

8U Intermediate Practice Plan 1

Date: Early Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating, puck control, fun

Equipment Required: Borders, nets (6), cones, puck bucket or soccer ball

WARMUP

In and Out of Circles

(8 minutes)

All players start with a puck, stickhandling around the rink. Coaches try to steal pucks. Face-off circles are safe zones for players.

STATIONS

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

Station 1: Agility Race Around Sticks

(7 minutes)

Have players start by laying their sticks on the ice, or use an ice marker to draw lines. Have player race to the cone performing various agility and balance maneuvers around or over the sticks; 2-foot hops, single-foot hops, weave around the sticks, etc. Vary starting positions, from knees, on stomach, etc.

Station 2: Hit the Bucket

(7 minutes)

Give players plenty of pucks and have them spread out around the outside of the face-off circle. Players try to pass or shoot the puck to hit and move the bucket, ball, ring, or whatever object used. Objective is to move the object outside the circle. Have players position sideways (perpendicular) to the bucket so that they shift weight and sweep the puck.

Station 3: Sharks and Minnows Tag

(7 minutes)

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: Border Tag

(7 minutes)

Players pair up starting on each side of a divider pad. One player is designated "IT" and tries to tag their partner. Once tagged, switch roles and repeat. Players are not allowed to step over the pads.

Station 5: Chaos Puck Control

(7 minutes)

Every player has a puck. Players skate in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids.

Station 6: 1v1 Keep-Away

(7 minutes)

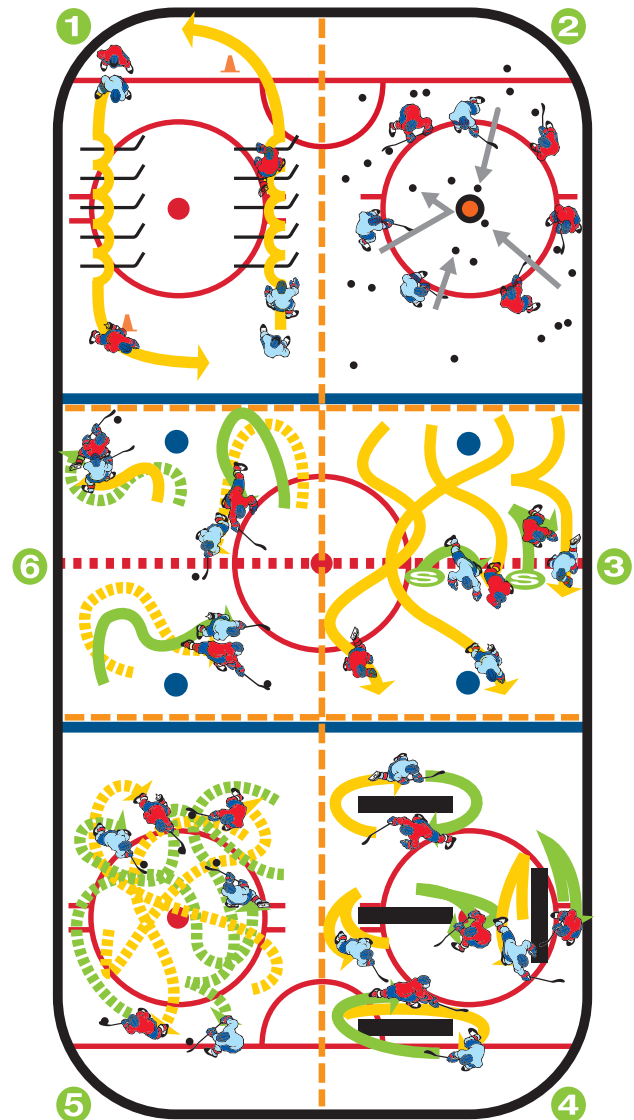
Have players play 1v1 keep-away in a tight area. Have multiple 1v1s going at once to encourage playing in traffic areas. Every 60 seconds, the players can rest by passing back and forth. Rest 30 seconds, then repeat.

GAME

3v3 or 4v4 Cross-Ice Game

(10 minutes)

Play 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



COACHING TIP

Repeat a practice before moving on to the next one in the sequence. 8U players love fun repetition, and knowing the activities makes the practice run more efficiently.

8U Intermediate Practice Plan 2

Date: Early Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating, puck control, fun

Equipment Required: Borders, nets (4), cones, tires, ringette rings

WARMUP

In and Out of Circles

(8 minutes)

All players start with a puck, stickhandling around the rink. Coaches try to steal pucks. Face-off circles are safe zones for players.

STATIONS

On the whistle to change stations, players do five power jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Skating (ABCs)

(7 minutes)

Have players continually move around the cones while changing movements on the fly. 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 and 1 backward, 2-foot power jumps, log roll to right, log roll to left. Have players stop and start at each cone.

Station 2: Freeze Tag

(7 minutes)

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

Station 3: Chaos Puck Control

(7 minutes)

Every player has a puck. Players skate around in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids. After a while, coaches can jump in and try to steal pucks. (Coaches shouldn't overdo it; the goal is for players, not coaches, to control the puck.)

