

## Priorities

- ✗ Make Everything Fun
- ✗ Develop attitudes and skills
- ✗ Engagement of players & coaches
- ✗ Active practices – Limited standing still
- ✗ Age appropriate drills and skills (6 & 7)
- ✗ Progression of drills and skills
- ✗ Station based practices – Smaller groups
- ✗ Practice Focus
  - 85% Skills
  - 15% Hockey Sense
  - 0% Systems

## Player Development Pyramid



## Practice Plan

Time	Activity	Goal
0 - 10 Minutes	<b>Warm-up at Center Ice</b>	
	<ol style="list-style-type: none"> <li>Have fun and talk to the kids &amp; get them into a fun mindset</li> <li>Stretch core muscle groups (Neck, Arms, Legs, ankles)</li> <li>Stretching can be fun : Up Downs (knees, bellies, backs, submarines, running, scrappers)</li> </ol>	
10 - 45 Minutes	<b>Station Based Practice - Pick 2-4 drills from USA Hockey U8 Practice Plan for the week.</b>	
	<b>Skating Station</b>	Focus on ABC's - Power Skating review
	Minimize standing still time. Focus on Power Skating (PS) drills from PS practices ABC's and edge work	
	<b>Fun Station</b>	Fun Games and engagement
	Freeze Tag, Cops and Robbers, Musical Pucks, Red/Green/Yellow/Blue Light, Dodge Ball,	
45 - 60 Minutes	<b>Skill Station</b>	Develop puck and combined skills with skating
	Passing, shooting, stick handling: addition of a puck to drills from first skating session	
60 - 120 Minutes	<b>Fun Full Ice Both Team</b>	
	1. Fun Games that combine the teams - Freeze Tag, Keep Away, Gauntlet, Relay Races	
60 - 120 Minutes	<b>Game Time</b>	Fun, maximize touches and engagement
	1. Age/Skill grouped lines	
	2. Face-offs - To start the shifts. After goals, the scoring team retreats to their end.	
	3. Move players around to different positions every shift	

## Full Ice & Station Drill Resources

- ✗ USA Hockey Development - admkids.com
- ✗ Hockey Canada - hockeycanada.ca
- ✗ Coach Nielsen – coachnielsen.wordpress.com

## Small Area Games Resources

- ✗ USA Hockey Development – admkids.com
- ✗ Hockey Canada – hockeycanada.ca
- ✗ Coach Nielsen – coachnielsen.wordpress.com



