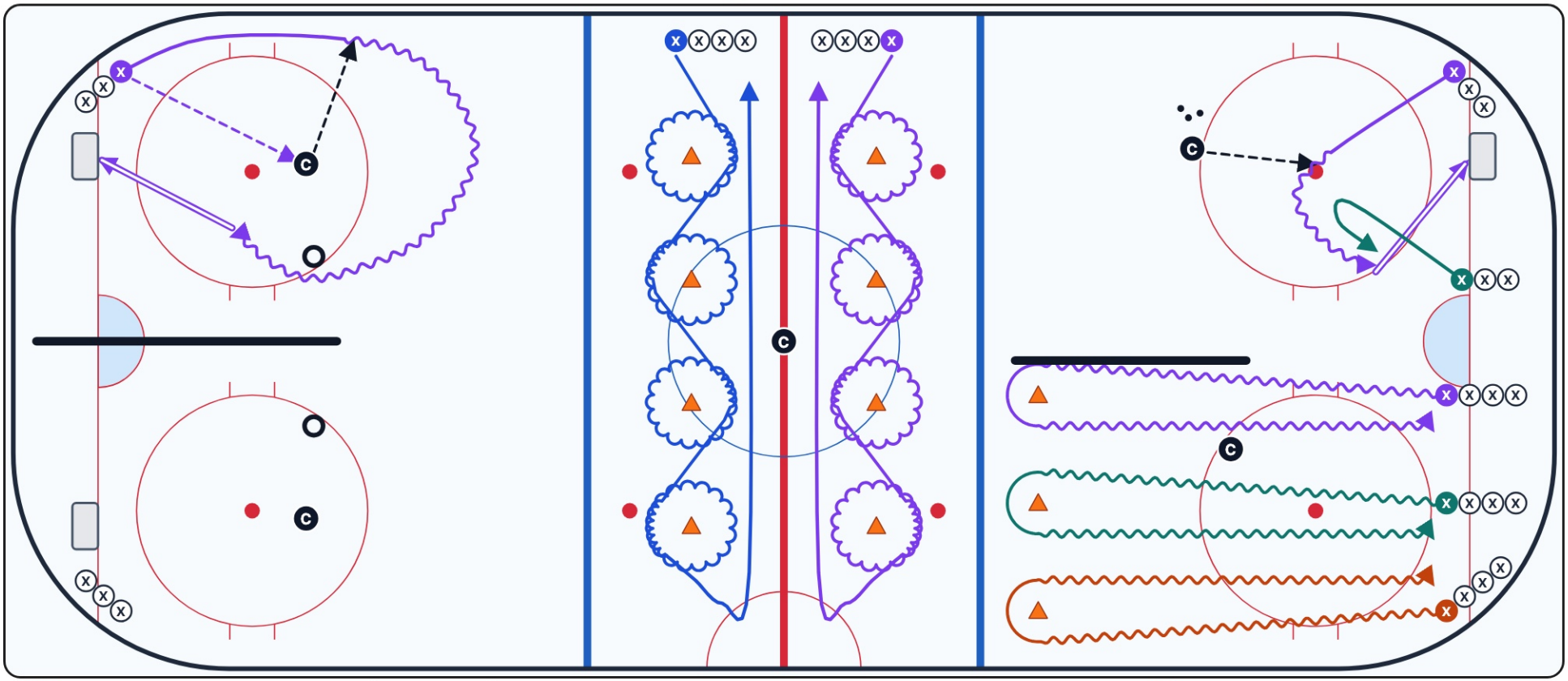
Full Practice Plan: 60 Minutes, 5 Stations

8U · 60-minute practice

1 Give and go with a deke

2 C-cuts

3 One-on-one puck race



5 Give and go with a deke (same as 1)

4 Stickhandling: puck out front

Key

- Skaters. The colored one goes first and skates that color's route.
- Coach
- Cone
- Tire
- Barrier
- Puck
- Net
- Pass
- Skating route
- Skating with the puck
- Shot
- C-cuts. Each bump is one push.