Station 4: Gunner's Alley

(7 minutes)

Divide players into two teams. Teams compete to pass pucks hitting the target (ring, ball, bucket) in an attempt to move the target across their opponent's line.

Station 5: 1v1 Hockey

(7 minutes)

Keep two 1v1 hockey games going with a change of players every 40 seconds.

Station 6: Lord of the Rings

(7 minutes)

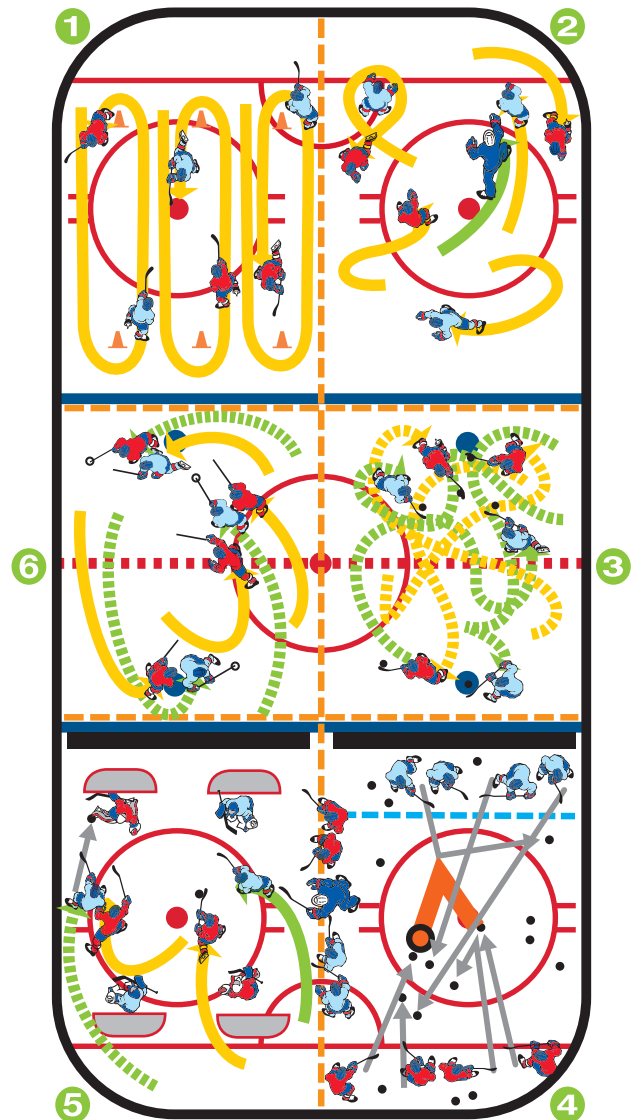
Start game with one less ring than the number of players. On the signal to start, the players attempt to grab a ring with their overturned stick and keep possession until the coaches single to stop. After each stoppage, remove a ring for the game.

GAME

3v3 or 4v4 Cross Ice

(10 minutes)

Play 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



COACHING TIP

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

8U Intermediate Practice Plan 3

Date: Early Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skill development, fun

Equipment Required: Borders, nets (2), cones, tires

WARMUP

Sharks and Minnows

(8 minutes)

Designate several players as the sharks to start. The minnows must skate from one end to the other without being tagged. If they are tagged, they become sharks, too.

STATIONS

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 (ABCs)

(7 minutes)

Divide the players and have them continually perform the movements around the cones, changing the activities on the fly. Swizzles, inside edges, outside edges, 2-foot slalom, inside edges pump, single-leg alternate edges, power jumps, swizzles out-jump-feet together. Practice the skill to the blue line and back.

Station 2: Sparta Tight Turns

(7 minutes)

Every player has a puck. Half of the players are stationary and the other half handles their pucks while trying to do tight turns around the stationary group. After 30 seconds, switch the groups. Stationary players can stickhandle as well.

Station 3: Tag with Both Feet on Ice

(7 minutes)

Players must push with inside edges and keep both feet on ice as they 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: Hit the Tower

(7 minutes)

Players spread out around the circle. All players will have pucks. The coach will place 4 to 5 pucks stacked on one another in the middle of the ice. On the coach's whistle, the players will either pass or shoot the puck at the tower of pucks. The player that hits the tower wins and gets to skate to the middle and re-stack the pucks and skate to a new position on the circle. The players who do not hit the tower must skate to a new position on the circle.

Station 5: 2v2 Tight Space

(7 minutes)

Play 2v2, change on whistle every 60 seconds.

