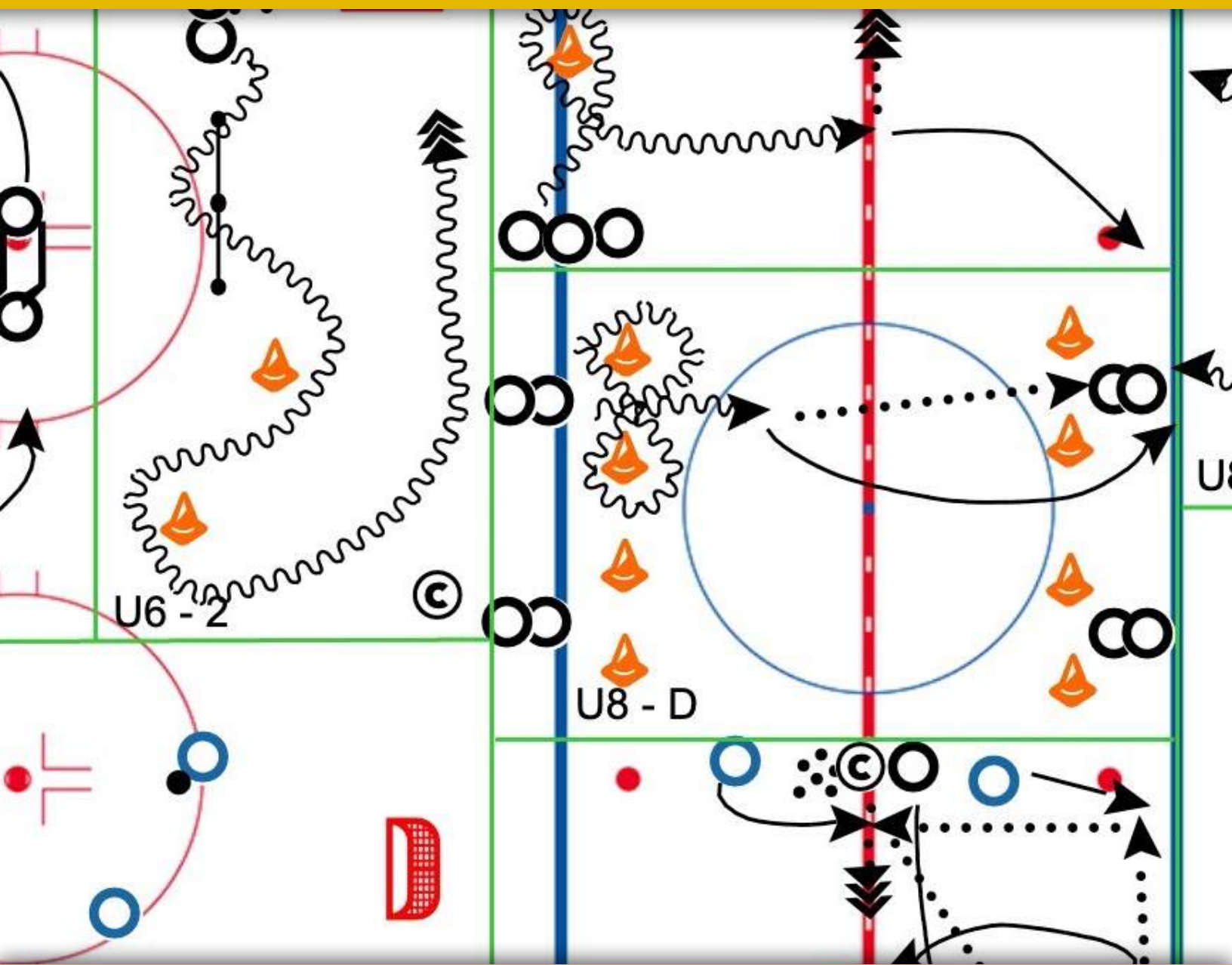


WEISS TECH HOCKEY U8 SEASON PLAN

Volume 1



35 Station-Based Practices
By Jeremy Weiss
<http://weisstechhockey.com>



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Over the years Weiss Tech Hockey has helped thousands of coaches bring their teams to new heights with our eBooks and course material.

I have often received emails asking if I'd consider making my own practice plans available, so that coaches could see what our theories would look like in action.

I have gone back and forth on whether I wanted to make my plans available. On one hand, I believe that every team is different, and that coaches need to learn the needs of their teams, and create practice plans around those needs. On the other hand, I recognize that this type of material can be invaluable as a springboard to a new coach.

So, after much deliberation, I present to you our U8 Season Plan.

These 35 station-based practices are taken straight from my own practice archives. I built and used these practice plans with my own program over the course of a season, start to finish. In these plans you'll see how we teach basic positioning patterns, with the raw skills to support them; typical of the Weiss Tech methodology.

In our organization, we run a combination of skill-based rotations, and team rotations. The skill-based groupings are color-coded, which you'll see in about half of these practices. The colored borders around each station represent which group starts at that station.

In skill-based rotations, players are grouped with other players of similar ages and skill levels. The coaches stay at each station, and the players rotate through. In team rotations, players are grouped in their teams, and rotate through the stations with their team's coaches.

During the skill-based rotation days, I recommend putting your most competent skill instructor on Station A to teach the technical fundamentals.

Enjoy!



Jeremy Weiss

Founder


Weiss Tech Hockey

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KEY TO DIAGRAMS:

 Player

 Opposing Player

 Pass

 Forward Skating without Puck

 Forward Skating with Puck

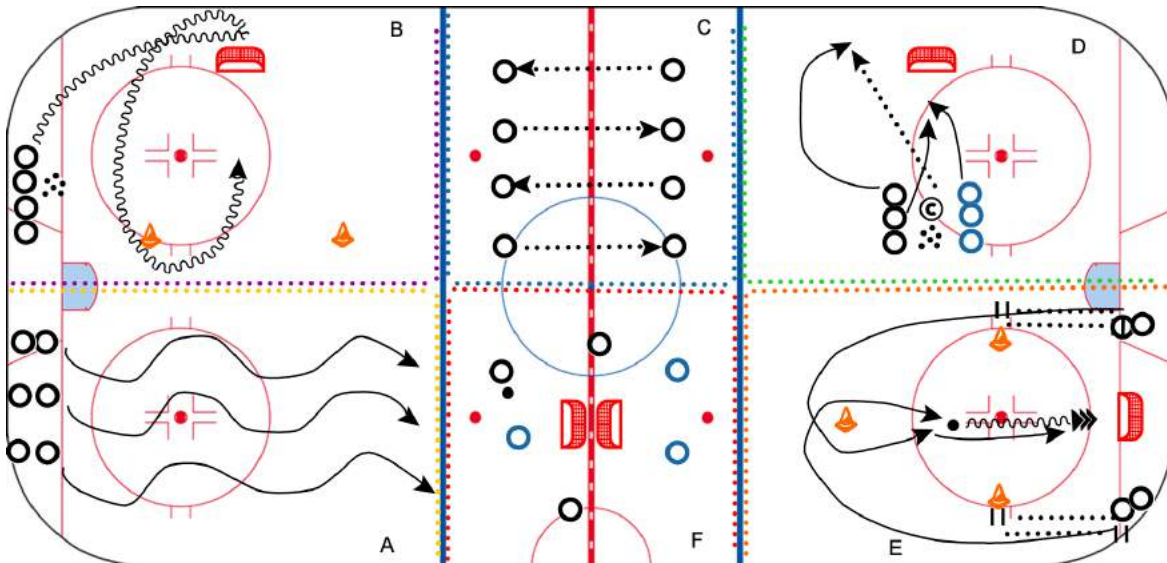
 Backward Skating without Puck

 Backward Skating with Puck

 Shot



U8 Practice 1



Key Points :

GEAR NEEDED:

1. 3 regular nets
2. 2 small nets
3. 5 cones
4. Pucks

Description :

A: Technical Skating:

1. Inside Edges
2. 5-Step Crossovers
3. Stops & Starts (always facing the bleachers)

B: Misdirections:

1. Player takes puck down behind the net, stops facing the boards, and brings it back out the same side he/she entered from
2. Player skates wide around the line, then drives the net and takes a shot

C: Stationary Passing:

1. Players line up facing each other
2. Players execute "cushion & sweep" passes
3. Once the passes look good, have a race; first pairing to 5 perfect passes in a row wins.
4. After a few races, back up further away from each other

D: Battles (1 on 1, or 2 on 1):

1. Coach dumps the puck into the corner
2. First player in white line goes and gets it
3. One white and one blue drive the net, white trying to get open, blue trying to defend by lifting the white's stick
4. Player from the corner can either pass out front, or shoot

E: Stop & Start Race:

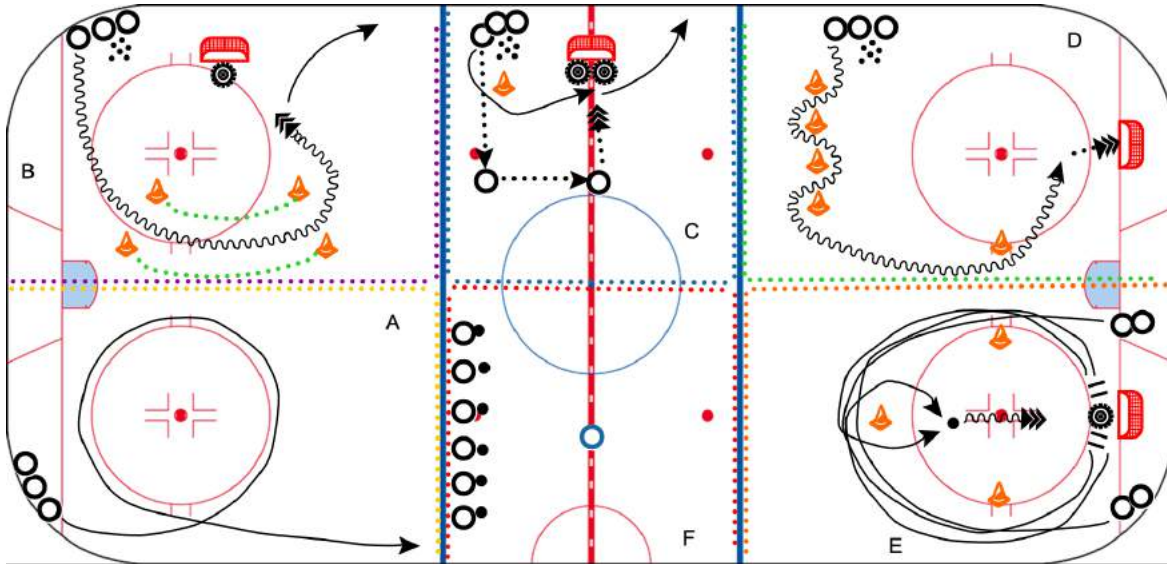
1. Players start on goal line, facing each other the whole drill
2. On whistle, players skate to first cone, stop, then skate back to the goal line, stop, then up around the top cone.
3. First player to the puck tries to score, second player backchecks
4. Players switch lines when done.

F: Back to Back Scrimmage

1. Players scrimmage with the nets back to back.
2. One goalie plays both nets



U8 Practice 2



Key Points :

GEAR NEEDED:

1. 4 regular nets
2. 13 cones
3. All the tires
4. Pucks

Description :

A: Technical Skating:

1. Inside Edges
2. 5-Step Crossovers
3. Crossovers

B: Window Drills:

1. Player skates route as shown
2. Player must crossover while in the "window"

C: Point Passing:

1. Player passes back to the point
2. D to D pass
3. Shot on goal - player who passed puts in rebound
4. Rotate through shooters

D: Inside Edges w/Drive Skate:

1. Inside edges through cones
2. Drive Skate to the net using 5 step crossovers

E: Crossovers Race:

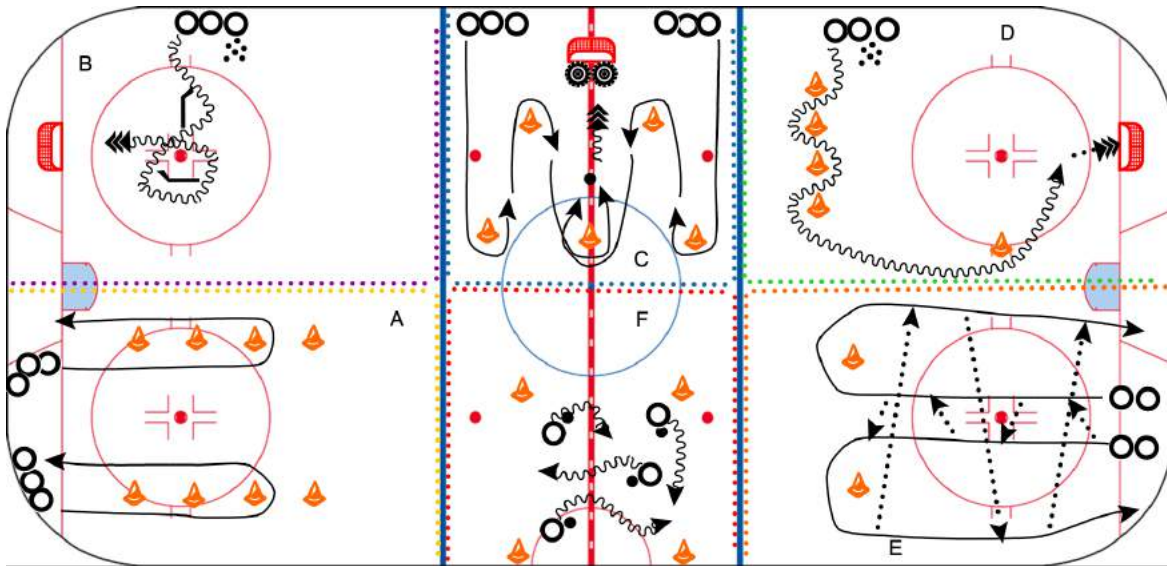
1. Players crossover around circle, then stop at bottom cone FACING THE PUCK
2. Players skate back around the direction they came from, then power turn around the top cone
3. First player takes the puck and shoots, second player backchecks

