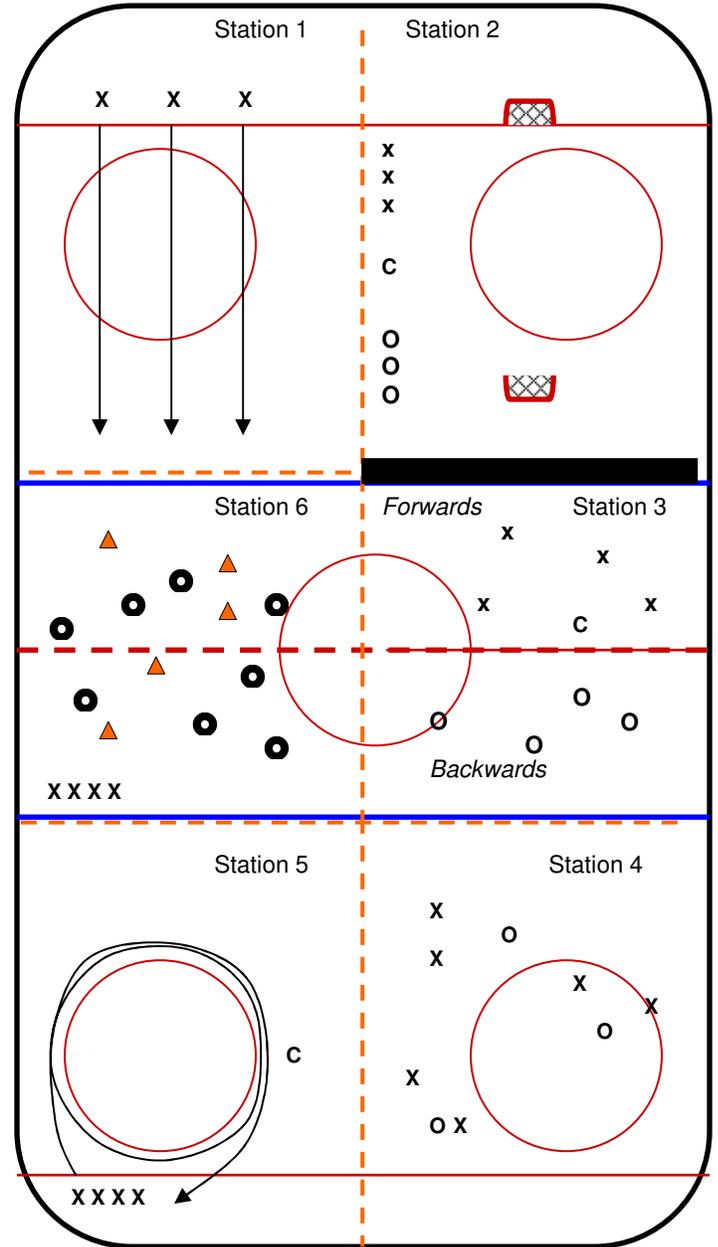
Divide players into groups of three. Two players attempt to play keep away from the other player in their group. If the puck is stolen a new player becomes the odd man out.

**Station 5: Backwards Cross Overs**

Work on skating technique. Each player skates two laps around the circle with the next player in line starting as player one passes in front on first lap. Coaches should work individually with players on technique as needed. Keep stick to the middle.

**Station 6: Puck Control, Follow the Leader**

Players go in pairs with multiple pairs involved at a time. Each player has a puck with the first player designating the course through the obstacles. The second player follows the path of the first player. Take turns as to who is leading.



**Game: Pom Pom Pull Away (9 Minutes)**

Players must skate to opposite end of ice without being tagged by selected taggers. Once tagged players stand along boards. Last survivor wins.

**Coaching Tip:**

**Reducing the space forces players at all levels to think and act quicker.**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)



**Warm Up: Free Play – 5 minutes**

Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Players pair up and pass various object to each other around the rink. Coaches set up stations.

**Stations: 6 Stations x 6 minutes**

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station as the players arrive.

**Station 1: Edges (ABC's)**

Run on skates F/B, inside edges, outside edges, inside edges backwards, outside edges backwards, swizzles F/B, two foot jump forward to backwards & backwards to forwards (face same side), single leg step forward to backwards & backwards to forwards (face same side)

**Station 2: Pass, Follow Pass**

Players make a pass to the next player in the chain and then follow their pass by pivoting and skating backwards to take the receivers spot. Last player in the chain finishes off with a shot on goal.

**Station 3: 1v1 X2**

Play 1v1 in tight space for 30 second shifts. Have two sets of 1v1's in play.