# U8 Plan and Milestones



								GOALS		
	Focus	Skills	Warmup (5-10 Min)	Skating Station (10 min)	Fun Station (10 min)	Skill Station (10 Min)	Full Ice Fun (15 Min)	ABC's	Skate	Skills
SEPT	1. Technical Skills 2. Introduce and Develop skill & Drill	Agility, Balance, Co-ordination Stationary passing and stick handling Fun Games	Center Circle Stretch - knees, belly, submarines, Ups - jumping, running - Scrapers Figure 8 Full Ice	1. Snowplow Stop -1 foot 2. Pushing (1 & 2 foot) 3. Straight Glide (1 & 2 foot) 4. Glide Curves	Ringette Soccer Freeze Tag Duck Duck Goose Sharks & Minnows	Stationary stick handling Jumps Pair passing edges with weaves	Freeze Tag Relay Races Musical Pucks	AGILITY - BALANCE - COORDINATION	Stride and Glide, Stopping	Stationary Pass & Shoot
OCT	1. Technical Skills 2. Introduce and Develop the skill & Drill	Agility, Balance, Co-ordination, Stride, Edges, Stopping Stationary passing and stick handling Fun Games	Figure 8 Full Ice - stretch at blue lines down the middle - knees, turns, bellies, jumps, backwards	1. Snowplow Stop -2 foot 2. Pushing (2 foot) 3. Straight Glide (1 & 2 foot) 4. Glide Curves	Ringette Soccer Freeze Tag Gretzky Drill Duck Duck Goose Sharks & Minnows	Long/Short Passes Pass & Go Pass & Shoot Shoot and Follow	Gauntlet Jump Sticks Soccer			
NOV	1. Technical Skills 2. Develop and Refine	Refine the above skills Introduce quickness, speed and Cross overs (front). Moving passes, shooting Fun Games	Full Ice Both Teams - Jump lines, one foot glides, superman, barrel rolls, stops	1. Side Stop (limited speed) 2. Inside Edges 3. Walking Crossovers 4. Circle Thrusts	Relay Race (puck on head) Dodgeball Gretzky Drill	Moving Pass Moving Shot Edgework Passing shuttles Crossovers	Keep Away with coaches Scoro (U8 - 33&34) Freeze Tag Skating Tricks (puck on head, longest glide, longest Super man)		Crossovers, edges	Moving Shot/Pass & Stick Handle
DEC	1. Technical Skills 2. Develop and Refine	Refine the above skills Backwards Skating, Shooting Fun Games	Center Circle Stretch - knees, belly, submarines, Ups - jumping, running - Scrapers Figure 8 Full Ice	1. Side Stop with Speed 2. Outside Edges	Gretzky Drill Sharks and Minnows 1 on 1's Obstacle course Soccer	Edges with pucks Tight turns Puck Control W stops Edges around sticks Forward crossovers	Puck Bulldog Gauntlet Keep Away Passing		Backwards Skate/Stop	1 on 1 Corner, 2 on 1 corner, 2 on 2 corner
JAN	1. Technical Skills 2. Refine 3. Introduce Tactics	Refine all of the above. Introduce 1 on 1 checking, Give and go, angles, dekes, body positioning, net driving	Figure 8 Full Ice - stretch at blue lines down the middle - knees, turns, bellies, jumps, backwards	1. Proper Foot positioning 2. Backwards 'walking' 3. Backwards Sculling 4. Backwards Glide	Stick Relay Receive and shoot Gretzky Drill or 3 on 3 Soccer Passing Lanes game (P21)	Watch the clock circles, Corner drills (1 on 1 and 2 on 1) corner, shoot and drive, courses combining skills, offside game	Freeze Tag Relay Races Puck Bulldog			
FEB	1. Technical Skills 2. Refine 3. Refine Tactics	Refine all of the above. Introduce 1 on 1 checking, Give and go, angles, dekes, body positioning, net driving	Full Ice Both Teams - Jump lines, one foot glides, superman, barrel rolls, stops	1. Backwards Sculling 2. Backwards Scull (Right & Left foot) 3. Backwards Skating	Gretzky Drill or 3 on 3 Cross ice min game with Tennis ball Soccer Passing in 3's	Watch the clock circles, Corner drills (1 on 1 and 2 on 2), 1 on 1 body position, shoot and drive, courses combining skills, offside game	Soccer (multiple balls) Ringette (multiple rings) Any previous full ice fun			
MAR	1. Technical Skills 2. Refine All	Refine all of the above. Introduce 1 on 1 checking, Give and go, angles, dekes, body positioning, net driving	Any Combination of warmups	1. Backwards Skating 2. Backwards Stopping 3. Backwards 1 foot Glide (R/L)	Gretzky Drill Soccer Ringette 2 on 0 passing	Watch the clock circles, Corner drills (1 on 1 and 2 on 2), 1 on 1 body position, shoot and drive, courses combining skills, offside game	Soccer (multiple balls) Ringette (multiple rings) Any previous full ice fun			

Session 1 Forwards	Week 2 Forwards	Week 3 Forwards
<p><b>Skills</b></p> <ol style="list-style-type: none"> <li>1. Snowplow Stop (both feet)</li> <li>2. Pushing (both feet)</li> <li>3. Straight Glide (2 feet &amp; 1 foot)</li> <li>4. Glide Curves</li> </ol> <p><b>Teaching Points:</b></p> <p><b>Stopping:</b> Make sure that the skater is able to hold the ankles 'straight' or 'flat' while sliding the foot across the ice. Isolate each foot separately until the skater is proficient. Add small glide forwards once slide is achieved.</p> <p><b>Pushing:</b> Ensure that skater is bending the knees and using the body weight to press the skate down into the ice. For skaters with single leg tendency direct skater to press and lift the skate back</p> <p><b>Straight Glide:</b> Ankle stability is key. "Balance position". Make sure the skater is able to hold the ankles straight while gliding. Equal pressure for both skates (if on two feet).</p> <p><b>Glide Curves:</b> Watch that the skater is on the proper edges (both ankles directed towards the centre of the circle) . Teach the idea of 'lean' by rotating the upper body towards the centre of the curve. Equal pressure on both skates</p>	<p><b>Skills:</b></p> <ol style="list-style-type: none"> <li>1. Side Stop (limited speed)</li> <li>2. Inside Edges</li> <li>3. Walking Crossovers</li> <li>4. Circle Thrusts</li> </ol> <p><b>Teaching Points:</b></p> <p><b>Side Stop:</b> Make use of the 'Weighting and unweighting' of the knee bend. "Down, Up, Down". Skaters must have proper ankle positioning prior to attempting the side stop</p> <p><b>Inside Edges:</b> Encourage one foot balance while traveling around pylons. Upper body rotation is essential for proper edge. Length of glide should be on a balanced edge, rather than appear to be slipping off. Pick up the foot 'closest' to the pylon.</p> <p><b>Walking Crossovers:</b> hips and shoulders should remain square, Speed should be "walking" without glide. Pause in the 'crossed' position for advanced skaters.</p> <p><b>Circle thrusts:</b> Rotation of the upper body and head towards the centre of the circle, the outside leg pushes only. Skating knee remains bent and does not unweight. Use the idea of 'Skateboard' or "Scooter".</p>	<p><b>Skills:</b></p> <ol style="list-style-type: none"> <li>1. Side Stop with Speed</li> <li>2. Outside Edges</li> </ol> <p><b>Teaching Points:</b></p> <p><b>Side Stop:</b> Skaters must be proficient with a slow side stop before progressing with speed. Ankle positioning and unbalanced weight will be the reasons for Difficulty with this skill. If there is too much weight on the front skate AND the Ankles are angled in, the inside edge will 'catch' and they will be unable to produce a skid stop. Ask them to slow down and address the ankle positioning 'flat' before moving on.</p> <p><b>Outside Edges:</b> Upper body rotation and ankle positioning are most important. Keep body rotated into the centre of the circle (think: HUG). If the skater's ankles are falling in, they will not achieve the outside edge. Make sure to target any ankle positioning issues. Body lean comes from the core not the shoulders. Correct skaters with shoulder dip.</p>