F: British Bulldog:

1. Players on the line with pucks, one bulldog in the middle
2. Players must skate their puck to the other side without losing it.
3. Anyone who loses their puck joins the bulldogs in the middle



U8 Practice 3



Key Points :

GEAR NEEDED:

1. 3 regular nets
2. 24 cones
3. All the tires
4. 3 Attack Triangles
5. Pucks

Description :

A: Technical Skating:

1. Power Turns

B: Power Turn Shooting:

1. Players skate through obstacles as shown, then shoot

C: Power Turn Race:

D: Inside Edges w/Drive Skate:

1. Inside edges through cones
2. Drive Skate to the net using 5 step crossovers

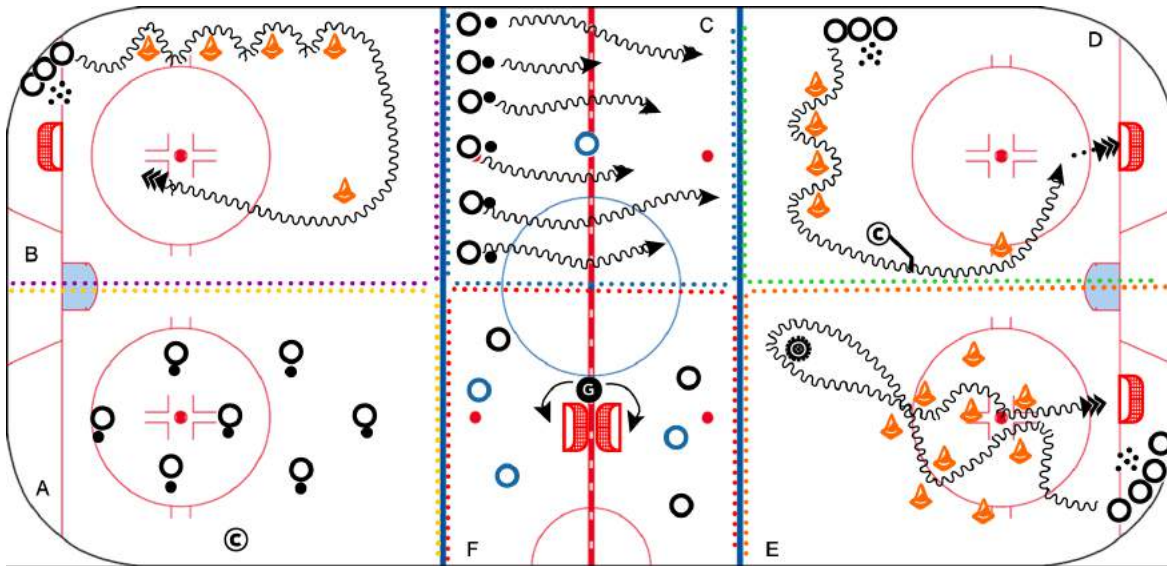
E: Butterfly Passing w/Power Turn:

1. Players pass back and forth, close range
2. Players power turn around cone, pass back and forth, longer range

F: Confined Space Power Turns:

1. Full speed--3 strides, power turn. Work in 30 second bursts.
2. Start without pucks
3. Add pucks

U8 Practice 4



Key Points :

GEAR NEEDED:

- 3 regular nets
- 2 small nets
- All the tires
- All the cones
- Pucks

Description :

A: Technical Stickhandling:

1. Technical Stickhandling Work

B: Deke & Shot:

1. Player dekes each cone, then shoots
2. Work dekes to each direction

C: British Bulldog with Puck:

1. Players have to get from one end to the other without losing their puck.
2. If they lose their puck they join the "bulldog" in the middle

D: Inside Edges w/Drive Skate:

1. Inside edges through cones
2. Drive Skate to the net using 5 step crossovers
3. Coach puts token pressure on player as he drives the net

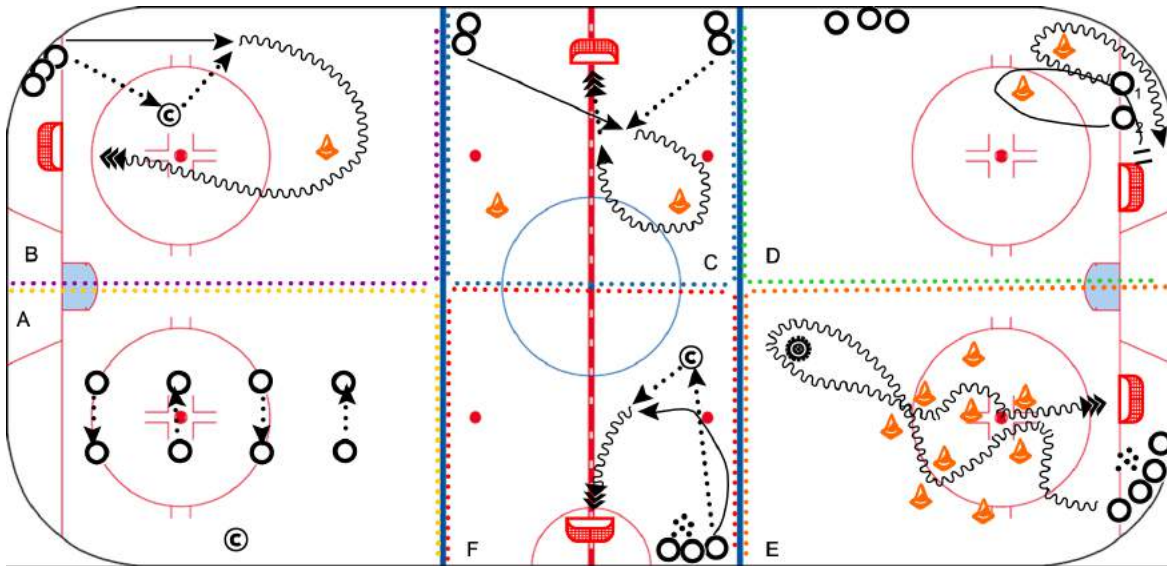
E: Chaos Figure 8:

1. Players skate through the cones, power turn around the far cone, then come back through the cones and shoot
2. Next player in line leaves when first player gets to far cone

F: Back-to-Back Scrimmage:

1. Small nets back-to-back
2. One goalie plays both nets

U8 Practice 5



Key Points :

GEAR NEEDED:

- 5 regular nets
- All the cones
- Pucks

Description :

A: Technical Passing:

1. Technical Passing Work

B: Give & Go Passing

1. Player passes to coach, receives the puck back, then skates up around the cone and shoots

NOTE: Coach should force player to receive puck IN FRONT of him/her, regardless of whether it's on their forehand or backhand.

C: Head Man, Cut & Shoot

1. First player cuts across the middle, receives pass from other line, cuts around the cone, shoots.

D: Angling

1. Two players start in the corner, Player 1 has a puck
2. On the whistle, both players skate up and around the cones
3. Player 1 attempts a wraparound

4. Player 2 angles and tries to cut it off

NOTE: Pair players up with similar age and skill levels. Switch sides after 5 minutes.

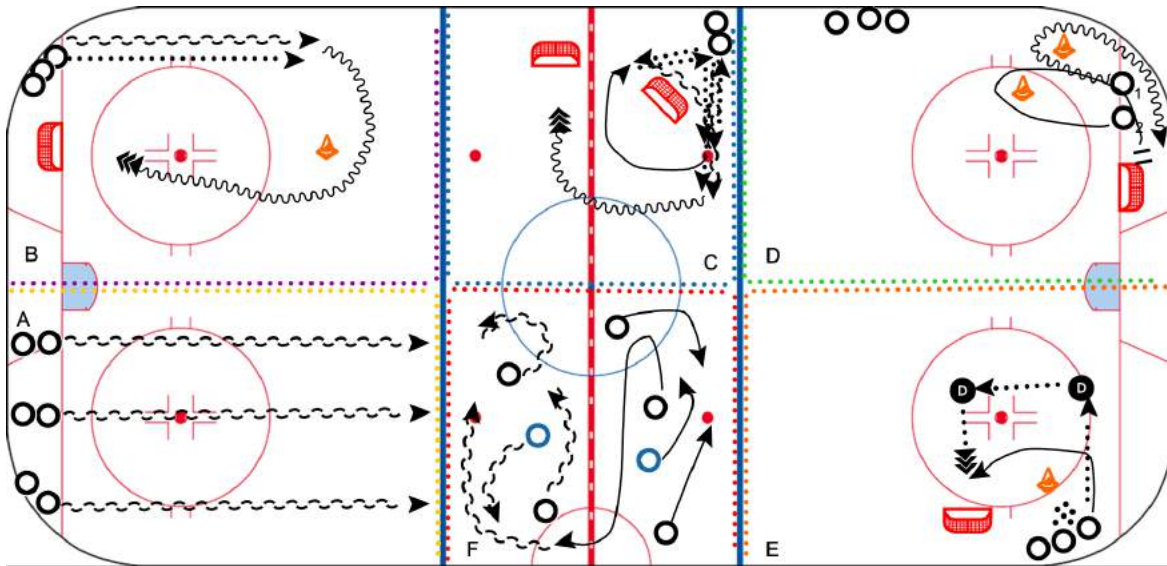
E: Chaos Figure 8:

1. Players skate through the cones, power turn around the far cone, then come back through the cones and shoot
2. Next player in line leaves when first player gets to far cone

F: Point Pass & Shot:

1. Player passes to the coach, comes out and receives a return pass, then shoots

U8 Practice 6



Key Points :

GEAR NEEDED:

- 5 regular nets
- 4 cones
- Pucks

Description :

A: Technical Skating:

1. Backward C-Cuts
2. Backward Circles (crossunders)
3. Pivots - Russian Circles

B: Backward Corner Pass & Shot

1. Player leaves line skating backward
2. Receives pass from next player in line
3. Drives around the cone and shoots in stride

NOTE: Passer should force receiver to receive puck TO THE INSIDE, regardless of whether it's on their forehand or backhand.

C: Loop Pivot Give and Go

1. Player leaves line skating backward, receives a pass from next player in line, then gives it back.
2. Skates forward around the net, receives pass from line, gives it back
3. Pivots and skates backward again, receives pass from line

4. Attacks net for a shot

D: Angling

1. Two players start in the corner, Player 1 has a puck
2. On the whistle, both players skate up and around the cones
3. Player 1 attempts a wraparound
4. Player 2 angles and tries to cut it off

NOTE: Pair players up with similar age and skill levels. Switch sides after 5 minutes.

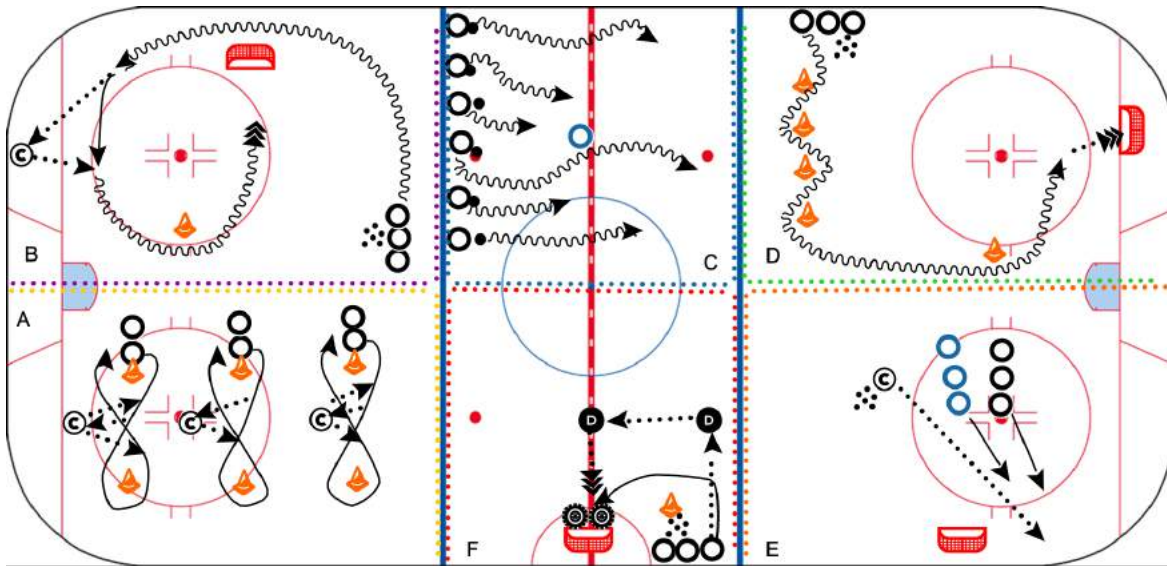
E: Point Pass & Shot

1. Pass to the point
2. D to D pass
3. Shot, with passer crashing the net for deflection or rebound

F: Freeze Tag w/Pivots

1. Freeze tag
2. Players have to skate backward on left side of the red line, forward on right side of the red line

U8 Practice 7



Key Points :