**Station 4: Puck Control, Fake & Shoot**

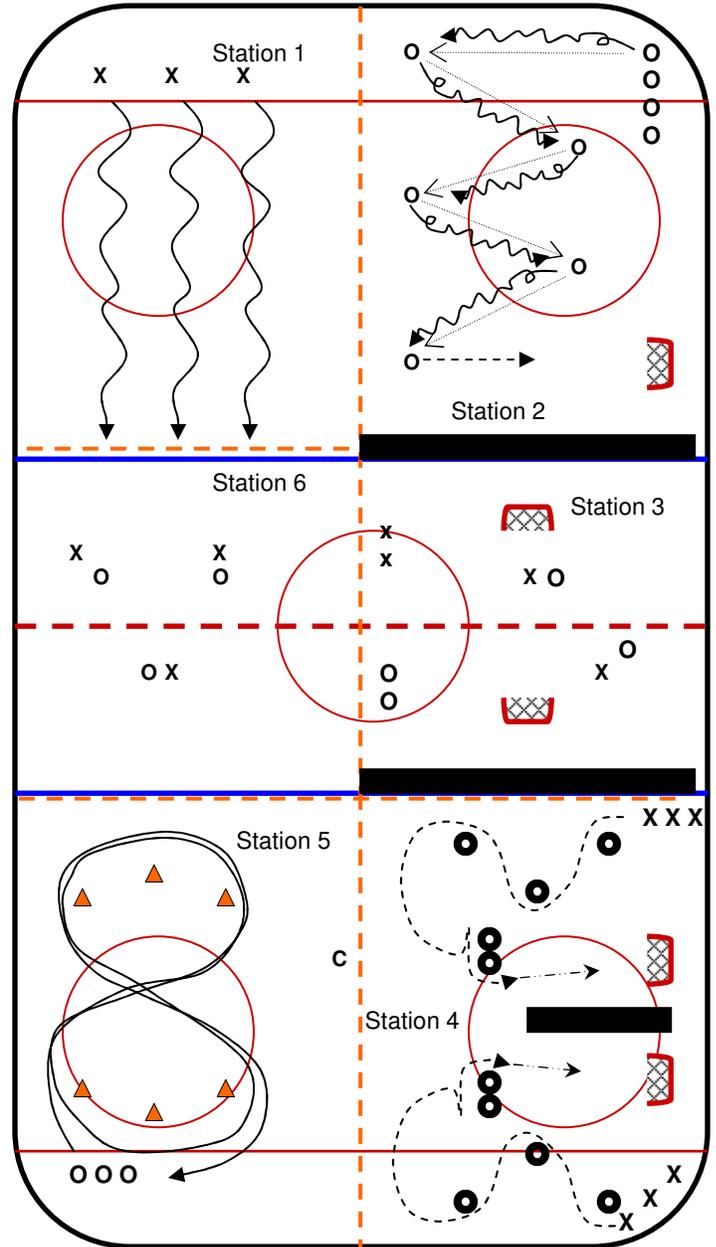
Players handle puck through obstacles. At the double tire the players must use an exaggerated fake before shooting on goal.

**Station 5: Forward & Backwards Cross Overs**

Work on skating technique. Each player skates two laps around the figure 8 with the next player in line starting as player one passes in front on first lap. Coaches should work individually with players on technique as needed. Keep stick to the middle.

**Station 6: 1v1 Keep Away & Passing**

Players play 1v1 keep away in zone. On whistle to rest, players stationary pass to each other. Pass cross body and sweep puck. Forehand, backhand, bullet pass (hard as possible). 30 seconds keep away then 30 second of passing. Coaches help with technique.



**Games: Ringette (9 Minutes)**

Play 4v4 cross ice ringette with 30 to 40 second shifts for the remaining time.

**Coaching Tip:**

**Keep as many players moving as possible, don't let them wait in lines.**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)

**Warm Up: Edges Around Sticks – 5 min**

Divide into three groups for more direct instruction to the players. Players drop stick length wise in front of them. Inside edge around stick, outside edge around stick, 2 laps inside edge around stick, 2 laps outside edge, inside edge figure 8, outside edge figure 8, 2 foot side jumps over stick, 1 foot side hop over stick. Perform all exercises on both right and left feet.

**Stations: 6 Stations x 6 minutes**

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station as the players arrive.

**Station 1: Passing in 3's**

Divide players into groups of three. Two players are stationary and one player skates around the out side of the two. All three players pass between themselves. After 40 seconds, change the moving player.

**Station 2: Forward & Backwards Pivots**

Work on skating technique, forwards to backwards and backwards to forwards pivots. Lead with stick.

**Station 3: Backwards Skating**

Work on backwards skating technique. Begin with a C-cut start and backwards stride, return skating backwards through slalom course. Use tires so the coaches are not continually setting the course up and not instructing.

**Station 4: Tire Push Game**

Players are split into two teams. Each team must push the tires across the ice and touch the tire to the boards on the opponent's side of the rink to score a point. Have multiple tires in play. When a goal is scored, coach drops the tire back at center ice.

**Station 5: Catch & Shoot**

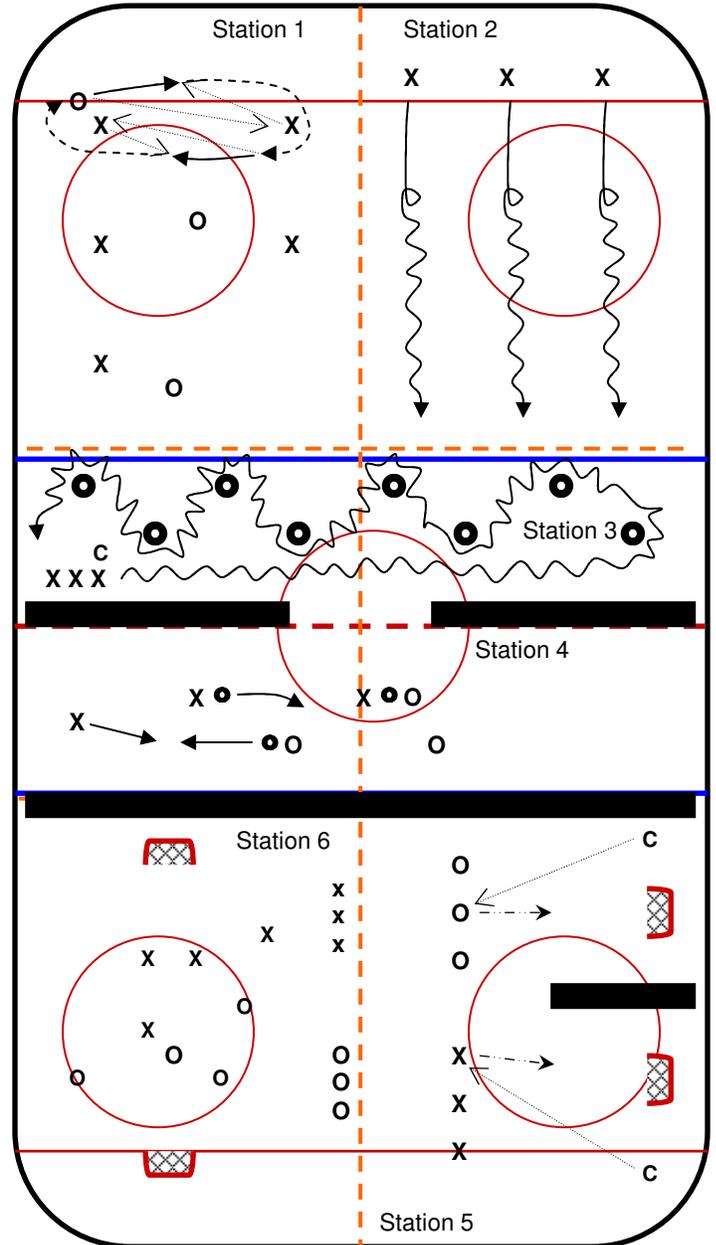
Coaches rapidly pass pucks to the stationary players. Players catch the pass and immediately shoot on goal. Teach players to receive the puck and move their feet into shooting position without stickhandling.