Station 6: 1v1 or 2v2 Hit the Tire

(7 minutes)

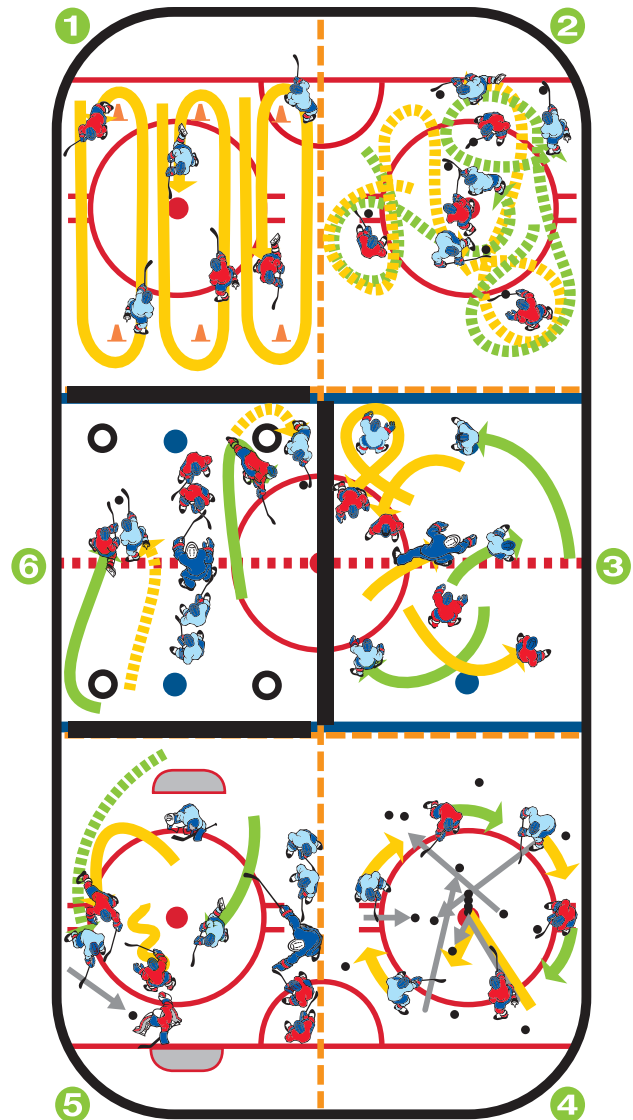
Pass the puck off the tire to score. The coach can have two 1v1s or 2v2s going on at the same time.

GAME

Knockout

(10 minutes)

Define a playing area for all the players. Each player starts with a puck. They attempt to hold onto their own puck while knocking other players' pucks out of the playing area. Last player with the puck wins. **Variation:** If you lose your puck, you can rejoin the game after the coach has you do 5 power jumps.



COACHING TIP

Good rule of thumb for running 8U practice is that coaches should talk less and players do more.

8U Intermediate Practice Plan 4

Date: Early Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating, evasion, puck control, fun

Equipment Required: Borders, nets (6), tires (14)

WARMUP

Sharks and Minnows

(8 minutes)

Designate several players as the sharks to start. The minnows must skate from one end to the other without being tagged. If they are tagged, they become sharks, too.

STATIONS

On the whistle, players do 5 log rolls before changing stations. Coaches distribute water at each station as the players arrive.

Station 1: Forward Cross-Overs

(7 minutes)

Players skate around tires working on cross-over skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

Station 2: Net Tag

(7 minutes)

Player X attempts to evade Player O using the nets as a screen. Have multiple groups going at the same time. Encourage deception with stops and starts. Use other obstacles like dividers or sets of tires if you don't have enough nets.

Station 3: Guard the Gate

(7 minutes)

Set tires about 8 feet apart. Players are in pairs. The puck carrier must try to carry the puck through their set of tires. Defender tries to prevent that. On change of possession, the player roles change.

Station 4: 2v2 Tight Space

(7 minutes)

Play 2v2 and change on the whistle every 60 seconds.

Station 5: Chaos with Agility

(7 minutes)

Every player has a puck. Players skate around in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids. On signal from coach, players perform some agility skating; figure 8, stops and start both ways, inside edges, etc., then return to Chaos Puck Control.

Station 6: Forward and Backward Tag

(7 minutes)

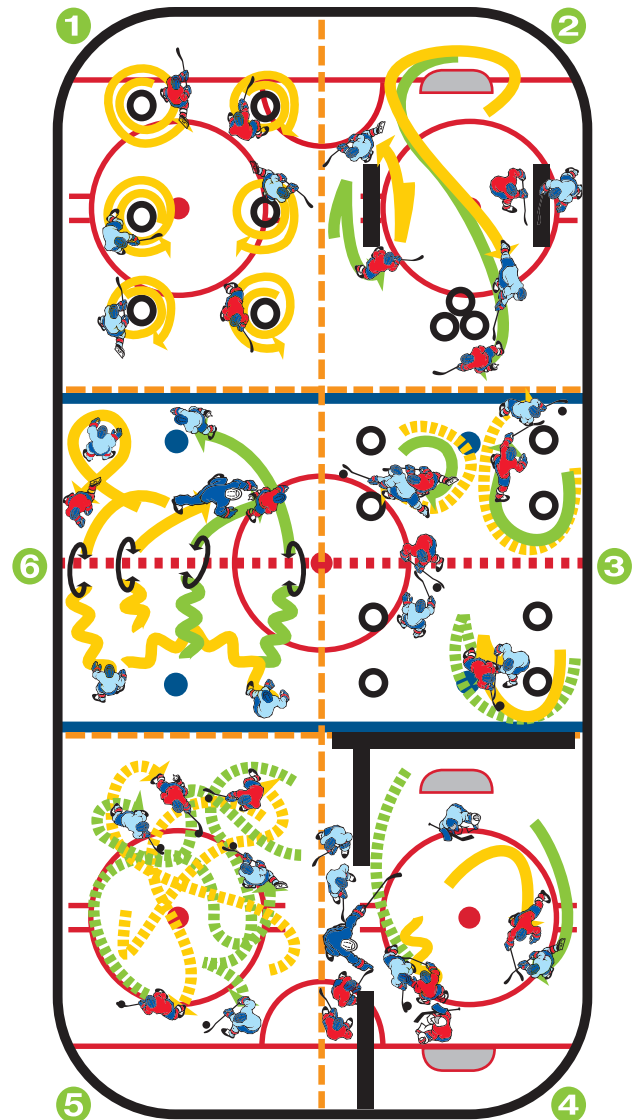
Use the center red line as the pivot point. Players can only skate forward on one side of the line and backward on the other. Coach or designated tagger must try to tag all players. If tagged, the player is frozen until a teammate skates a circle around them and sets them free.