GEAR NEEDED:

- 4 regular nets
- 13+ cones
- Pucks

Description :

A: Power Turn Passing

1. Players go in partners
2. One partner skates a figure 8 around the two cones while giving and receiving passes from the stationary partner.
3. Go for a few minutes then switch

B: Basic Breakout

1. Player "wheels" behind the net
2. Give & Go to Coach
3. Power Turn around cone
4. Shot

C: British Bulldog w/Pucks

1. Players skate from one blue line to the other without losing their puck
2. If a player loses his/her puck, they join the bulldogs in the middle
3. Go until there's only one player left

D: Inside Edges w/Drive Skate

1. Players perform inside edges through the cones
2. After the final cone, player drives around the final cone, and shoots

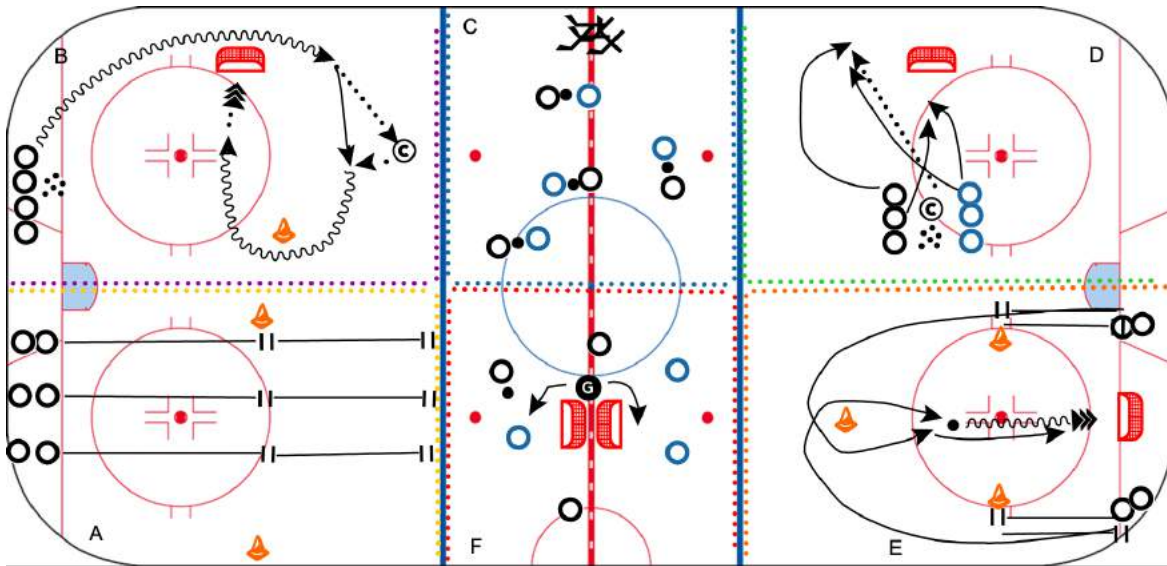
E. Corner Battles

1. Coach dumps puck into the corner
2. Two players battle
3. Whoever gets the puck tries to shoot, other player plays defense

F: Point Pass & Shot

1. Pass to the point
2. D to D pass
3. Shot, with passer crashing the net for deflection or rebound

U8 Practice 8



Key Points :

GEAR NEEDED:

1. 3 regular nets
2. 2 small nets
3. 6 cones
4. Pucks

Description :

A: Technical Skating (add pucks for older kids):

1. Explosive Stops & Starts

B: Basic Breakout

1. Player "wheels" behind the net
2. Give & Go to Coach
3. Power Turn around cone
4. Shot

C: Battles

1. Players pair up, puck on ice
2. No sticks
3. One player tries to kick the puck, the other player defends the puck
4. Once the puck has been kicked out of position, put it back and swap roles

D: Battle 2 on 2

1. Coach dumps puck in the corner
2. Two players race for the puck
3. Two players battle for position in front of the net
4. Whichever player gets the puck in the corner, tries to pass to his teammate in front for a shot.

E: Stop & Start Race:

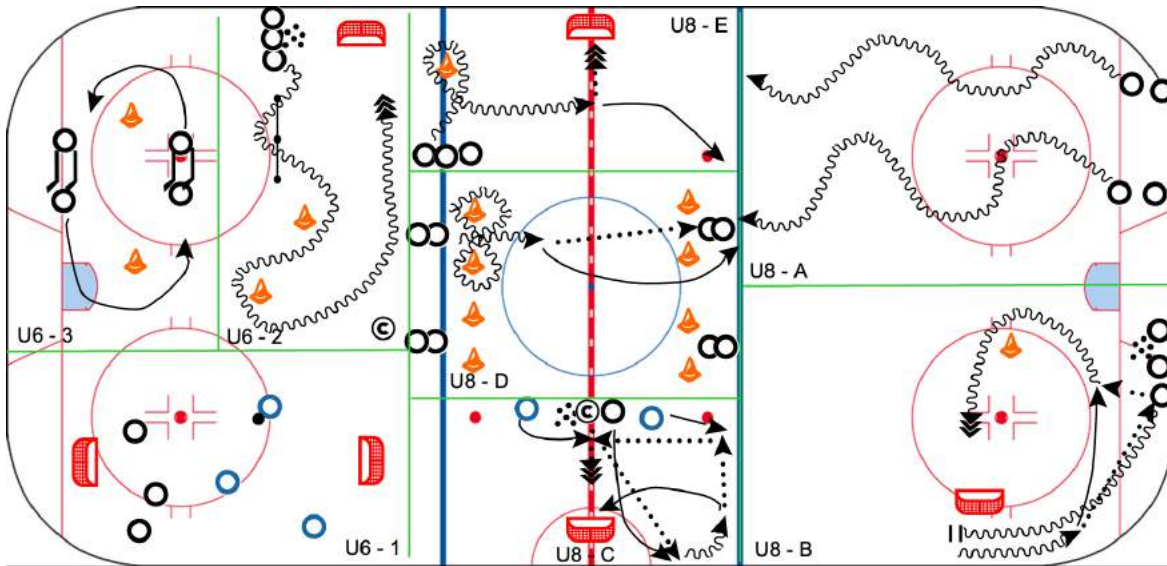
1. Players start on goal line, facing each other the whole drill
2. On whistle, players skate to first cone, stop, then skate back to the goal line, stop, then up around the top cone.
3. First player to the puck tries to score, second player backchecks
4. Players switch lines when done.

F: Back to Back Scrimmage

1. Players scrimmage with the nets back to back.
2. One goalie plays both nets



U8 Practice 9



Key Points :

GEAR NEEDED:

- Blue bumpers
- 3 regular nets
- 3 small nets
- Tons of cones

Description :

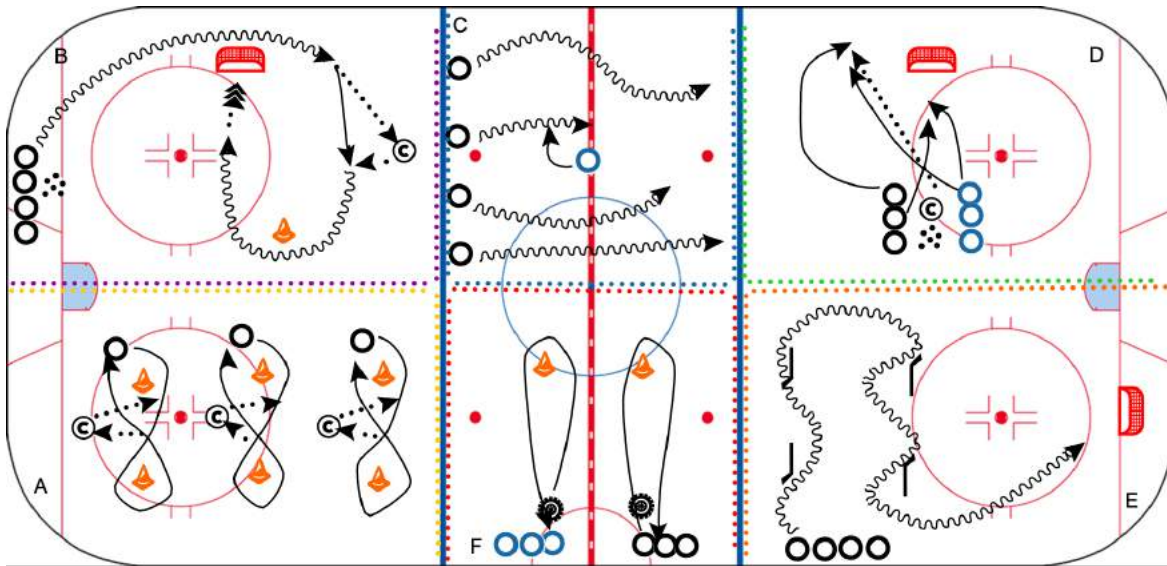
MINI MITES (10 minutes per station, 2x each station):

1. Ringette with Small Nets
2. Stickhandling obstacle course
3. Dog sled races

MITES (12 minute rotations):

- **Station A:**
 - Inside Edges
 - 5 Step Crossovers
 - Stops and Starts
- **Station B:**
 - Breakout Simulation
- **Station C:**
 - Dump in, work it back to the points, get to the net
- **Station D:**
 - Power Turn Shuttle Pass
- **Station E:**
 - Drive wide, Power turn toward the boards, Attack "seam"

U8 Practice 10



Key Points :

GEAR NEEDED:

1. 3 regular nets
2. 4 Attack Triangles
3. 6 cones
4. Pucks

Description :

A: Power Turn Passing

1. Players go in partners
2. One partner skates a figure 8 around the two cones while giving and receiving passes from the stationary partner or coach.
3. Go for a few minutes then switch

B: Basic Breakout

1. Player "wheels" behind the net
2. Give & Go to Coach
3. Power Turn around cone
4. Shot

C: British Bulldog w/Pucks

1. Players skate from one blue line to the other without losing their puck
2. If a player loses his/her puck, they join the bulldogs in the middle
3. Go until there's only one player left

D: 2 on 2 Battles

1. Dump in, 2 on 2

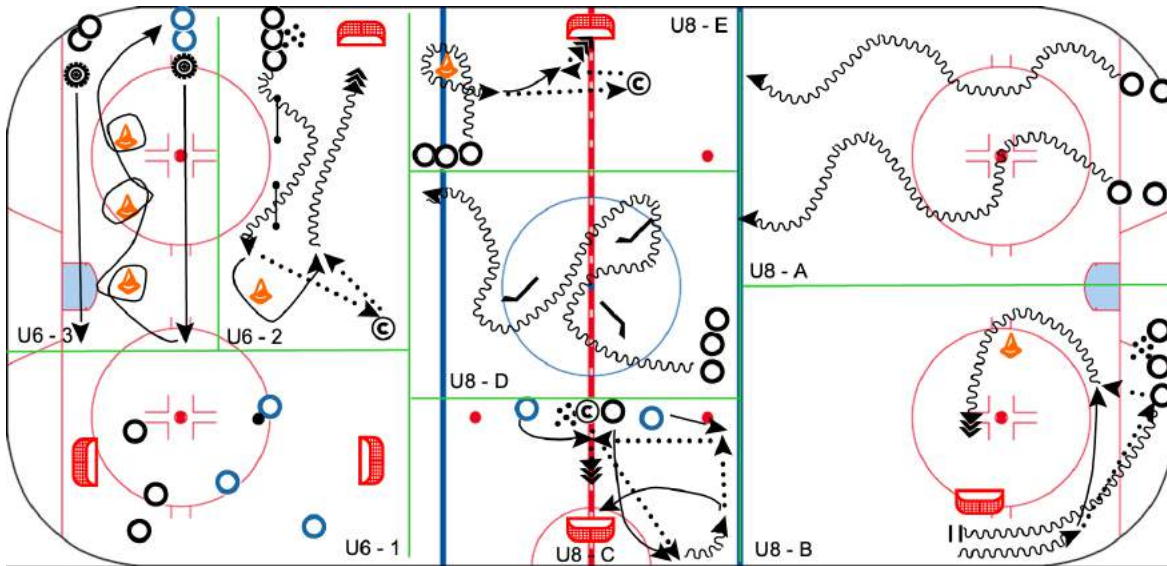
E: Deke & Cut

1. Players deke the attack triangle, then cut back with a sharp turn to the next one
2. Deke all four, then shoot

F: Tire Relay Races

1. Player pushes a tire around the cone, and back into the line
2. Next player does the same
3. Continue until each player has gone
4. Team that finishes first wins
5. Switch lines and do it again

U8 Practice 11



Key Points :

GEAR NEEDED:

- Blue bumpers
- 3 regular nets
- 3 small nets
- Stickhandling obstacles
- Attack Triangles
- Tons of cones

Description :

MINI MITES (10 minutes per station, 2x each station):