**Station 6: 3v3 Tight Space**

Play 3v3 in the confined space for 30 to 40 second shifts.

**Games: 3v3 Cross-ice w/ Tennis Balls (9 minutes)**

Play cross-ice hockey in all three zones using tennis balls. Change shifts every 30 to 40 seconds.



**Coaching Tip:**

**Be positive and upbeat in your communication with the players. How you say something is just as important as what you say.**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)



**Warm Up: Free Play – 5 minutes**

Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Players pair up and pass various object to each other around the rink. Coaches set up stations.

**Stations: 6 Stations x 6 minutes**

On the whistle, players do 5 two foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

**Station 1: Puck Control, Indirect Pass**

Players make an indirect pass to themselves at each tire. They then proceed to make an exaggerated fake to the left and to the right at the obstacles before shooting on goal.

**Station 2: 2 on 0 Passing**

Two players make as many passes as possible while moving down the center lane. Return through the cones.

**Station 3: Puck Control, Indirect Pass**

Players make an indirect pass to themselves at each tire. They then proceed to make an exaggerated fake to the left and to the right at the obstacles before shooting on goal.

**Station 4: Ringette**

Play cross ice ringette in the narrow lane.

**Station 5: Puck Control (ABC's)**

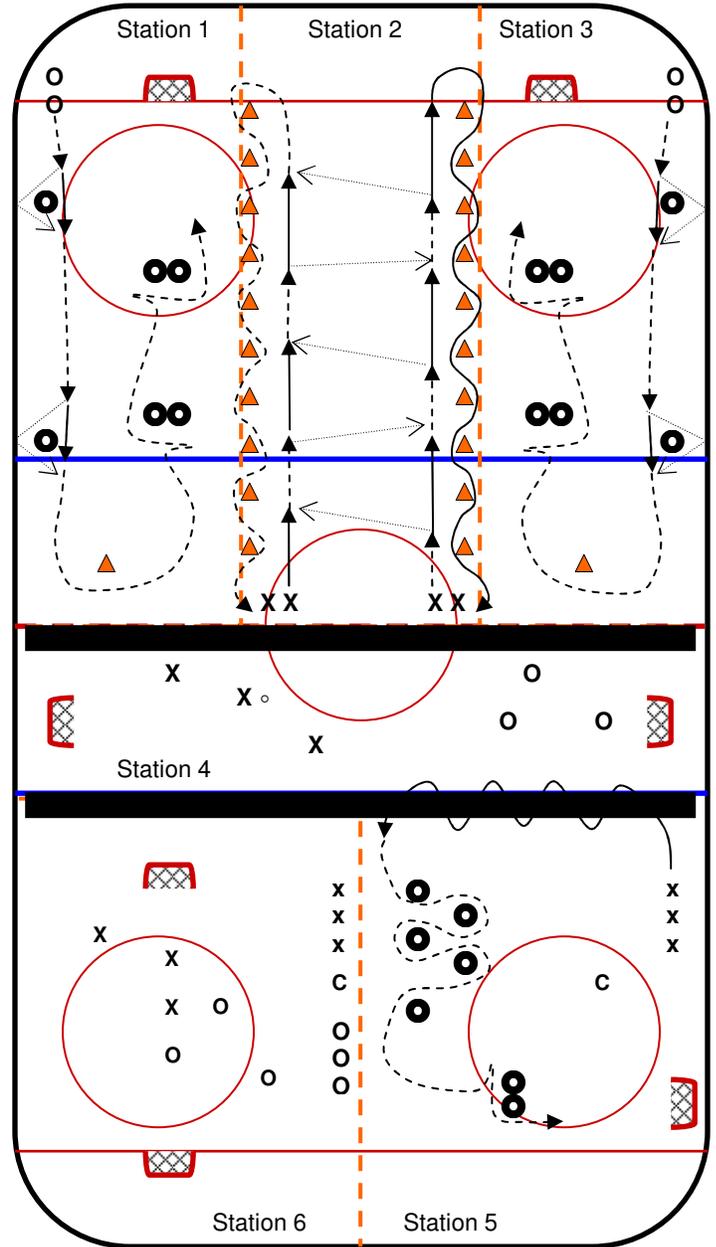
Players side jump back and forth over the divider, then pick up a puck and control it through the tires, finishing off with an exaggerated fake and shot on goal.

**Station 6: 1v1 X2**

Play 1v1 in tight space for 30 second shifts. Keep multiple 1v1's going.