GAME

Knockout

(10 minutes)

Define a playing area for all the players. Each player starts with a puck. They attempt to maintain possession of their own puck while knocking other players pucks out of the playing area. Last player with the puck wins. **Variation:** If you lose your puck, you can rejoin the game after the coach has you do 5 power jumps.



COACHING TIP

What I hear, I forget.
What I see, I remember.
What I do, I understand.
— Confucius

8U Intermediate Practice Plan 5

Date: Early Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating agility, puck control, fun

Equipment Required: Borders, nets (6), cones, tires, soccer ball

WARMUP

Trucks and Trailers

(8 minutes)

Have players pair up, each with a puck. Designate which player is the truck and which player is the trailer to start. On the signal to start, trucks try to shake their trailer and the trailer attempts to stay directly behind and as close as possible to their truck while both players carry pucks. After 30 to 40 seconds, switch trucks and trailers. Reduce playing area over time.

STATIONS

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

(7 minutes)

Every player has a puck. Players skate in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids.

Station 2: Shooting Technique

(7 minutes)

Players work on wrist shot technique shooting against the boards. Players should stand sideways (perpendicular) to boards so that proper weight transfer is used. Start with puck behind back foot and sweep puck toward target. Use a tire as the target to teach shooting with head up and follow through.

Station 3: Soccer (ABCs)

(7 minutes)

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

Station 4: Box Tag

(7 minutes)

Use 6 divider pads to create a rectangle "box". Have one player start as the tagger inside the box. The rest of the players try to jump inside and then jump back outside the box without being tagged while staying on their skates. If tagged they become the new tagger.

Station 5: 2v2 Hockey

(7 minutes)

Play 2v2 for 40- to 60-second shifts. The coach continues to spot puck into play after goals are scored until the shift time is complete.

Station 6: Soccer (ABCs)

(7 minutes)

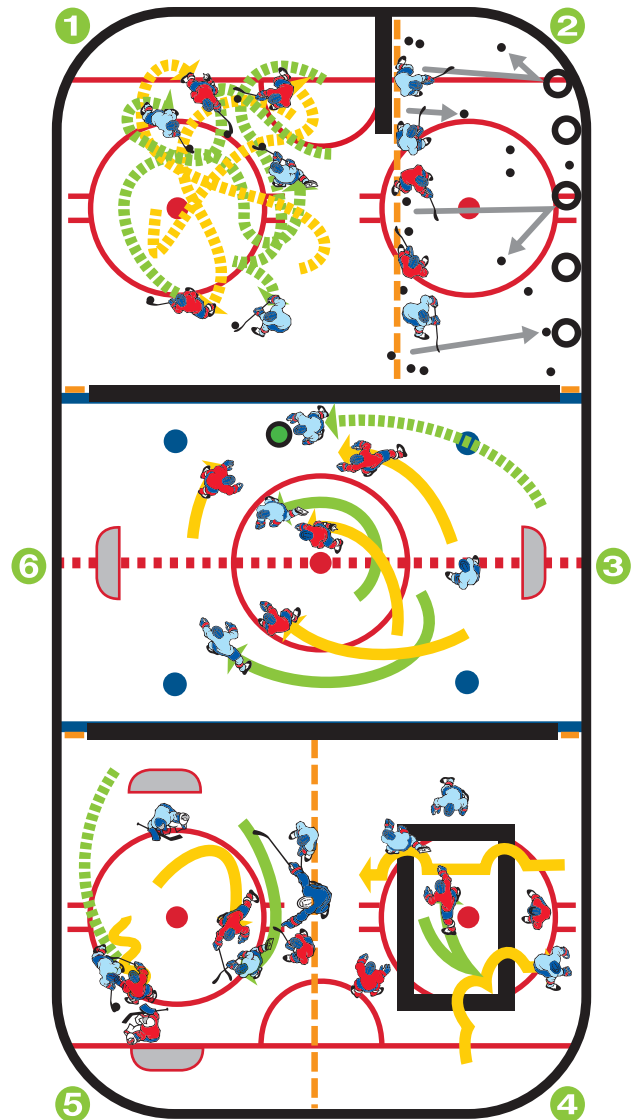
Play soccer 5v5 or 4v4 cross-ice in 40-second shifts in whatever number that allows players to participate every other shift.