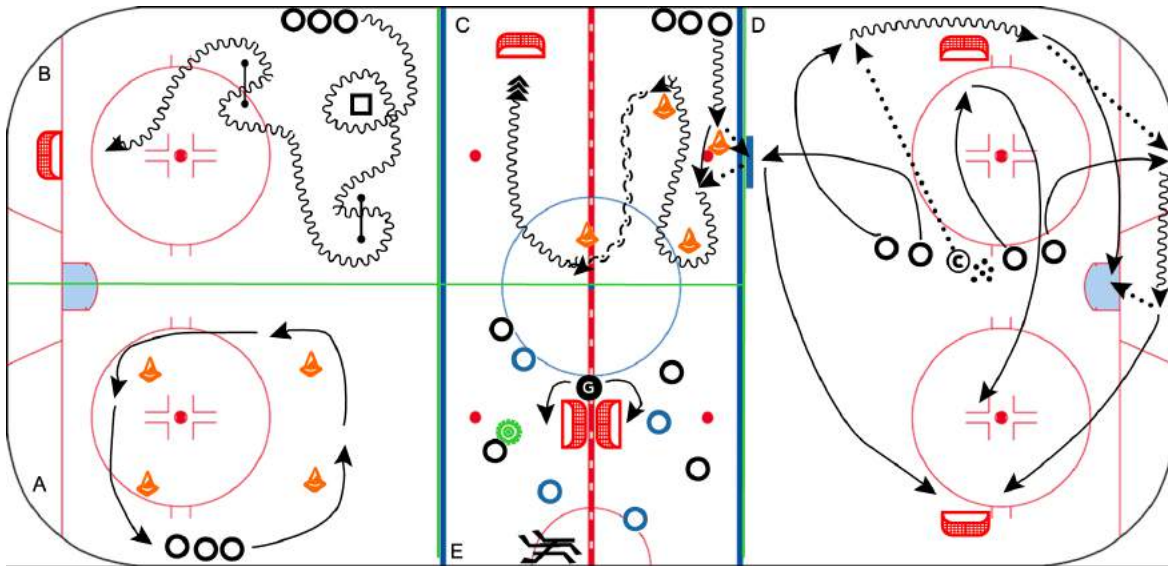
1. Ringette with Small Nets
2. Stickhandling obstacle course
3. Tire push races

MITES (12 minute rotations):

- **Station A:**
 - Inside Edges
 - 5 Step Crossovers
 - Stops and Starts
- **Station B:**
 - Breakout Simulation
- **Station C:**
 - Dump in, work it back to the points, get to the net
- **Station D:**
 - Mohawks and Stickhandling

- **Station E:**
 - Drive wide, Power turn, Middle pass, & get to the net

U8 Practice 12



Key Points :

Gear Needed:

- 4 Full-Sized Nets
- 2 Mini Nets
- Obstacles
- One Blue Pad
- Pucks
- Cones

Description :

12 Minute Rotations

Station A: Mohawk Progressions

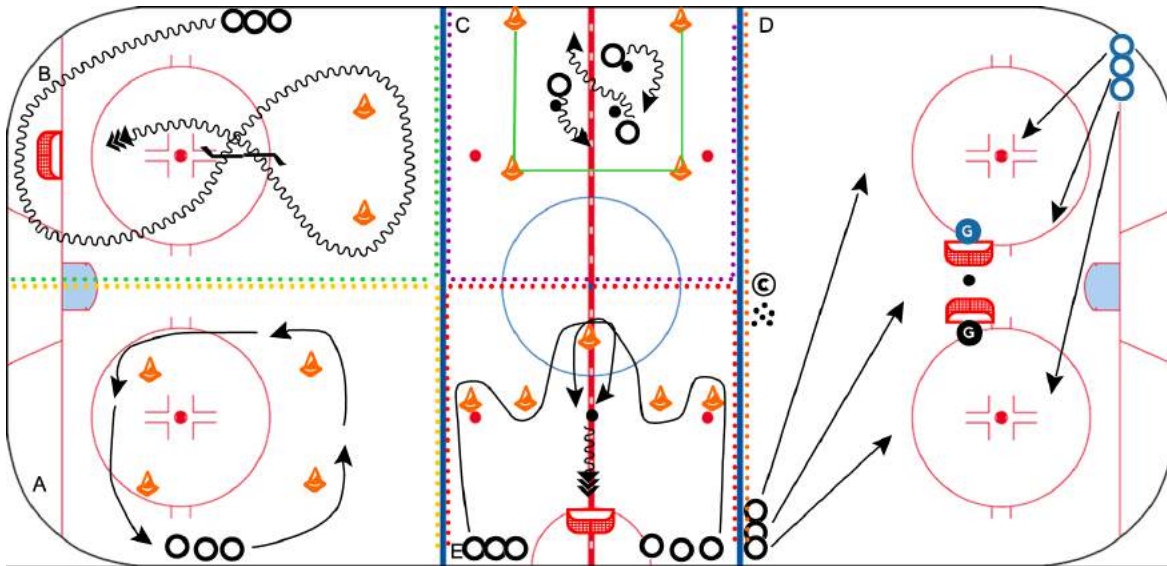
Station B: Mohawk Obstacle Course

Station C: Bank Pass, Power Turns and Pivots

Station D: Breakout Walkthrough

Station E: Hand Soccer

U8 Practice 13



Key Points :

Gear Needed:

- 4 Full-Sized Nets
- Attack Triangles
- One Blue Pad
- Pucks
- 15+ Cones

Description :

12 MINUTE ROTATIONS

Station A: Mohawk Progressions

1. Mohawk turn around each cone
2. Spend time going each direction
3. Add pucks for more advanced players

Station B: Figure 8 Agility (w/Mohawk)

1. Attack Triangles where the middle sticks are
2. Players skate route as shown, with pucks
3. More advanced players mohawk around the cones, less advanced do crossovers
4. Deke the attack triangles in the middle

Station C: Confined Space Stickhandling

1. Play the following small space games:
 1. Full speed, 3 strides & power turn

2. Tag: one player is "it" and tries to take the puck from another player. If your puck gets taken, then you're "it"
3. Last Man Standing: try to keep your puck, while knocking other players' pucks out of the square. If you lose your puck, you're out. Last player with a puck wins

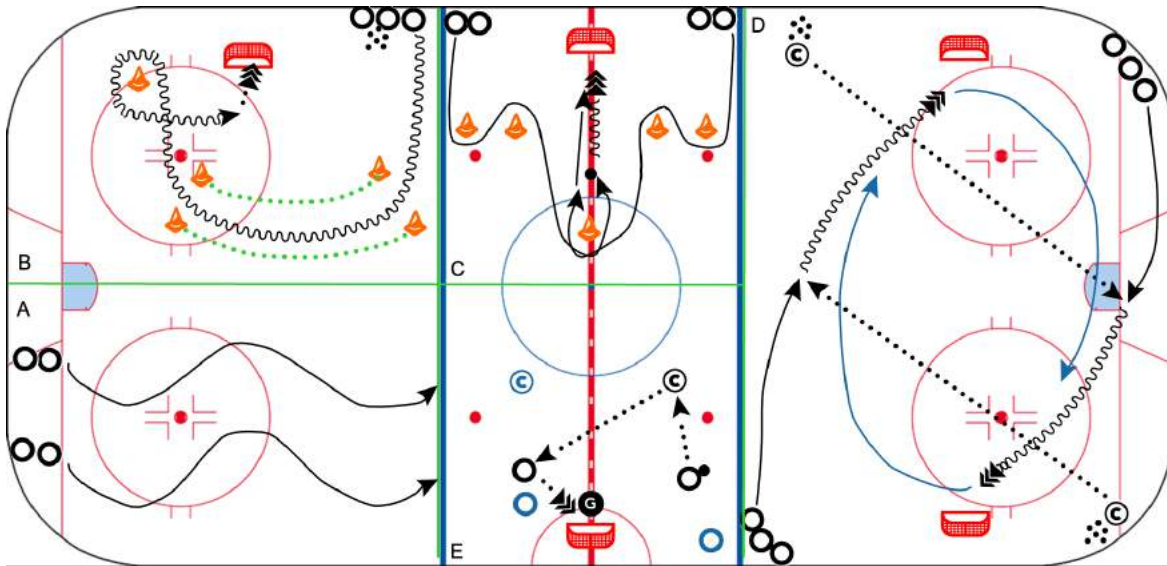
Station D: Back to Back 3 on 3

1. Players start as shown. Puck between goals. One goalie per net.
2. On whistle, players race to the puck
3. 3 on 3 until someone scores. Let it go 60-90 seconds, then rotate.

Station E: Power Turn Race

1. Players line up as shown
2. On the whistle, players race to the puck
3. First player shoots, second player backchecks

U8 Practice 14



Key Points :

Gear Needed:

- 5 Full-Sized Nets
- Pucks
- Cones

Description :

12 Minute Rotations

Station A: Technical Skating - Inside Edges, Crossovers, Etc.

Station B: Window Drill with Misdirection

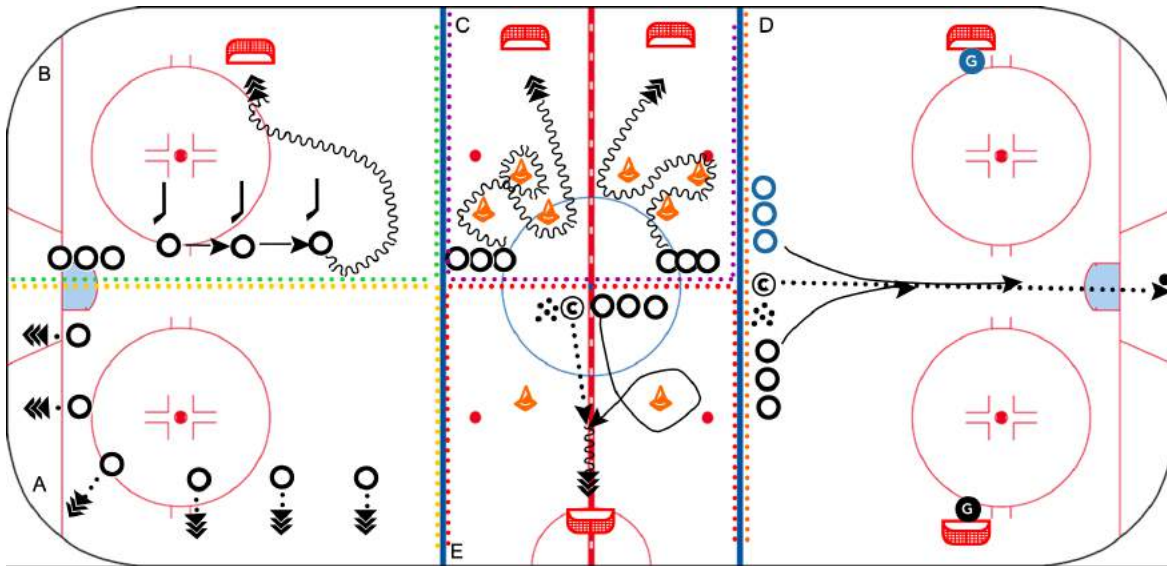
Station C: Power Turn Races

Station D: Perpetual Backchecking Drill

Station E: 2v2 with Point Pass



U8 Practice 15



Key Points :

Gear Needed:

- 6 Full-Sized Nets
- 3 Attack Triangles
- Pucks
- 15+ Cones

Description :

10 Minute Full-Ice Skating, then 10 MINUTE ROTATIONS

Station A: Wrist Shots

Station B: Stickhandling with Escape

1. Players stop at each Attack Triangle, and make moves (we'll draw a pattern with ice chalk)
2. On whistle, players move to the next one
3. After the final Attack Triangle make an escape move and attack net

Station C: Power Turn Shots

1. Players must power turn around each of the 3 cones, in any order
2. After the last turn, players shoot

Station D: 1v1, 2v2 Scrimmage

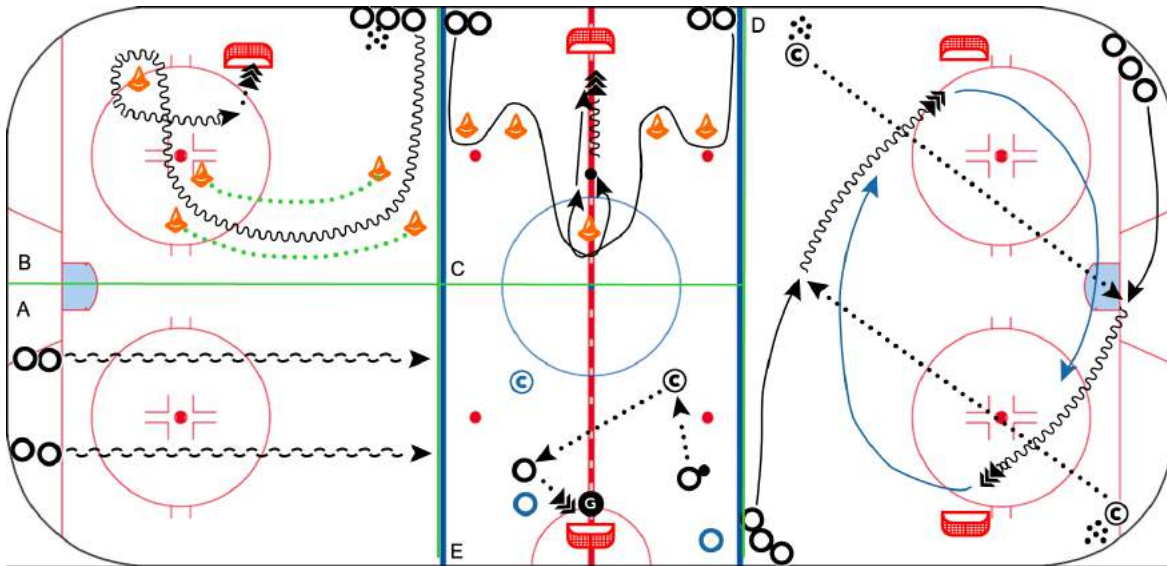
1. Players line up as shown
2. Coach calls out the number of players to go, either 1v1 or 2v2, then dumps a puck across

3. Players race to the puck and scrimmage
4. Have a few different battles going at once

Station E: Power Turn & Shot

1. Player power turns, receives pass IN FRONT of body
2. Don't let them avoid their backhands

U8 Practice 16



Key Points :

Gear Needed:

- 5 Full-Sized Nets
- Pucks
- Cones

Description :

12 Minute Rotations

Station A: Technical Skating - Backward skating, pivots, etc.