**Game: Full Ice Glove Tag (9 Min)**

Players must skate the length of the ice without getting hit by a glove thrown by the coaches. If the player can catch a glove before it hits the ground, they have a free pass to opposite end. Tagged players wait along the boards.



**Coaching Tip:**

**Full potential is easier to reach when you don't have to skate as far to find it.**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)

**Warm Up: Edges Around Sticks – 5 min**

Divide into three groups for more direct instruction to the players. Players drop stick length wise in front of them. Inside edge around stick, outside edge around stick, 2 laps inside edge around stick, 2 laps outside edge, inside edge figure 8, outside edge figure 8, 2 foot side jumps over stick, 1 foot side hop over stick. Perform all exercises on both right and left feet.

**Stations: 6 Stations x 6 minutes**

On the whistle, players do 5 two foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

**Station 1: 1v1 Attack the Net**

Coach spots a puck into the corner. Two player compete for puck possession. The player that gains the puck attacks the net to score and the other player defends.

**Station 2: Ringette Keep Away**

Play keep away with the ringette rings. Have 3 less rings than the number of players. The coach can add in a time limit and on the whistle whoever doesn't have a ring, does 5 power jumps.

**Station 3: Tarasov Agility (ABC's)**

Players follow the coaches lead, with high knee runs in place, then side to side and forward and backwards. Coach can be creative to have the players move in multiple directions. Have players pass during rest periods.

**Station 4: Puck Control, Give & Go**

Players give and go with the coach finishing off with a fake and shot on goal. Have the players begin skating before making the pass to the coach. Pass and receive on the backhand, when on the backhand side.

**Station 5: Cross Overs & Turns**

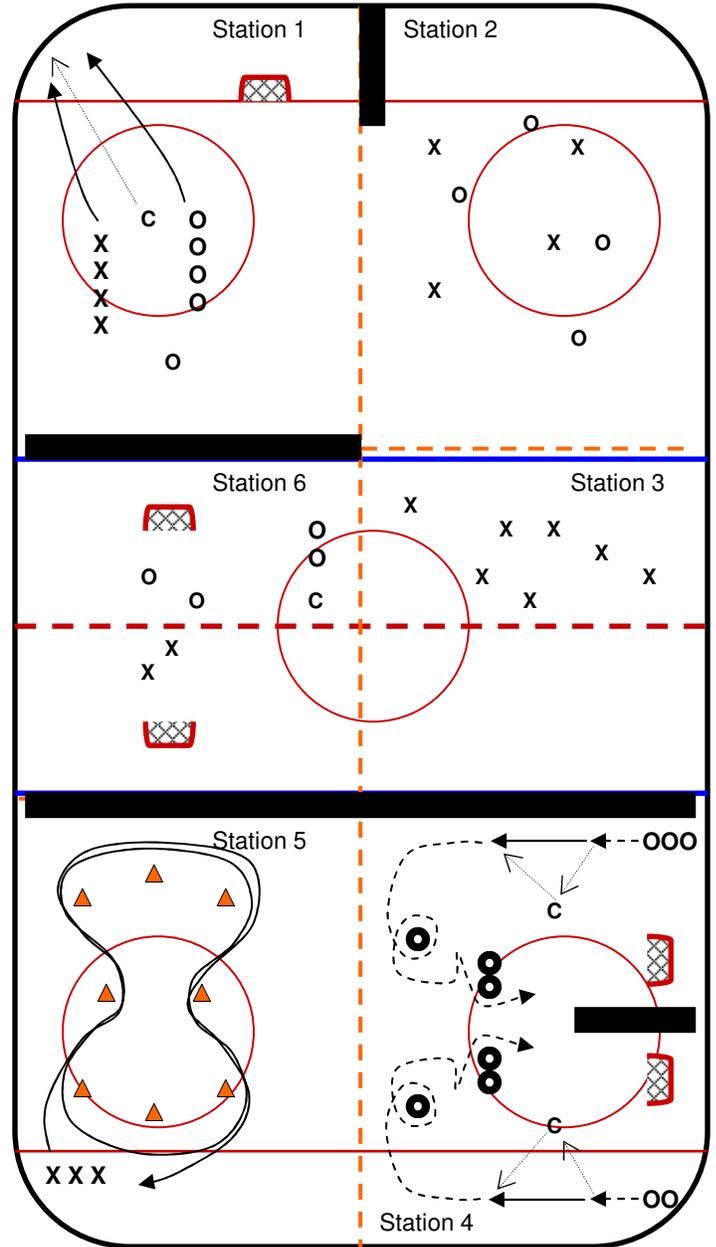
Have players make three laps through the peanut skating pattern using both cross-overs and tight turns. Have players skate both to the right and to the left, then switch to skating backwards.

**Station 6: 2v2 Tight Space**

Play 2v2 in small area for 30 to 40 second shifts.

**Submarine Tag (9 minutes)**

On the whistle, players must skate the length of the ice without being tagged. If tagged the player stands still with legs spread apart wide. To become free again a teammate must slide between their legs.



**Coaching Tip:**

**Give short instruction and demonstrate the drill...get the kids involved quickly.**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)



**Warm Up: ABC's Warm-up - 7 min**

Coaches should immediately set up the dividers across each blue line. Players will skate a figure 8 around the ice surface down the middle and back along the side boards. Players must jump over the dividers and perform a superman dive at the red line down the middle and drop to their knees at the red line coming back along the boards. Mix up the agility moves.

**Stations: 6 Stations x 6 minutes**

On the whistle to change stations the players do one 360 jump to the right and one to the left before moving on to the next activity. Coaches distribute water at each station as players arrive.

**Station 1: Skating Agility Race (ABC's)**

Divide into teams and race through the slalom course. Return down the middle backwards. After a couple of races add in pucks.