You need

- 13 cones or tires
- 2 nets
- 4 mini nets
- a bucket of pucks
- 2 barriers

How it runs

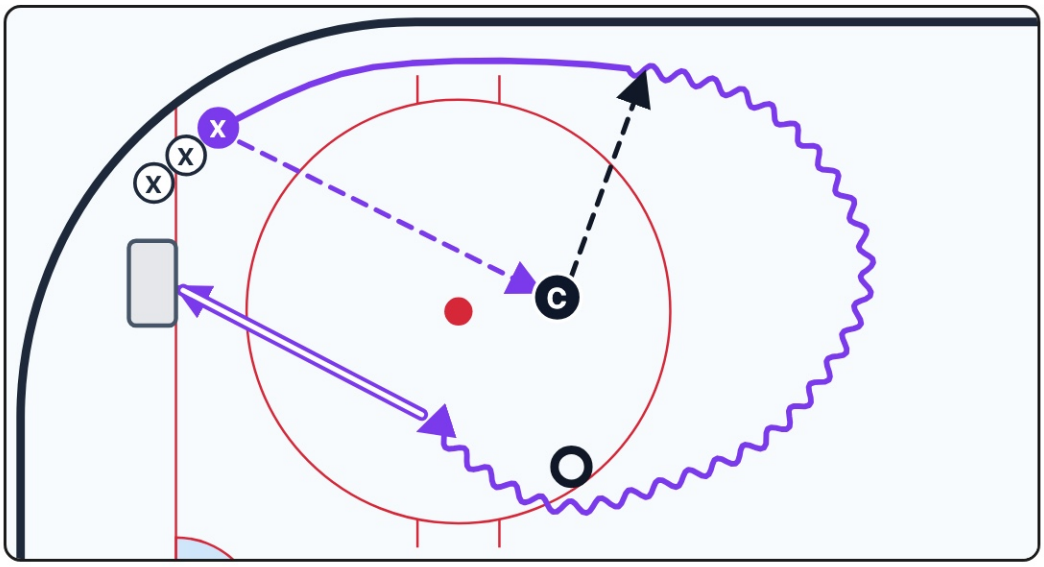
- Five stations run at once, with one coach at each. Groups rotate about every 9 minutes.
- 5 stations × 9 minutes = 45 minutes, about 4 minutes of switching, and about 11 minutes of games to finish.
- Coaches call their group in to explain and correct on the spot.

Stations 1 and 5 · Passing drill

Give and Go With a Deke: Pass, Move, Deke, Shoot

8U · 10U | 9 min station | Corner of an end zone

Station 5 runs this same drill, mirrored to the other side of the end zone.



- Skaters. The colored one goes first and skates that color's route.
- Coach
- Tire
- Net
- Pass
- Skating route
- Skating with the puck
- Shot

You need

- 1 tire or cone
- a bucket of pucks
- 1 net

Set up

1. Use one corner of an end zone, with a net on the goal line beside the faceoff circle.
2. Players line up in the corner, each with a puck.
3. Put a tire (or a cone) near the bottom of the faceoff circle, between the circle and the net.
4. Stand at the edge of the circle, facing the corner.

How it runs

1. When you call for it, the first player passes to you.
2. Right after the pass, they move their feet up the wall.
3. Pass the puck back to them as they skate.
4. They carry it around the outside of the faceoff circle.
5. At the tire, they deke around it, then shoot.
6. The next player goes after the shot.

Coach it

- Pass and move. The moment the puck leaves your stick, your feet go.
- Stick on the ice up the wall. Give the coach a target.
- Catch the pass on the move. Don't stop to receive it.
- Keep your speed around the circle.
- At the tire, a quick move one way, then go the other. Eyes up and shoot fast.

Watch for

Standing still after passing to the coach.
Fix: Pass, then move your feet right away.