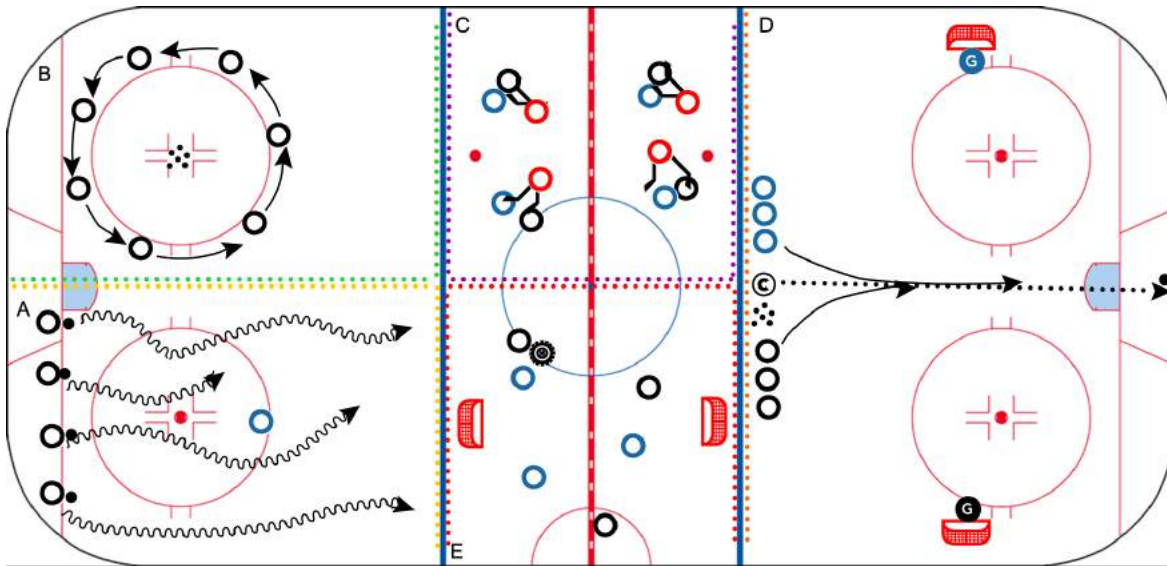
Station B: Window Drill with Misdirection

Station C: Power Turn Races - add pivots

Station D: Perpetual Backchecking Drill

Station E: 2v2 with Point Pass

U8 Practice 17



Key Points :

Gear Needed:

- 3 Full-Sized Nets
- 2 Mini Nets
- Pucks
- All Ringette Rings
- Cones

Description :

10 Minute Full-Ice Skating, then 10 MINUTE ROTATIONS

1. Forward skating progression
 1. Right leg stride
 2. Left leg stride
 3. Both legs on whistle
 4. Half speed to blue, explode
2. Inside Edges
3. 3 circle crossovers

Station A: Passing/Shooting & British Bulldog

Station B: Musical Pucks

Station C: Ringette Keepaway

1. Sticks upside down
2. 1 on 1 with Ringette Ring

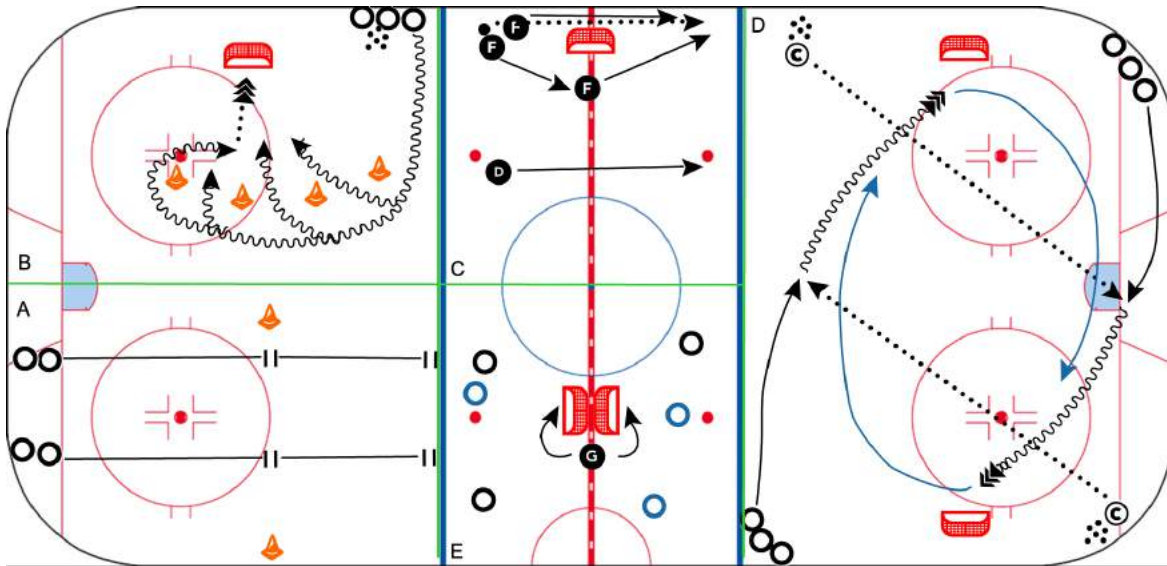
3. Encourage puck protection through body positioning
4. Teach kids to lift stick to take the ring

Station D: 1v1, 2v2 Scrimmage

1. Players line up as shown
2. Coach calls out the number of players to go, either 1v1 or 2v2, then dumps a puck across
3. Players race to the puck and scrimmage
4. Have a few different battles going at once

Station E: Hand Soccer

U8 Practice 18



Key Points :

Gear Needed:

- 4 Full-Sized Nets
- 2 Mini Nets
- Pucks
- Cones

Description :

12 Minute Rotations

Station A: Stops & Starts

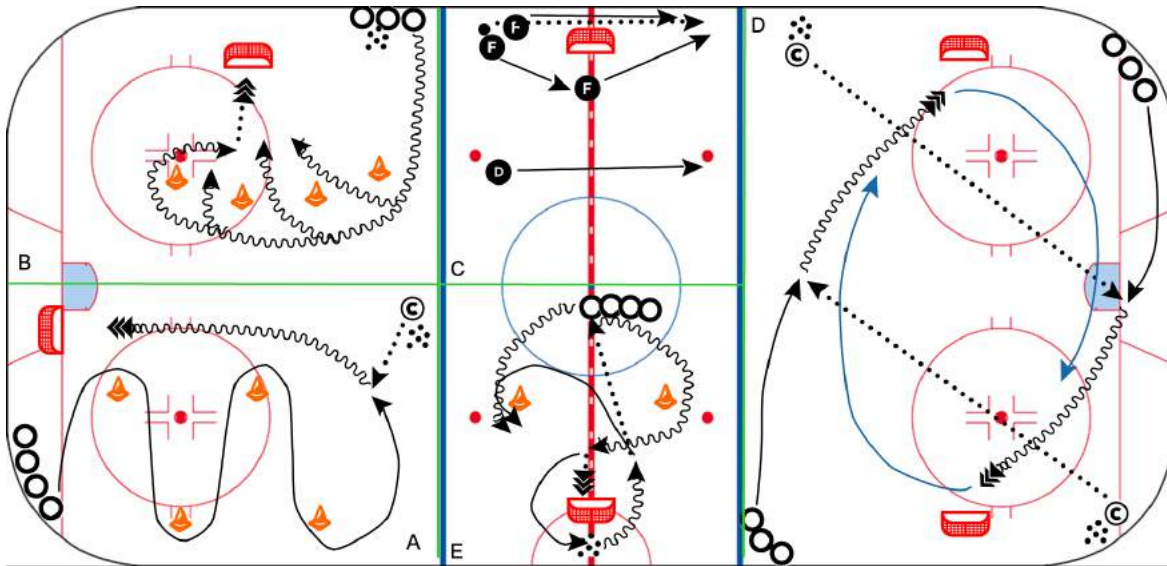
Station B: Window Drill - Choose Your Lane

Station C: Offensive Zone Walkthrough & Positioning

Station D: Perpetual Backchecking Drill

Station E: Back-to-Back Scrimmage

U8 Practice 19



Key Points :

Gear Needed:

- 5 Full-Sized Nets
- Pucks
- Cones

Description :

12 Minute Rotations

Station A: Power Turns

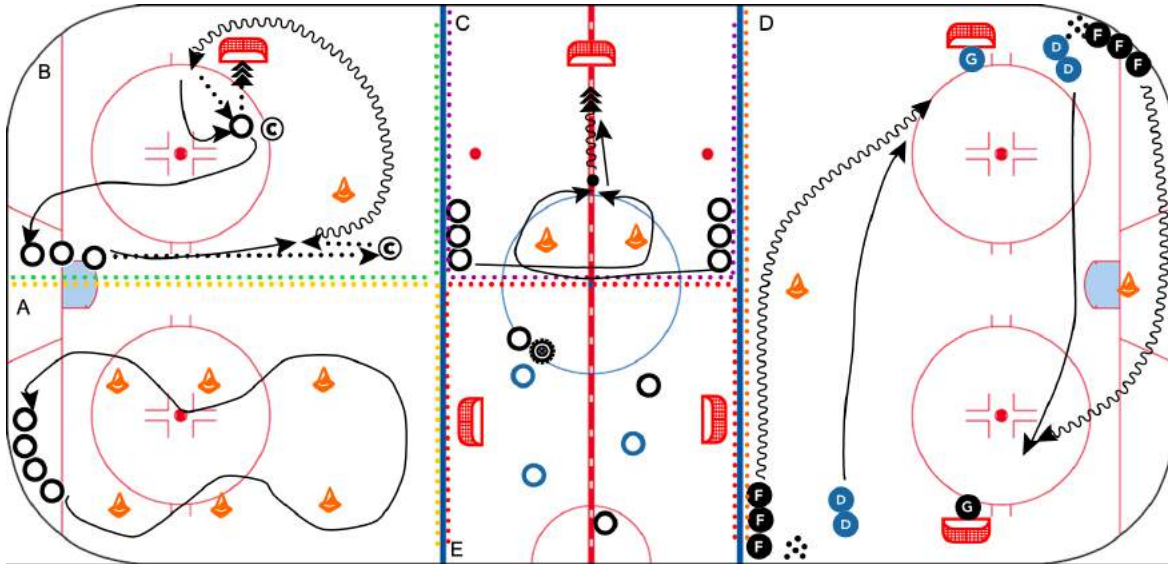
Station B: Window Drill - Choose Your Lane

Station C: Offensive Zone Walkthrough & Positioning

Station D: Perpetual Backchecking Drill

Station E: Pressured Shot Game

U8 Practice 20



Key Points :

Gear Needed:

- 4 Full-Sized Nets
- 2 Mini Nets
- Pucks
- Cones
- Soccer Ball

Description :