<h2 style="text-align: center;">Week 4 Backwards</h2>	<h2 style="text-align: center;">Week 5 Backwards</h2>	<h2 style="text-align: center;">Week 6 Backwards</h2>
<p><b>Skills:</b></p> <ol style="list-style-type: none"> <li>1. Proper Foot positioning</li> <li>2. Backwards ‘walking’</li> <li>3. Backwards Sculling</li> <li>4. Backwards Glide</li> </ol> <p><b>Teaching Points:</b></p> <p><b>Proper Foot positioning:</b> Skaters need to be able to turn their feet towards one another. Balancing with ‘toes turned in’ without moving is challenging for some skaters with open hips.</p> <p><b>Backwards Walking:</b> Adding weight transfer to foot positioning have the skaters pick up their skates in the “toes together” position to make sure they are building the strength to maintain that during push</p> <p><b>Backwards Sculling:</b> Skaters start glide with ‘Toes together’, at the middle of the ‘bubble’ skaters must rotate toes to the ‘heels together’ in order to bring the skates back together. Start with a pause at beginning and end, then encourage them to glide continuously without the pause.</p> <p><b>Backward Glide:</b> Same as forward glide, check skaters ankles and foot positioning. Equal pressure on each skate. Practice upper body in the ‘chest up’ position rather than leaning forward.</p>	<p><b>Skills:</b></p> <ol style="list-style-type: none"> <li>1. Backwards Sculling</li> <li>2. Backwards Scull (Right foot)</li> <li>3. Backwards Scull (Left foot)</li> <li>4. Backwards Skating</li> </ol> <p><b>Teaching Points:</b></p> <p><b>Backwards Sculling:</b> Encourage minimal pause between sculls. Add the knee bend and Push to the beginning of the bubble. Watch upper body positioning, and bending from the Knees rather than the hips</p> <p><b>Backwards Rt Foot:</b> Weight stays on the Left skating foot as if they are on a ‘skateboard’. Push for the scull must be at the beginning of the bubble rather than at the middle. If the skater is “swaying” side to side- they are either unweighting the skating leg, or the push is too late causing the hips to rotate. Correct upper body positioning ‘chest up’</p> <p><b>Backwards LT Foot:</b> As Above only reverse</p> <p><b>Backwards Skating:</b> Isolate the two pushes together with weight transfer in between. Correct body positioning encouraged. If the skater is zig zagging with little backward movement, the direction of the push is not down and forward, its likely down and to the side.</p>	<p><b>Skills:</b></p> <ol style="list-style-type: none"> <li>1. Backwards Skating</li> <li>2. Backwards Stopping</li> <li>3. Backwards 1 foot Glide (R/L)</li> </ol> <p><b>Teaching Points:</b></p> <p><b>Backwards Skating:</b> Really focus on proper push direction down and forwards. Correct any skaters who finish the push with the pushing foot behind the skating foot. This is a result of the foot not rotating to the ‘heels together’ position soon enough on the bubble.</p> <p><b>Backwards Stopping:</b> Toes will fan ‘out’ for the backwards stop. Ankle positioning is important Have them glide with feet together to see the feet skid out properly.</p> <p><b>Backwards 1 Ft Glide:</b> Tuck the ‘free’ foot behind the Skating foot. Skaters should be on a bent and stable knee with chest up. One foot will be stronger than the other. Encourage skaters to hold for longer each attempt.</p>