GAME

3v3 or 4v4 Cross-Ice

(10 minutes)

Play 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



COACHING TIP

No lines, no laps, no lectures...
words to live by for coaching 8U.

8U Intermediate Practice Plan 6

Date: Mid-Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating edges, passing, puck control, fun

Equipment Required: Borders, nets (4), ice marker, tires, bucket, ring or ball

WARMUP

Trucks and Trailers

(8 minutes)

Have players pair up, each with a puck. Designate which player is the truck and which player is the trailer to start. On the signal to start, the trucks try to shake their trailer and the trailer attempts to stay directly behind and as close as possible to their truck while both players carry pucks. After 30 to 40 seconds, switch trucks and trailers. Reduce playing area over time.

STATIONS

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

(7 minutes)

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

(7 minutes)

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 foot.

Station 3: 1v1 Keep-Away and Passing

(7 minutes)

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: Gunner's Alley

(7 minutes)

Divide players into 2 teams. Teams compete to pass pucks hitting the target (ring, ball, bucket) in an attempt to move the target across their opponent's line.

Station 5: Forward Cross-Overs

(7 minutes)

Players skate around tires working on cross-over skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

Station 6: Chaos with Agility

(7 minutes)

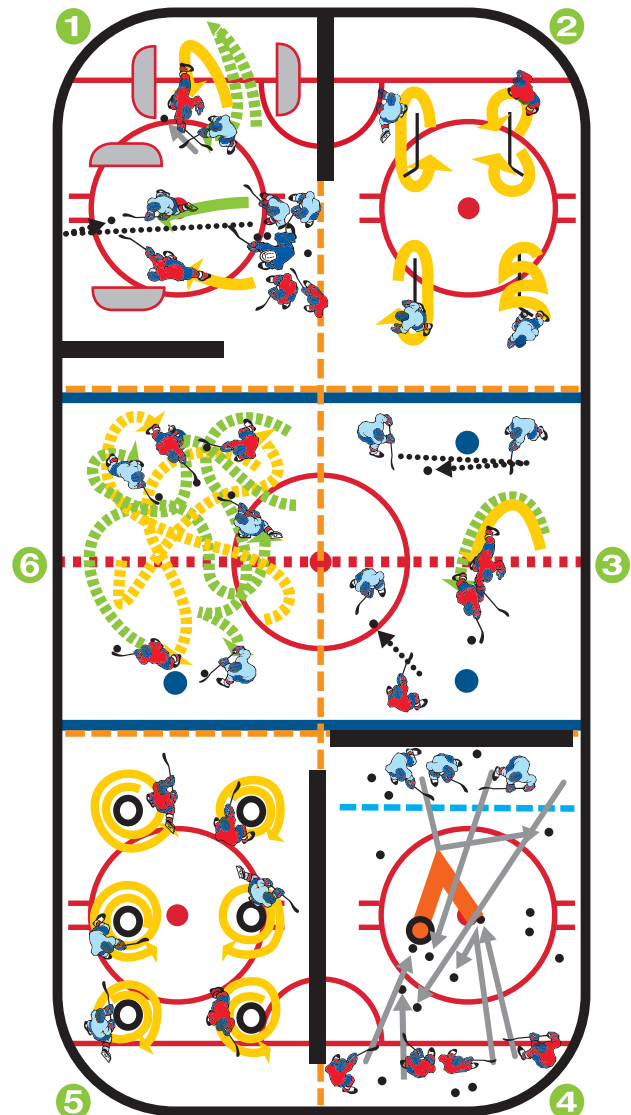
Every player has a puck. Players skate in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids. On signal from coach, players perform some agility skating; figure 8, stops and start both ways, inside edges, etc., then return to Chaos Puck Control.

GAME

3v3 or 4v4 Cross-Ice

(10 minutes)

Play or 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



COACHING TIP

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

8U Intermediate Practice Plan 7

Date: Mid-Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating agility, puck control, fun

Equipment Required: Borders, net, tires or cones (8), softballs (8)

WARMUP

Submarine Tag

(8 minutes)

Start with a few players as taggers. The others must skate from end to end without being tagged. If tagged, players must stand with feet apart and wait for someone to crawl between their legs to unfreeze them. Players can only crawl from front to back.

STATIONS

Have water at each station. Each coach does own unique agility exercise with players before rotating.

Station 1: Puck Control

(7 minutes)

Players align around circle and mirror coach for stationary puck handling. With good hand position on stick, coach demonstrates good knee bend. Perform wide dribbles with lean and knee bend to each side. Alternate narrow and wide dribbles, knee bend to each side, around body. Front-to-back dribble on both sides of the body. Try with eyes closed.

Station 2: Freeze Tag

(7 minutes)

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

Station 3: Coordination Kick

(7 minutes)

Players must skate through the tires controlling a softball with only their skates.