10 Minute Full-Ice Skating, then 10 MINUTE ROTATIONS

1. Inside Edges
2. 3 Circle Crossovers
3. Half Circle Crossovers

Station A: Crossovers & Mohawks

Station B: Mohawk Pass to Front

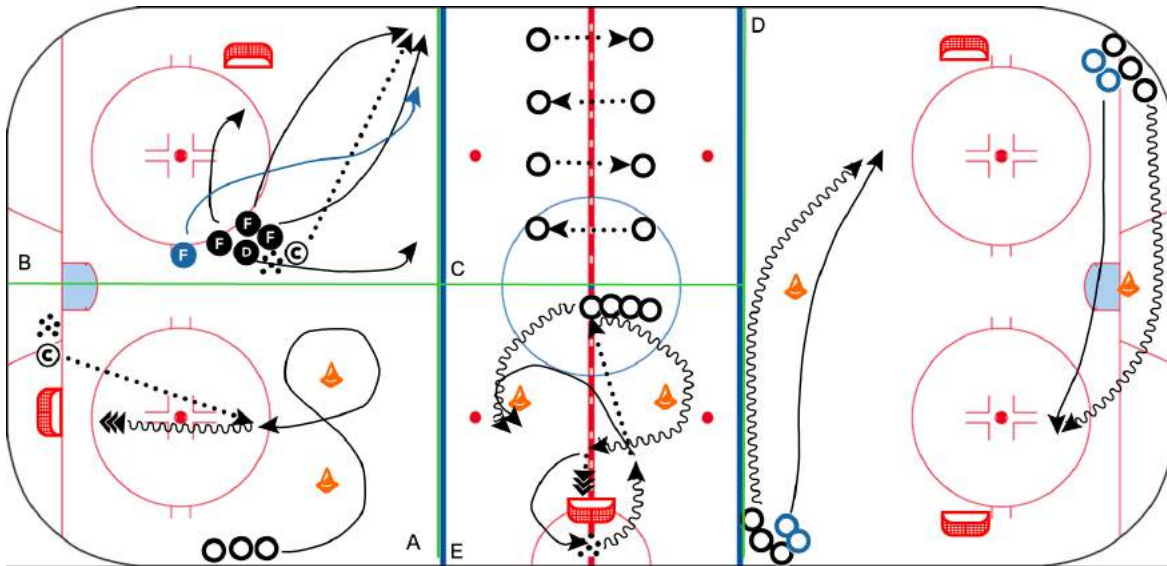
Station C: Power Turn Race

Station D: Forward Skating "Man in the Box" Angling

1. F and D start together
2. Neither can engage until after the cone
3. Race to the lane to the net

Station E: Hand Soccer

U8 Practice 21



Key Points :

Gear Needed:

- 5 Full-Sized Nets
- Pucks
- Cones

Description :

12 Minute Rotations

Station A: Mohawk Fundamentals & Mohawk Figure 8 with Shot

Station B: 4 on 1 Forecheck

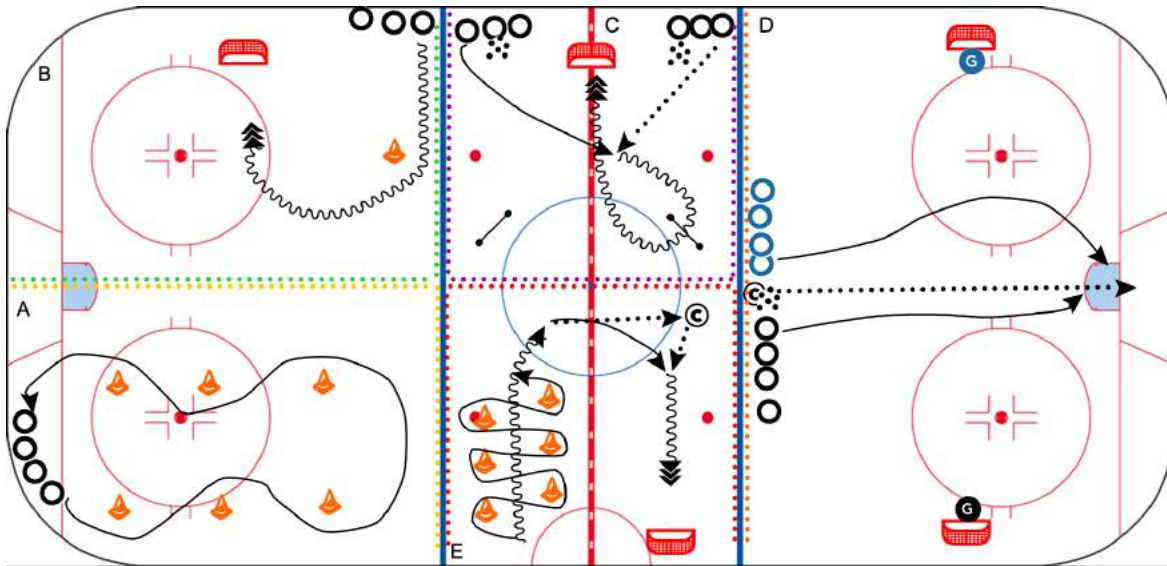
Station C: Passing Fundamentals and Shuttle Pass

Station D: "Man in the Box" Backchecking Drill

Station E: Pressured Shot Game



U8 Practice 22



Key Points :

Gear Needed:

- 5 Full-Sized Nets
- Pucks
- Cones
- Mini Cones (speed skating cones for Stickhandle Pass & Shot)
- Obstacles

Description :

10 Minute Full-Ice Skating, then 10 MINUTE ROTATIONS

1. Inside Edges
2. 5-Step Crossovers
3. Pivots between blues

Station A: Crossovers & Power Turns

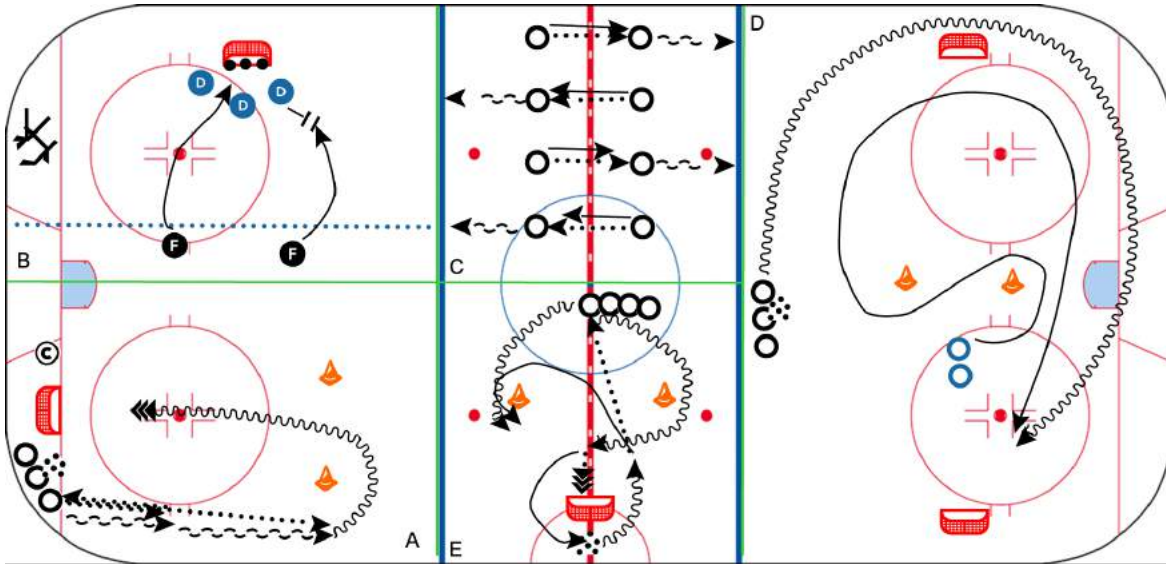
Station B: Snake Shooting

Station C: Pass & Power Turn

Station D: 1v1, 2v2, 3v3

Station E: Stickhandle Pass & Shot

U8 Practice 23



Key Points :

Gear Needed:

- 5 Full-Sized Nets
- Pucks
- Cones

Description :

12 Minute Rotations

Station A: Backward fundamentals and Backward 3-Pass +Shot Drill

Station B: 2v3 Battle - No Sticks; F's try to knock in a puck with their hands; D's defend;

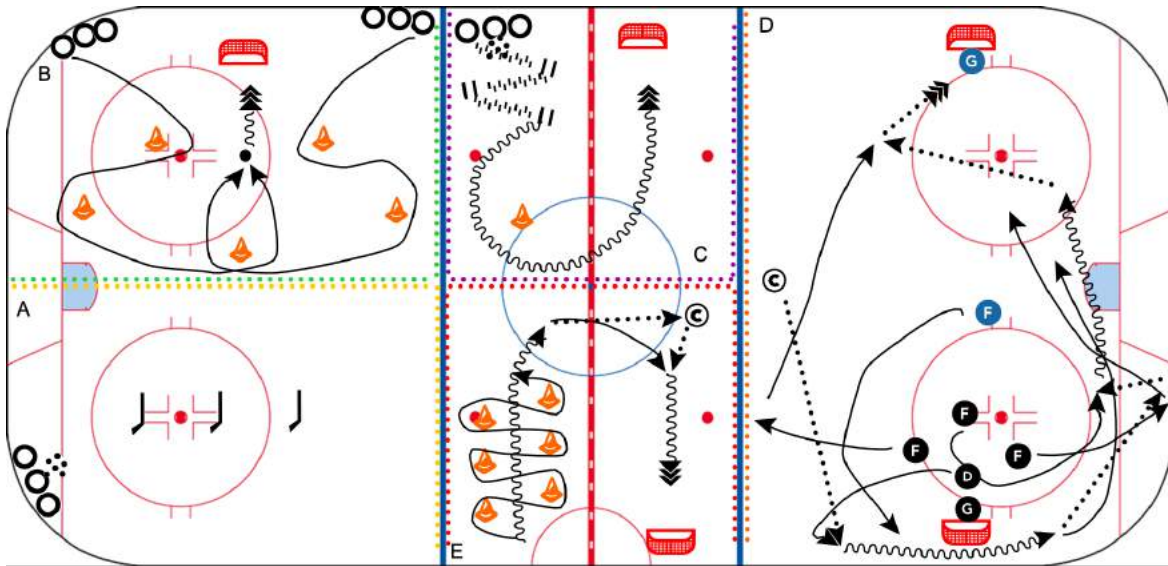
Station C: Passing Fundamentals in motion, and Shuttle Pass

Station D: Angling & Backchecking Drill

Station E: Pressured Shot Game



U8 Practice 24



Key Points :

Gear Needed:

- 5 Full-Sized Nets
- Pucks
- Cones
- 6 Mini Cones (speed skating cones for Stickhandle Pass & Shot)
- Obstacles

Description :

10 Minute Full-Ice Skating, then 10 MINUTE ROTATIONS

1. Inside Edges w/pucks
2. 5-Step Crossovers w/pucks
3. Backward C-cuts

Station A: Skating & Stickhandling

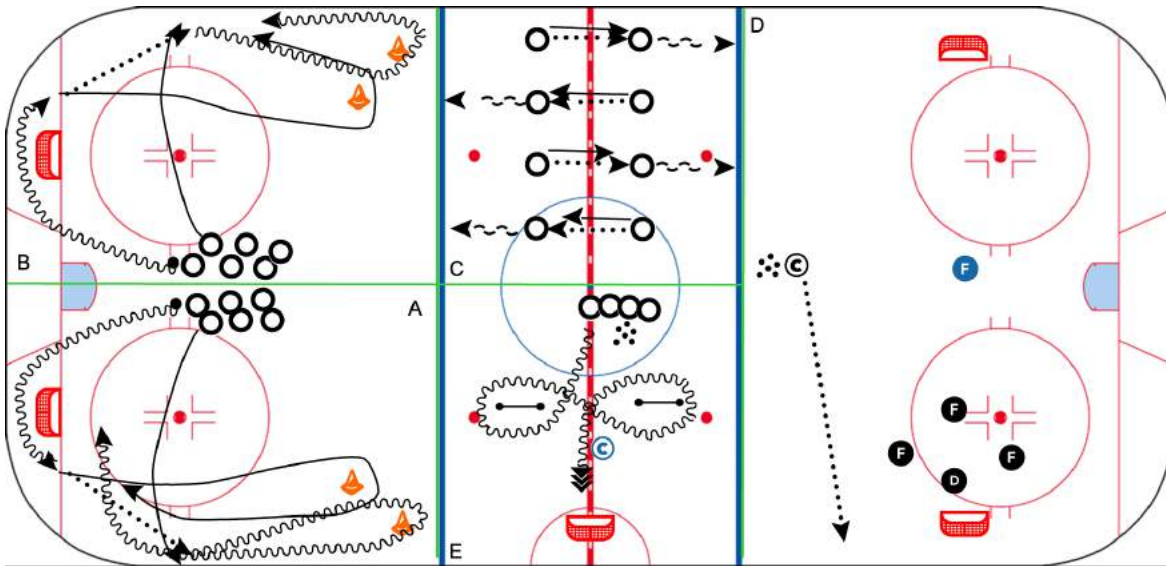
Station B: Power Turn Race

Station C: Agility Skating with Puck

Station D: Dump in, Breakout, 4v1

Station E: Stickhandle Pass & Shot

U8 Practice 25



Key Points :

Gear Needed:

- 5 Full-Sized Nets
- Pucks
- Cones
- Wooden obstacles

Description :