**Station 2: Forward Cross Overs with Tight Turn**

Players skate two laps around the circle using cross overs. On a cue from the coach the player cuts back using a tight turn to the outside completing a 360 degree turn and then continues on with the crossovers.

**Station 3: Soccer**

Play cross ice soccer for the first three station rotations. Play for 30 or 40 second shifts.

**Station 4: Transition Skating**

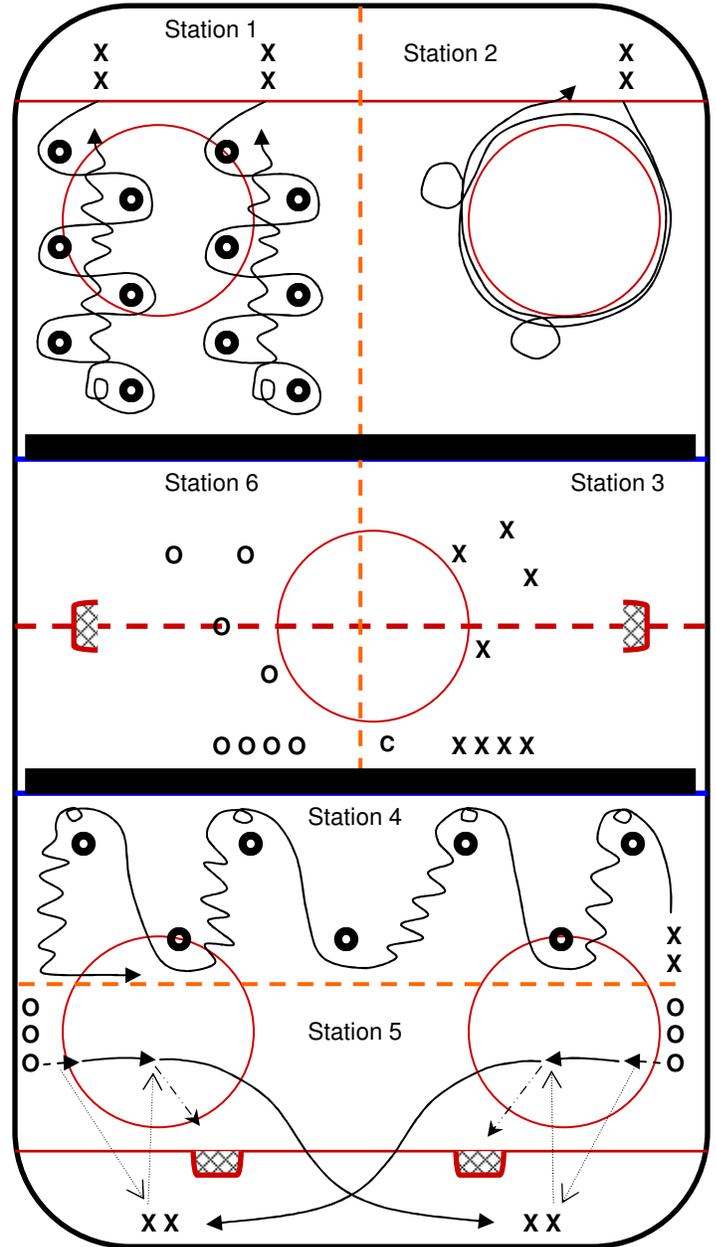
Skate forwards to the first tire and pivot to backwards, continue to the next tire and pivot to skating forwards. Continue through the course. Make sure to switch to the other side so players practice pivoting to both left and right. Coaches should work individually with players who need technical help.

**Station 5: Give and Go**

Players begin on the hash marks making a pass to the player below the goal line and then heading to the net for a return pass and shot on goal. After the shot the player moves to the passer line on the opposite side. Players should begin skating before making their initial pass and follow their shot to the net before moving on to the other side. Start the players off with good habits!

**Station 6: Tennis Ball Scrimmage**

Play cross ice hockey using tennis ball for the last three station rotations. Play for 30 to 40 second shifts.



**Games: Cross-Ice Scoro (7 Minutes)**

Line each team up on opposite side boards. Put 20 pucks into the middle of the zone. On the whistle, each team tries to put as many pucks into the other teams net as possible. When all the pucks are in a net, the team with the most goals wins.

**Coaching Tip:**

**The coach can never make the practice too much fun for Mites!**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)

**Warm Up: Boards Pass, 2 on 0 – 7 min**

Players make indirect passes to themselves by the obstacles down the outside and return passing 2 on 0 down the middle. Assign coaches to set up stations.

**Stations: 6 Stations x 6 minutes**

On the whistle to change stations the players do one 360 jump to the right and one to the left before moving on to the next activity. Coaches distribute water at each station as players arrive.

**Station 1: Loose Puck Race**

Players race through the slalom course and compete for a loose puck. Whoever gains possession attempts to score and the other player defends.

**Station 2: Backwards Bumper Butts**

Players skate backwards and attempt to run into each other knocking the others off balance. Everyone should begin with their hands on their knees. If a player is knocked down or their hands leave their knees, they are out. Last player standing – wins!

**Station 3: Obstacle Course (ABC's)**

Run obstacle course to focus agility, balance and coordination skills. Once players begin, be active and assist individual players with skating technique. Keep stick under control and blade near ice. Follow stick through course.

**Station 4: Loose Puck Race 1v1 Game**

Coach spots a puck for the players to race to. Players compete for 30 second shifts. Keep two 1v1 battles going at a time.