Station 4: Paint the Cones

(7 minutes)

Players spread around the circle. They must skate up to the cone and stop, attempting to cover the cone with snow. Have players alternate lead foot for stop.

Station 5: Pivot Skating

(7 minutes)

Begin with 2 or 3 players to a divider pad. Skate various maneuvers around the pads with all players moving. Start with forward-to-backward pivots, backward-to-forward pivots, duck feet around the ends, etc.

Station 6: Trucks and Trailers

(7 minutes)

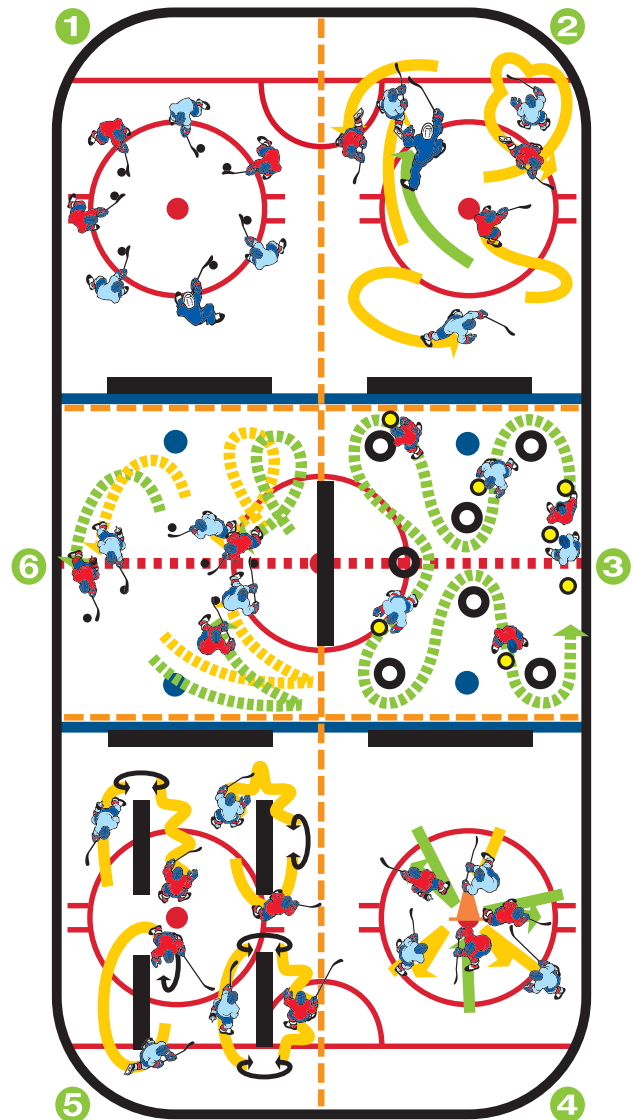
Have players pair up, each with a puck. Designate which player is the truck and which is the trailer to start. On the signal to start, the trucks try to shake their trailer and the trailer attempts to stay directly behind and as close as possible to their truck while both players carry pucks. After 30 to 40 seconds, switch trucks and trailers.

GAME

Sharks and Minnows with Puck

(10 minutes)

Start with several players designated as sharks. All the minnows start with pucks. Minnows try to skate end to end without losing their puck. If a shark steals your puck, they become a minnow and you become a shark and must steal someone else's puck.



COACHING TIP

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

8U Intermediate Practice Plan 8

Date: Mid-Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating, competing, fun

Equipment Required: Borders, nets (4), tires or cones (8), ice marker

WARMUP

Submarine Tag

(8 minutes)

Start with a few players as taggers. The others must skate from end to end without being tagged. If tagged, players must stand with feet apart and wait for someone to crawl between their legs to unfreeze them. Players can only crawl from front to back.

STATIONS

On the whistle to change station, players drop to the ice and do two log rolls 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

(7 minutes)

Divide 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: Backward Bumper Butts

(7 minutes)

Players skate backward 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: Pick 3

(7 minutes)

On coach's signal, 2 players (one from each line) must complete a full circle around 3 of the 4 tires before they can pick up a puck and shoot. Encourage conflict where players can bump into each other to gain an advantage in the race.

Station 4: Passing Lanes Game

(7 minutes)

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/she now becomes a new passer. The old passer moves to the middle. Keep 3 to 4 pucks in play.

Station 5: 2v2 Hockey

(7 minutes)

Play 2v2 in a tight space for 30-second shifts.