12 Minute Rotations

Station A: Breakout Angling

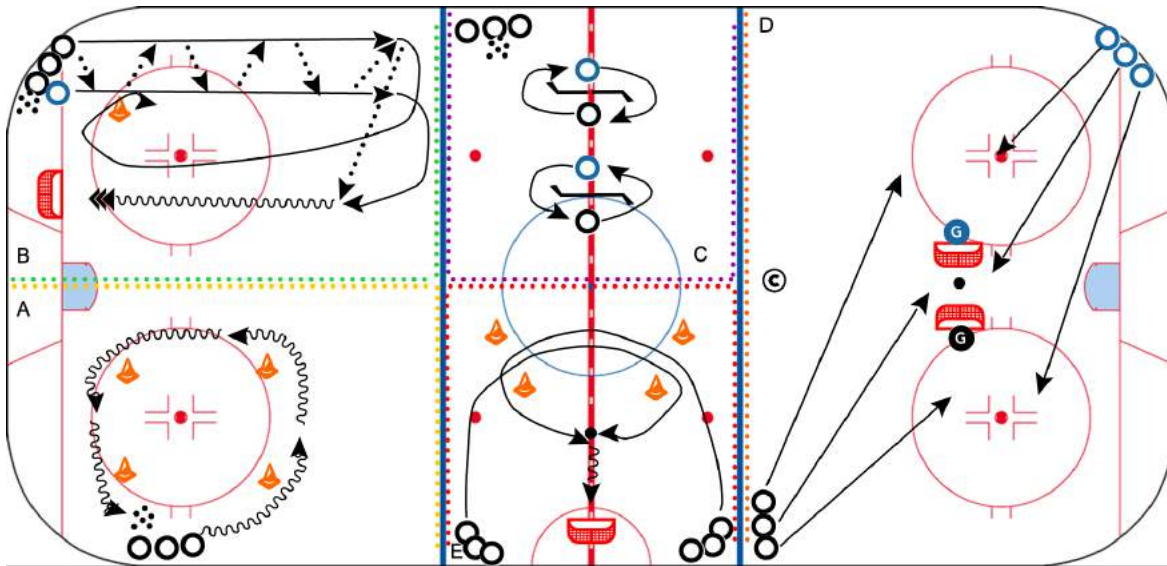
Station B: Breakout Angling

Station C: Passing Fundamentals in motion, and Shuttle Pass

Station D: 4v1 Dump in, Breakout, Attack

Station E: Figure 8 Stickhandling & Shooting (add a coach pass if you want)

U8 Practice 26



Key Points :

Gear Needed:

- 4 Full-Sized Nets
- Pucks
- Cones

Description :

10 Minute Full-Ice Skating, then 10 MINUTE ROTATIONS

1. Half Speed to Blue, and Explode with pucks
2. R knee, L knee, Both with pucks
3. Pivots between blue lines

Station A: Mohawk Square

Station B: Synchronized Passing

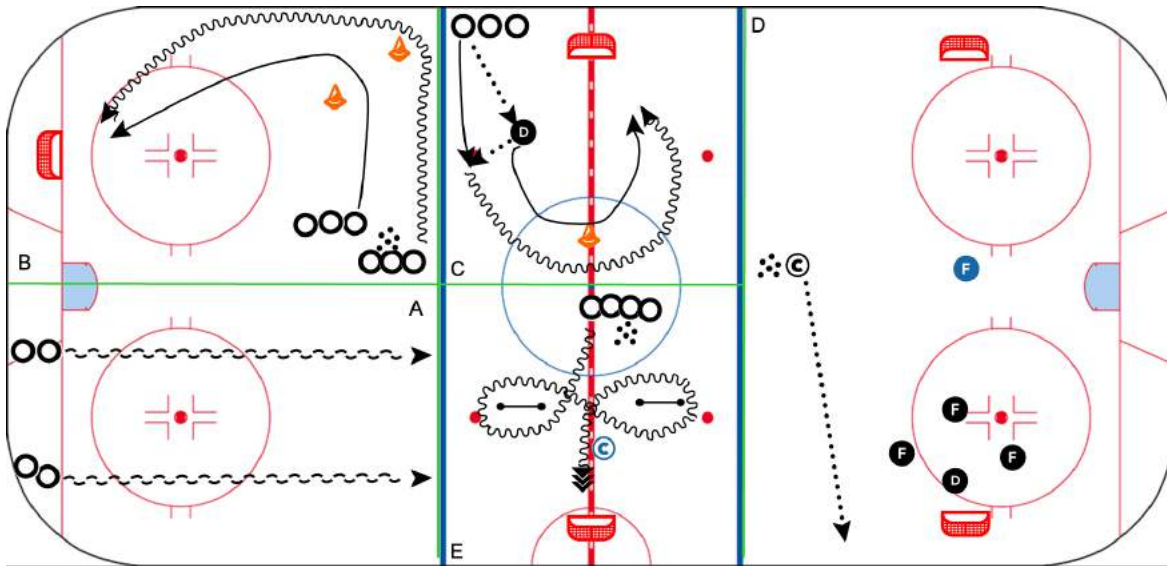
Station C: Mohawk Tag

Station D: Back to Back 3v3

Station E: Mohawk Race



U8 Practice 27



Key Points :

Gear Needed:

- 5 Full-Sized Nets
- Pucks
- Cones
- Wooden obstacles

Description :

12 Minute Rotations

Station A: Backward Skating Fundamentals

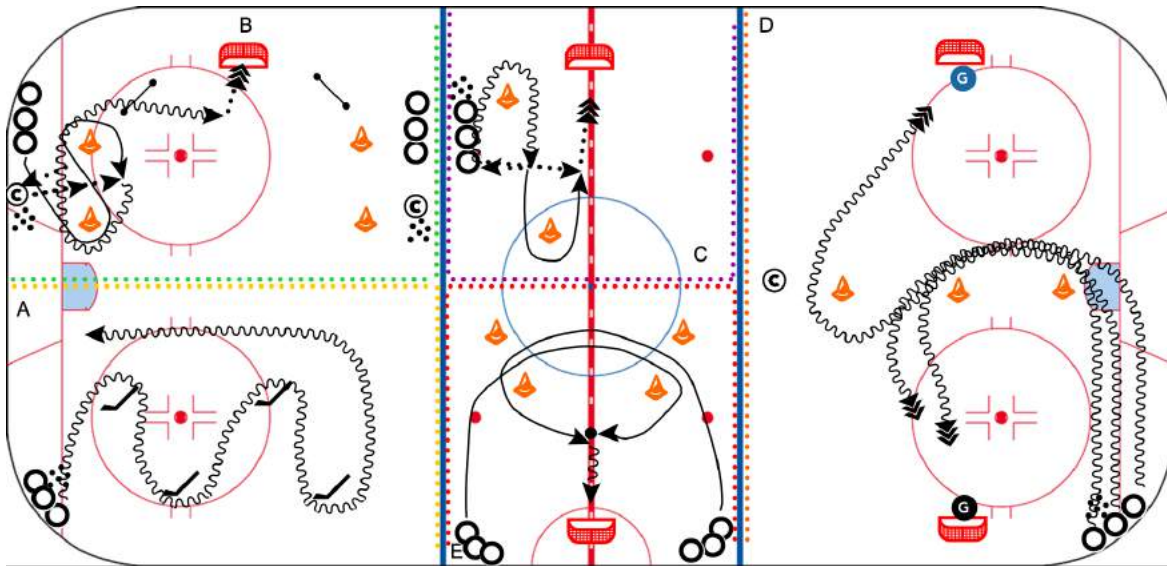
Station B: 1v1 Angling

Station C: Give & Go 1v1

Station D: 4v1 Dump in, Breakout, Attack

Station E: Figure 8 Stickhandling & Shooting (add a coach pass if you want)

U8 Practice 28



Key Points :

Gear Needed:

- 5 Full-Sized Nets
- Pucks
- Cones
- Attack Triangles
- Obstacles

Description :

10 Minute Full-Ice Skating, then 10 MINUTE ROTATIONS

1. Inside Edges
2. 5-step crossovers
3. Mohawk Snake - Full Ice

Station A: Mohawks, Crossovers, Passing

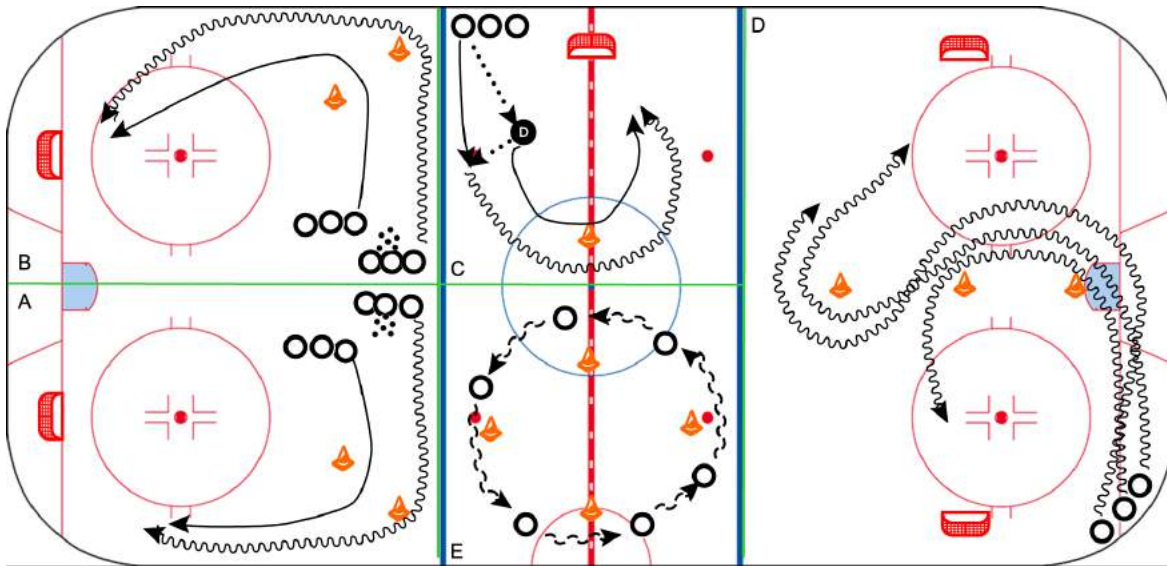
Station B: Figure 8 Power Turn Passing

Station C: Serpentine Drill

Station D: Cross-Ice Shooting

Station E: Mohawk Race

U8 Practice 29



Key Points :

Gear Needed:

- 5 Full-Sized Nets
- Pucks
- Cones

Description :

12 Minute Rotations

Station A: 1v1 Angling

Station B: 1v1 Angling

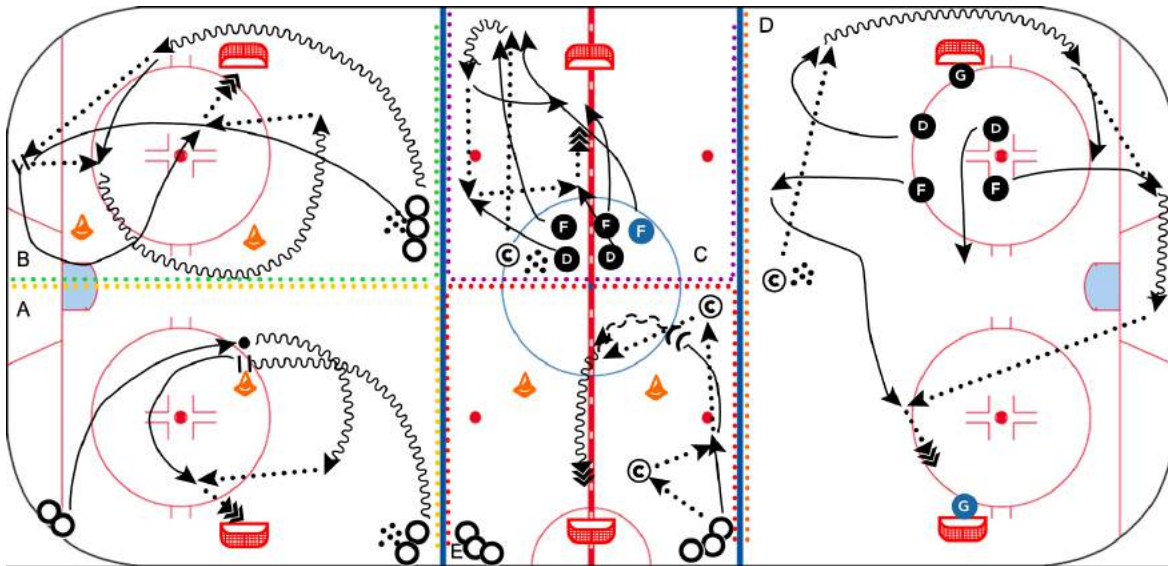
Station C: Give & Go 1v1

Station D: Cross-Ice Shooting

Station E: Backward Crossunders



U8 Practice 30



Key Points :

Gear Needed:

- 6 Full-Sized Nets
- Pucks
- Cones

Description :