**Station 5: Backwards Cross Overs with Tight Turn**

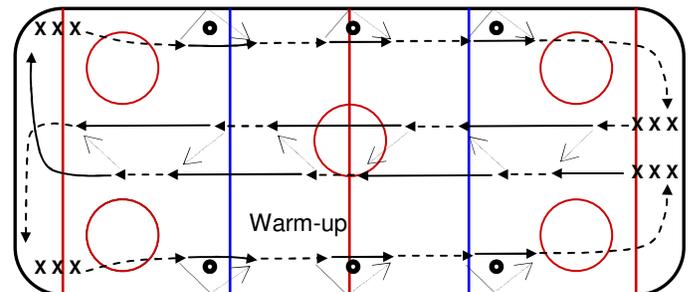
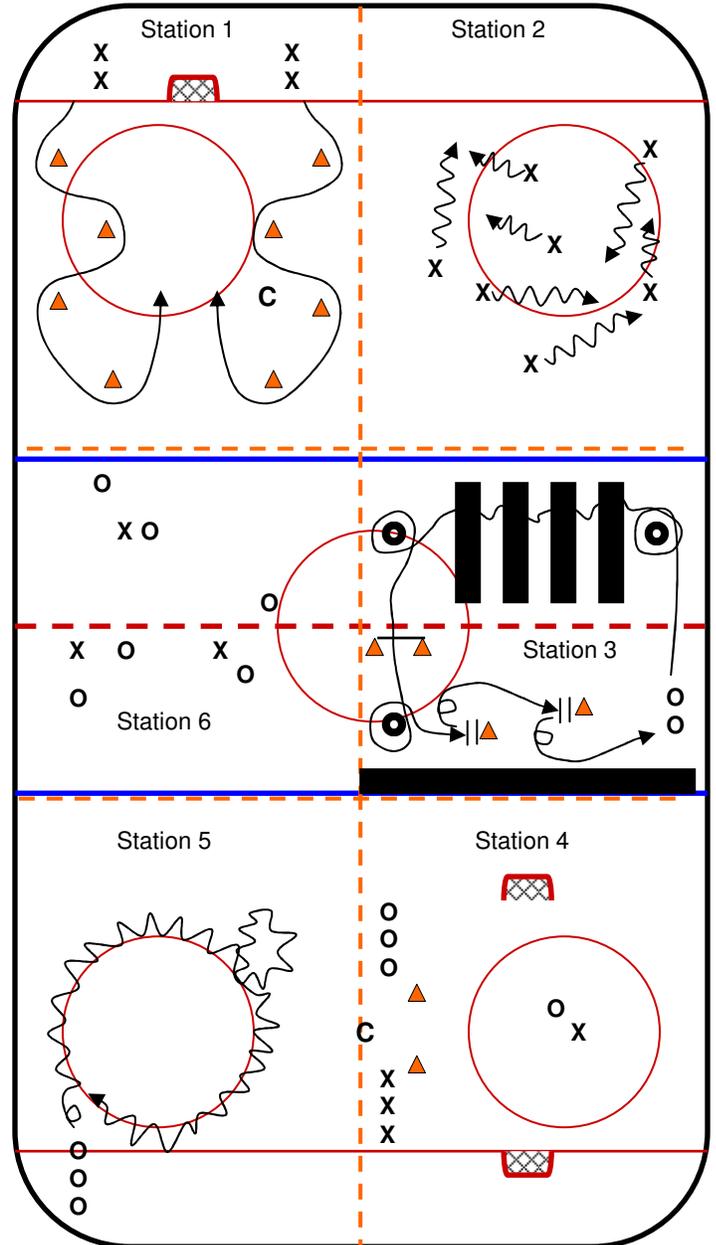
Players skate two laps around the circle using backwards cross overs. On a cue from the coach the player cuts back using a tight turn to the outside completing a 360 degree turn and then continues on with the crossovers.

**Station 6: 2v1 Keep Away**

Divide players into groups of three. Two players attempt to play keep away from the other player in their group. If the puck is stolen a new player becomes the odd man out.

**Game: 4v4 Cross-Ice – 7 minutes**

Play 4v4 cross ice hockey in all three zones for the remaining time.



**Coaching Tip:**

**Catch every player doing something right in practice...especially effort.**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)

**Warm Up: Free Play – 5 minutes**

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

**Stations: 6 Stations x 6 minutes**

On the whistle to change station, players do 3 hops on the left foot and 3 hops on the right foot before moving on to the next activity. Coaches distribute water at each station as the players arrive.

**Station 1: Tire Push Race**

In a relay race, players push a small golf cart tire around the far obstacle. Emphasize knee bend and driving with the legs.

**Station 2: Statues / Figure Skating (ABC's)**

Players move around the zone and on a signal from the coach freeze and hold a creative position and gliding for a few 3 to 4 seconds (statue). Next have the players demonstrate their most creative figure skating maneuvers.

**Station 3: Partner Passing on the Move**

Players pair up and move around the zone passing with their partner. Coach can direct players to use their feet to collect the puck as well.