Station 6: Border Tag

(7 minutes)

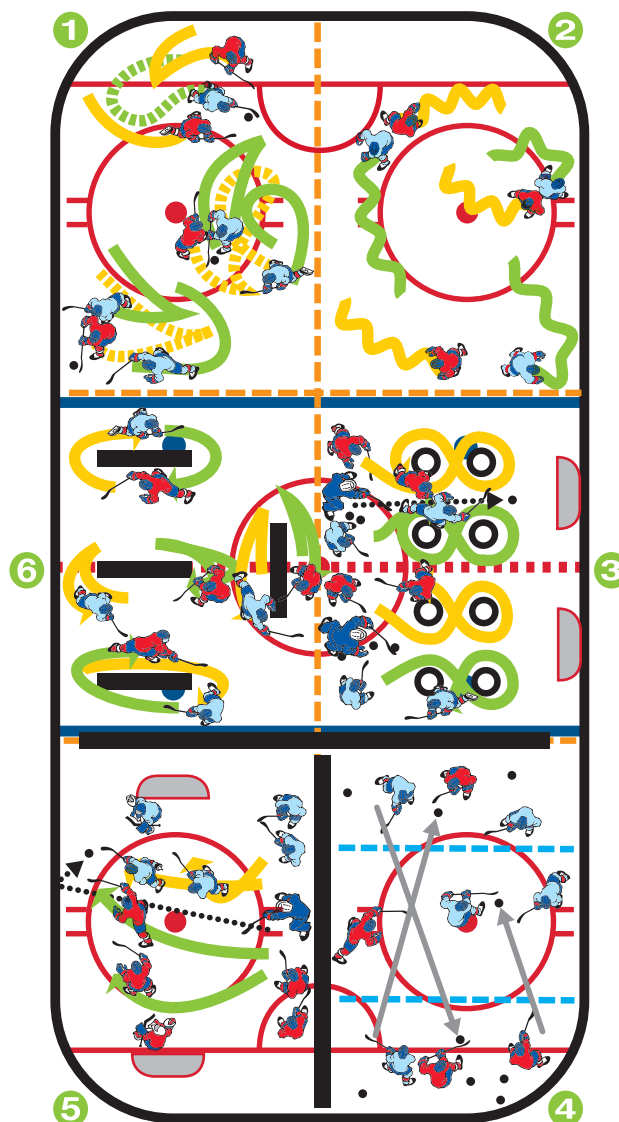
Players pair up starting on each side of a divider pad. One player is designated "IT" and tries to tag their partner. Once tagged, switch roles and repeat. Player are not allowed to step over the pads.

GAME

Sharks and Minnows with Puck

(10 minutes)

Start with several players designated as sharks. All the minnows start with pucks. Minnows try to skate end to end without losing their puck. If a shark steals your puck, they become a minnow and you become a shark and must steal someone else's puck.



COACHING TIP

Encourage competition at the puck...
win your 1v1 battle.

8U Intermediate Practice Plan 9

Date: Late Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating, puck control, evasion, fun

Equipment Required: Borders, nets (5), cones, tires

WARMUP

1v1 Keep-Away

(8 minutes)

Pair players by ability and have them play 1v1 keep-away. If a rest is needed, let them stationary pass for 30 seconds and then resume keep away.

STATIONS

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

(7 minutes)

Players skate around tires working on cross-over skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

Station 2: Net Tag

(7 minutes)

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

Station 3: Keep-Away Passing

(7 minutes)

Have players spread out in a circle with one player starting in the middle. Players attempt to pass to each other without the middle player touching the puck. If the middle player touches the puck, then that player becomes a passer. If more than 7 players, create 2 groups.

Station 4: 2v2 Any Net

(7 minutes)

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: Trucks and Trailers

(7 minutes)

Have players pair up, each with a puck. Designate which player is the truck and which player is the trailer to start. On the signal to start, the trucks try to shake their trailer and the trailer attempts to stay directly behind and as close as possible to their truck while both players carry pucks. After 30 to 40 seconds, switch trucks and trailers.

Station 6: Knockout

(7 minutes)

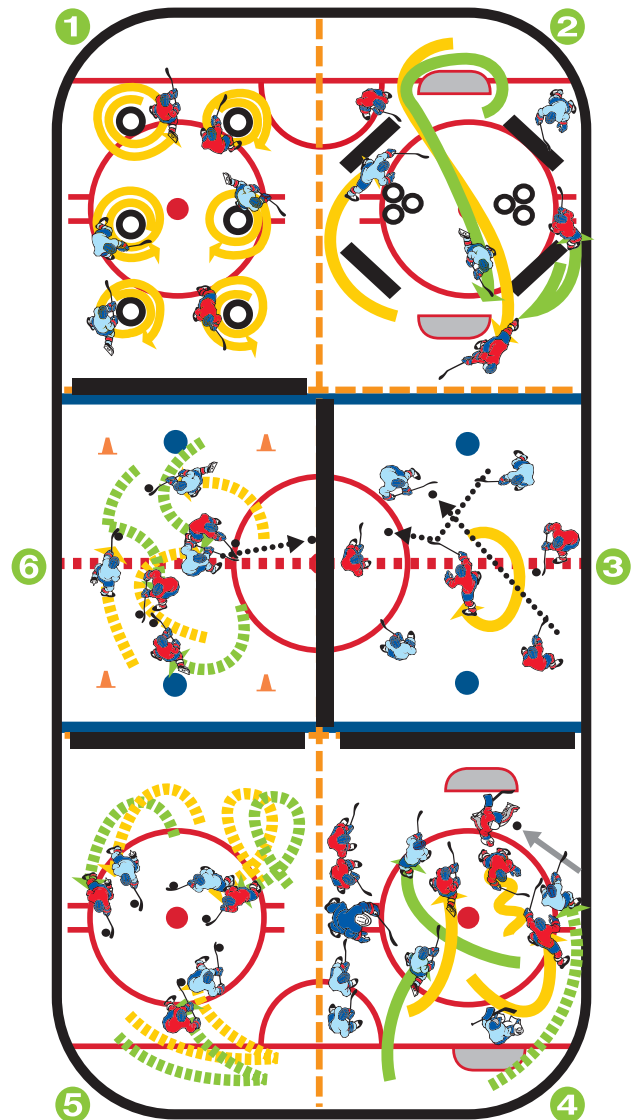
Define a playing area. Each player has a puck. On the whistle, players attempt to knock the other player's pucks out of the playing area while still possessing their own.