5-7 Minute Full-Ice Skating, then 10-12 MINUTE ROTATIONS

1. Backward C-Cuts
2. Pivots

Station A: Criss Cross Drop Pass

Station B: Two-Man Breakout

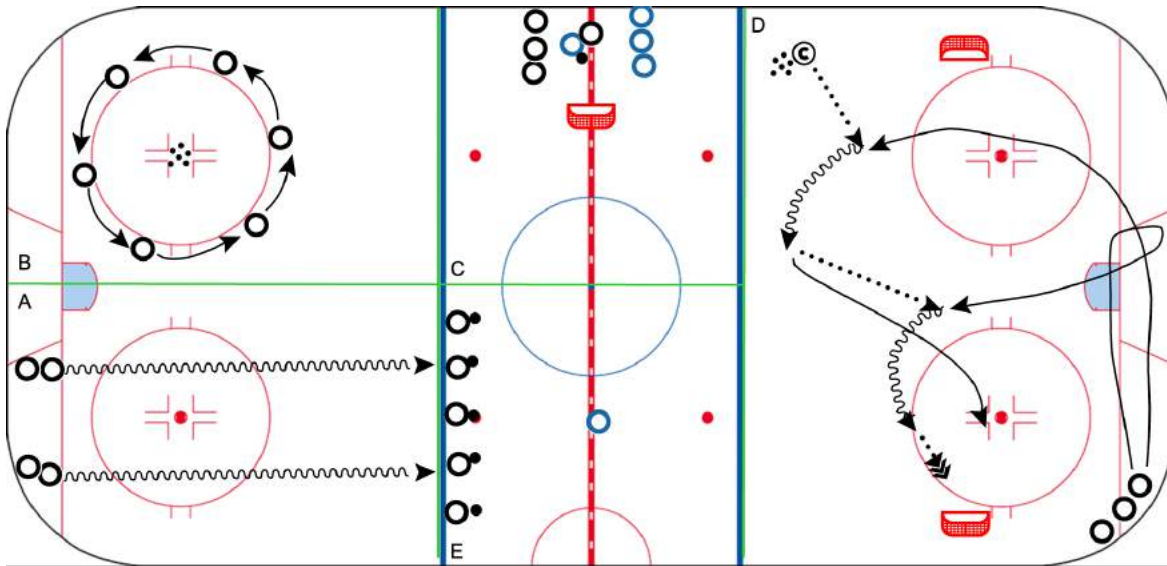
Station C: 4v1 Dump in "Point, Partner, Shot"

Station D: Four-Man Breakout

Station E: Touch Pass Sequence



U8 Practice 31



Key Points :

Gear Needed:

- 3-4 Full-Sized Nets
- Pucks
- Cones

Description :

12 Minute Rotations

Station A: Technical Skills - Inside Edges, 5-Step Crossovers, Footwork

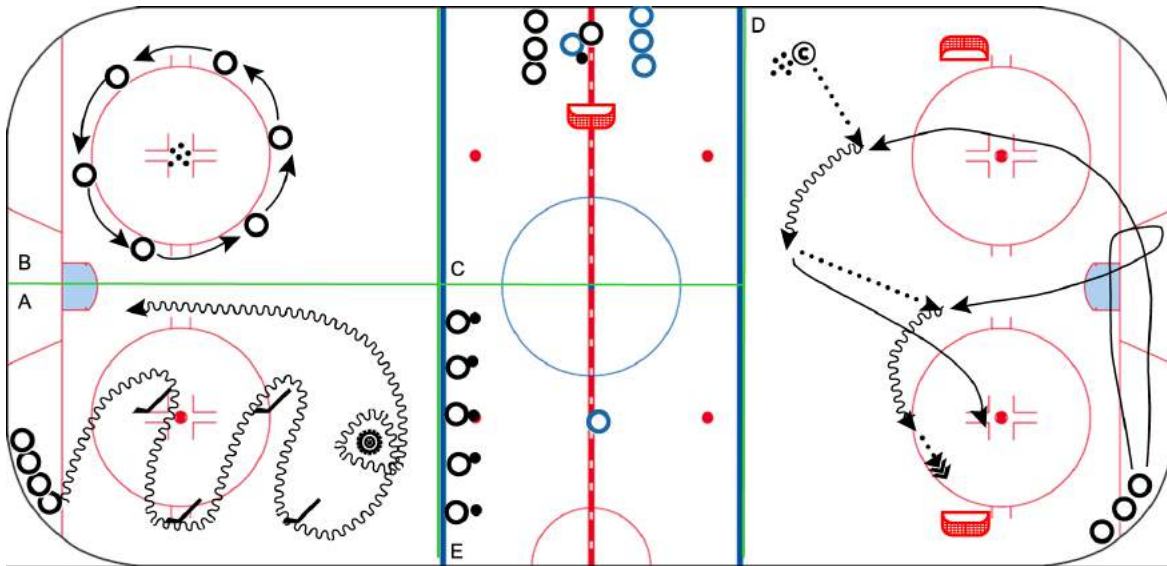
Station B: Musical Pucks

Station C: Confined Space 1v1 or 2v2

Station D: Basic Timing

Station E: British Bulldog

U8 Practice 32



Key Points :

Gear Needed:

- 3-4 Full-Sized Nets
- Pucks
- Cones
- Obstacles (wooden things, tires, small nets)

Description :

10 Minute Full-Ice Skating, then 10 Minute Rotations

Station A: Technical Skills - Puckhandling & Skating

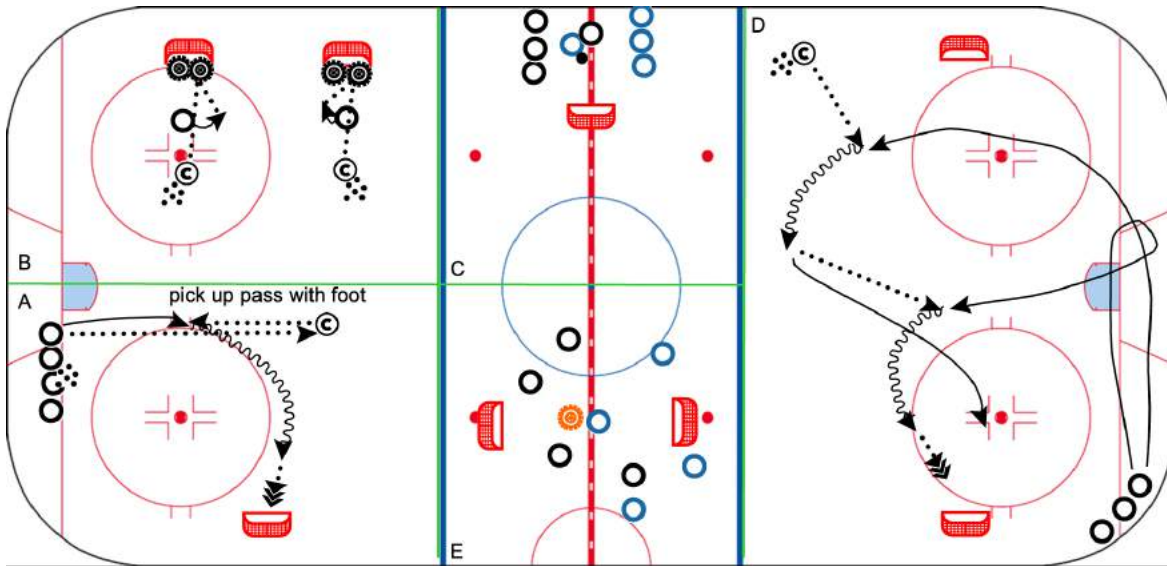
Station B: Musical Pucks

Station C: Confined Space 1v1 or 2v2

Station D: Basic Timing (basic horseshoe for less advanced groups)

Station E: British Bulldog

U8 Practice 33



Key Points :

Gear Needed:

- 6 Full-Sized Nets
- 2 Small Nets
- Soccer Ball or Rugby Ball
- Pucks
- Cones

Description :

12 Minute Rotations

Station A: Technical Skills - Inside Edges, 5-Step Crossovers, Footwork

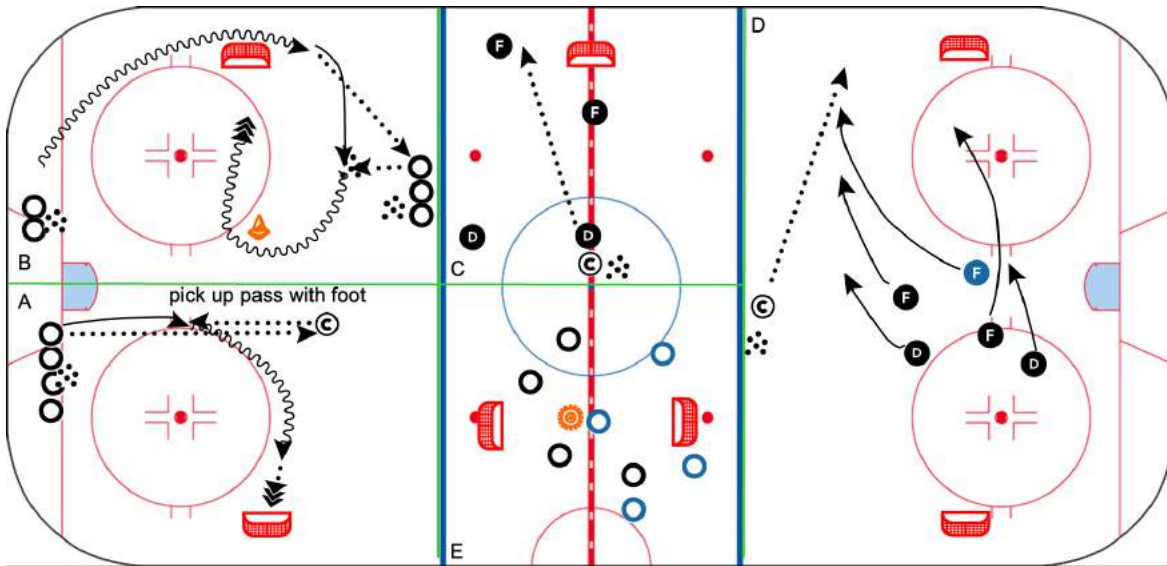
Station B: Rebound Shooting

Station C: Confined Space 1v1 or 2v2

Station D: Basic Timing

Station E: Hand Soccer or Rugby

U8 Practice 34



Key Points :

Gear Needed:

- 5 Full-Sized Nets
- 2 Small Nets
- Soccer Ball
- Pucks
- Cones

Description :

12 Minute Rotations

Station A: Technical Skills - Inside Edges, 5-Step Crossovers, Footwork

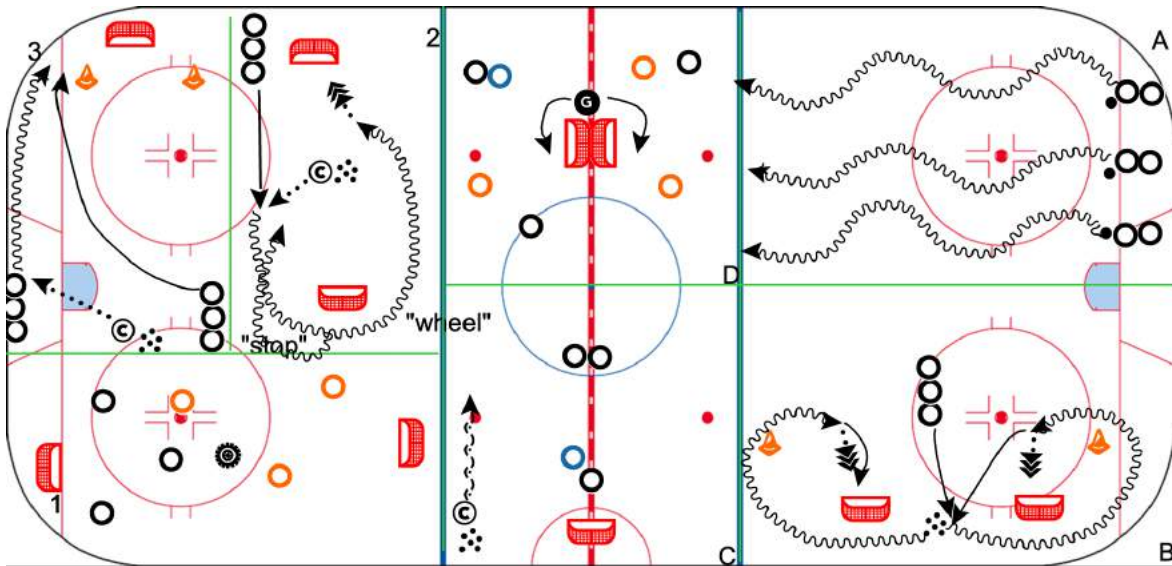
Station B: Breakout Work

Station C: Attack Rotations

Station D: 4v1

Station E: Hand Soccer

U8 Practice 35



Key Points :

Gear Needed:

- 7 Small Nets
- 3 Regular Nets
- 4 Tires
- 4 cones
- 2 Ringette Rings

Description :

MINI MITES (1 rotation, then cross-ice games, ringette, hand soccer, etc.):

1. Hand Soccer
2. Angling
 1. Two lines
 2. Coach Passes to one line or the other
 3. Puck carrier drives deep around the cone before cutting to the net
 4. Other player backchecks, and tries to angle "stick on stick, shoulder on shoulder"
3. Wheel or Stop
 1. Player skates full speed and picks up a loose puck
 2. Skates behind the net
 3. Coach yells "wheel!" or "Stop!"
 4. Wheel skates behind the net and attacks wide
 5. Stop hits the breaks FACING AWAY FROM THE NET, then comes back out strong side and attacks

MITES:

- **Station A: Technical Skills**

- Inside Edges
- 5-Step Crossovers
- Power Turns

- **Station B: Figure 8 Two Shot & Tip**
 - Two players go together
 - Pick up a puck, loop behind the net, attack seam a shot
 - Swing low and pick up another puck, loop behind other net, attack seam for a shot
 - After second shot, player stays at the net for tips and rebounds for the next two players

- **Station C: Net Front Battles**
 - Pair players up with similar skill levels
 - 2 players battle in front
 - When puck is in the corner, defender ties up stick
 - When puck is at the point, defender boxes out
 - Coach passes from the corner, or shoots from the point

- **Station D: Back-to-Back Ringette with Small Nets**
 - One goalie plays both nets