**Station 4: 1v1 Angling Left**

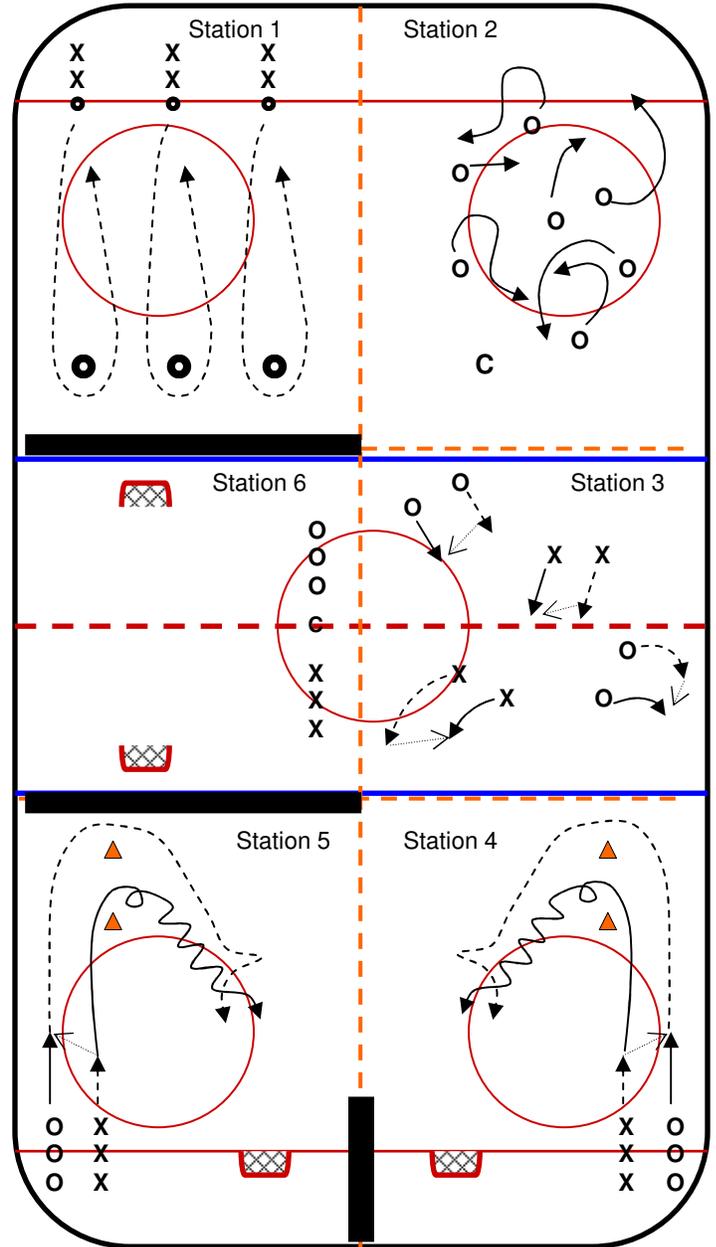
The inside player passes to the outside players who skates around the far cone and attacks the net. The inside player follows up by skating around the near cone and angles the attacking player to the left.

**Station 5: 1v1 Angling Right**

The inside player passes to the outside players who skates around the far cone and attacks the net. The inside player follows up by skating around the near cone and angles the attacking player to the right.

**Station 6: 3v3 Tight Space**

Play 3v3 in a tight space with 30 to 40 second shifts.



**Soccer in all 3 zones (9 minutes)**

Play 4v4 cross ice Soccer in all three zones for remaining time.

**Coaching Tip:**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)



**Warm Up: Boards Pass, 2 on 0 – 7 min**

Players make indirect passes to themselves by the obstacles down the outside and return passing 2 on 0 down the middle. Assign coaches to set up stations.

**Stations: 6 Stations x 6 minutes**

On the whistle to change station, players do 3 hops on the left foot and 3 hops on the right foot before moving on to the next activity. Coaches distribute water at each station as the players arrive.

**Station 1: Lap Race**

The chaser begins at the behind the goal line and the rest of the group at the hash marks. On the whistle the group skates 2 laps around the nets. The chaser sees how many players he can lap before the race is over.

**Station 2: Spin Tag**

The coach or a selected player is the tagger. Tagged players wait along the boards until finished. Last player to be tagged is the winner. All player must do a 360 degree spin each time the coach blows the whistle. First game all spins to left, second game all spins to the right.

**Station 3: 2v2 Tight Space**

Play 2v2 in a tight space with 30 to 40 second shifts.

**Station 4: 2v1 Keep Away**

Divide players into groups of three. Two players attempt to play keep away from the other player in their group. If the puck is stolen a new player becomes the odd man out.

**Station 5: Mr. Wizard (ABC's)**

The coach points his stick (wand) and the players perform the appropriate agility. Straight up, forward skate. Point left, side step crossovers left. Point right, side step crossovers right. Point at ice, drop to knees and up. Point down ice, skate backwards.