GAME

3v3 or 4v4 Cross-Ice

(10 minutes)

Play or 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



COACHING TIP

Turn the word "practice" into a positive thing!

8U Intermediate Practice Plan 10

Date: Late Season

Time: 60 minutes

Number of Players: 36-48

Practice Theme/Goals: Skating skills, competition, fun

Equipment Required: Borders, nets (4), cones, tires

WARMUP

1v1 Keep-Away

(8 minutes)

Pair players by ability and have them play 1v1 keep-away. If a rest is needed, let them stationary pass for 30 seconds and then resume keep away.

STATIONS

On the whistle to change station, players drop to the ice and do two log rolls 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 & Backward (ABCs)

(7 minutes)

Divide into groups of 2 or 3. Have players skate continuously. Forward to backward, drop to knees, Superman dive, log roll, step over stick, pass stick between legs, etc. Change movements on the fly.

Station 2: 2v2 Hockey

(7 minutes)

Play 2v2 in the defined area with 60-second shifts.

Station 3: Forward and Backward Tag

(7 minutes)

Use the center red line as the pivot point. Players can only skate forward on one side of the line and backward 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: 4 Corners with Whistle

(7 minutes)

Start with 1 more cone than the number of players and one 'IT' player in the middle. On the coach's signal, all players must change cones with no 2 players ending up at the same cone. The IT player tries to get to a vacated cone before someone else. Outside players must all start and stop facing the middle.

Station 5: Backward Cross-Overs

(7 minutes)

Players skate around tires working on cross-over skating technique. Keep stick to inside. Work both to the left and the right. Coaches should work individually with players that need technical instruction. Change to forward to backward pivots.

Station 6: Gate Race

(7 minutes)

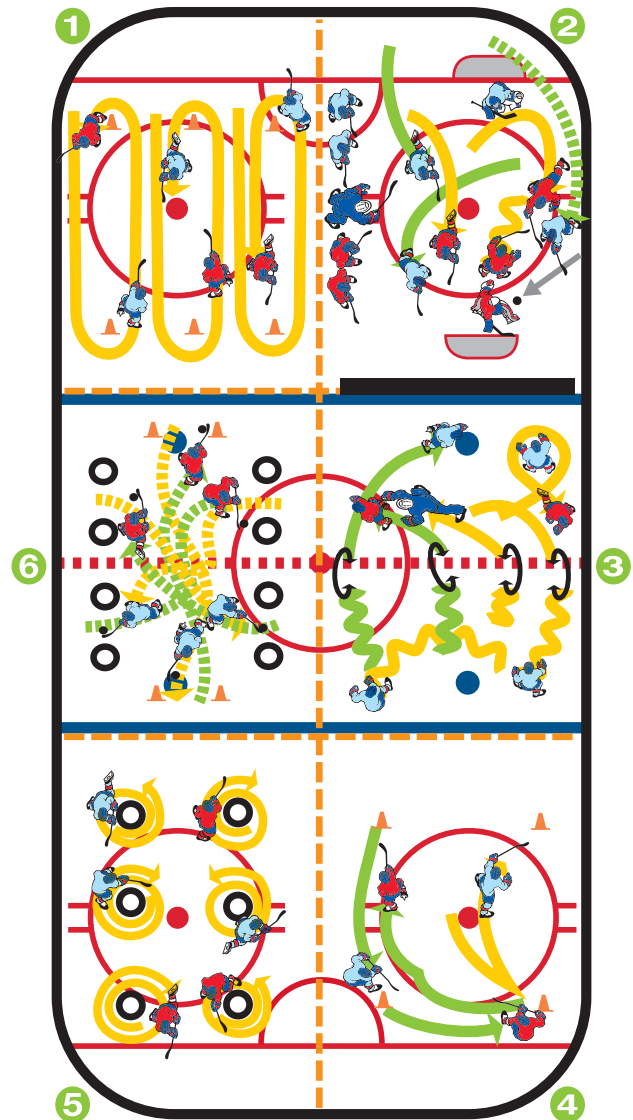
Use cones or tires to create a gate for each player. All players carry a puck. On the signal, players must skate through the gate opposite them, avoiding other players. Fastest through gate wins. Change to skating through opposite gate and then back through original gate.

GAME

3v3 or 4v4 Cross-Ice

(10 minutes)

Play 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



COACHING TIP

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