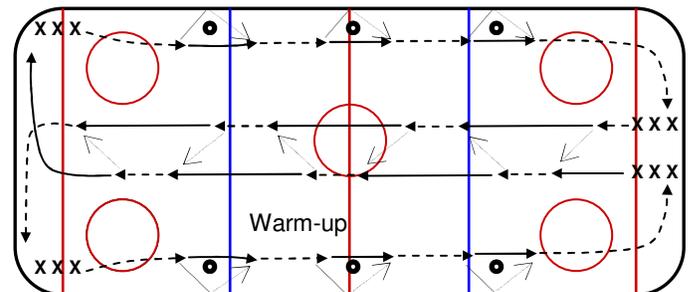
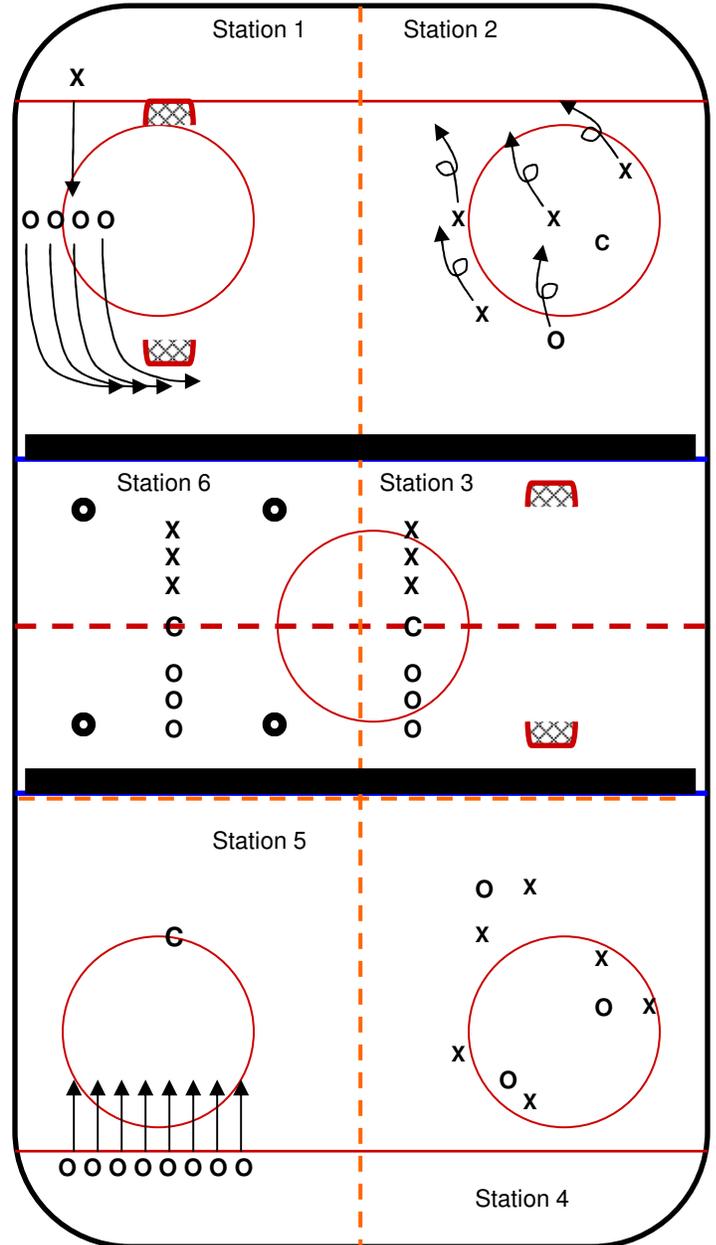
**Station 6: 1v1 Hit the Tire X2**

Pass the puck off the tire to score. The coach can have two 1v1's or 2v2's going on at the same time.

**Games: Ringette (9 Minutes)**

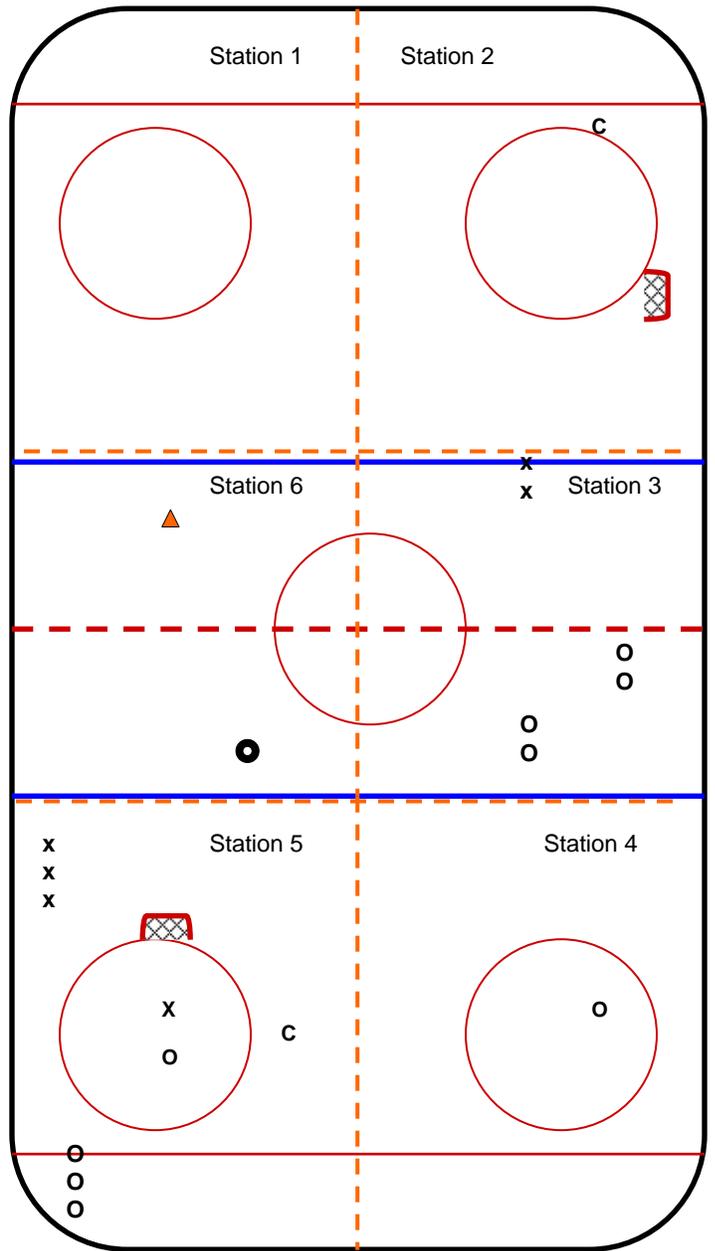
Play 4v4 cross ice ringette with 30 to 40 second shifts for the remaining time.

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)



**Coaching Tip:**  
**Let them Play...Have Fun...Fail...Learn...Succeed...**  
**Let Them Be Kids.**

<b>Warm Up: 5 min</b>
<b>Stations: 6 Stations x 6 minutes</b>
<b>Station 1:</b>
<b>Station 2:</b>
<b>Station 3:</b>
<b>Station 4:</b>
<b>Station 5:</b>
<b>Station 6:</b>



**Games: (9 Minutes)**

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**Coaching Tip:**

For more practice plans in the 8U Mite progression see [www.admkids.com](http://www.admkids.com)