Slowing way down at the tire.
Fix: Keep your speed and make a small, quick move.

Shooting without looking.
Fix: Eyes up, pick a spot, then shoot.

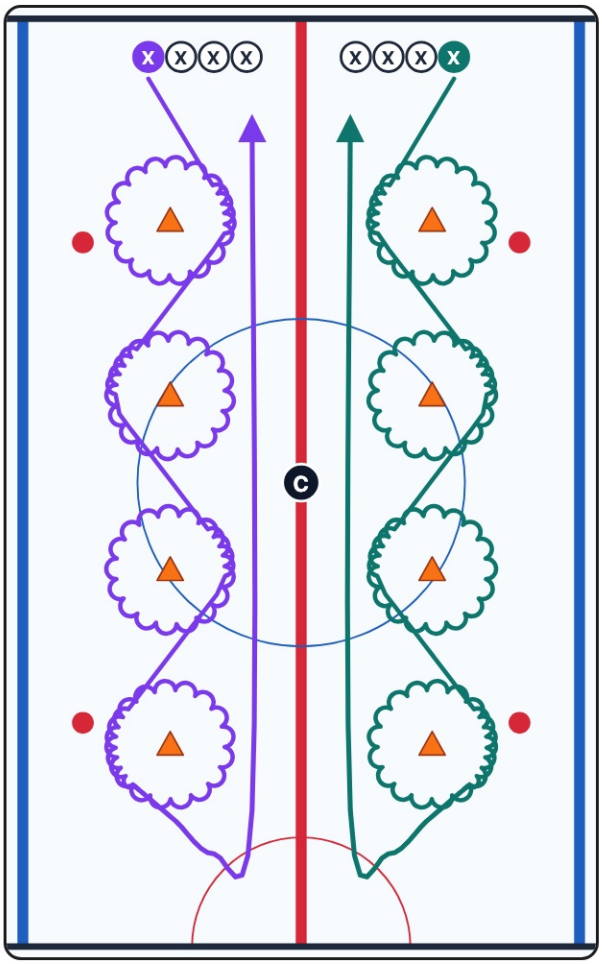
Make it harder

- Deke to the backhand side of the tire.
- The coach makes the return pass harder to handle, like a bouncing or behind-you pass.
- Add a defender at the tire.

Station 2 · Skating drill

C-Cuts: Power Through the Heels

8U · 10U | 8 min station | Neutral zone



Skaters. The colored one goes first and skates that color's route.
Coach
Cone
C-cuts. Each bump is one push.
Skating route

You need

- 8 cones or tires

Make it harder

- Drive around the cones hard, as if attacking the net with the puck.
- Add a puck once their feet stay on the ice.

Set up

1. Make two lanes of 4 cones that run from the top side boards to the bottom side boards. Put one lane on each side of the red line, about halfway between the red line and the blue line.
2. Space the cones about 16 feet apart, roughly 5 big adult steps.
3. Split the group into two lines along the boards, one at the top of each lane.
4. Stand at center ice, between the lanes, where you can see both lines.

How it runs

1. On "go," the first skater in each line skates to the first cone.
2. They circle the cone with C-cuts. The outside foot pushes in a C shape while the inside foot, the one closest to the cone, just glides.
3. They move to the next cone and circle it the other way, so both feet take a turn pushing.
4. After the last cone, they skate back up the middle and join the back of their line.
5. Send the next skater when the one in front reaches the second cone.

Coach it

- Go slow. A clean push matters more than speed.
- Both feet stay on the ice the whole time.
- Drive each push through the heel, not the toe.
- Two hands on the stick, arms out away from the body.
- Knees bent like sitting in a chair, eyes up.

Watch for

Lifting the pushing foot, as if marching or running.
Fix: Keep the blade on the ice and listen for the scrape. No scrape means they're stepping.

Flicking off the toe at the end of the push.
Fix: Cue "push your heel out." The power comes from the back half of the blade.

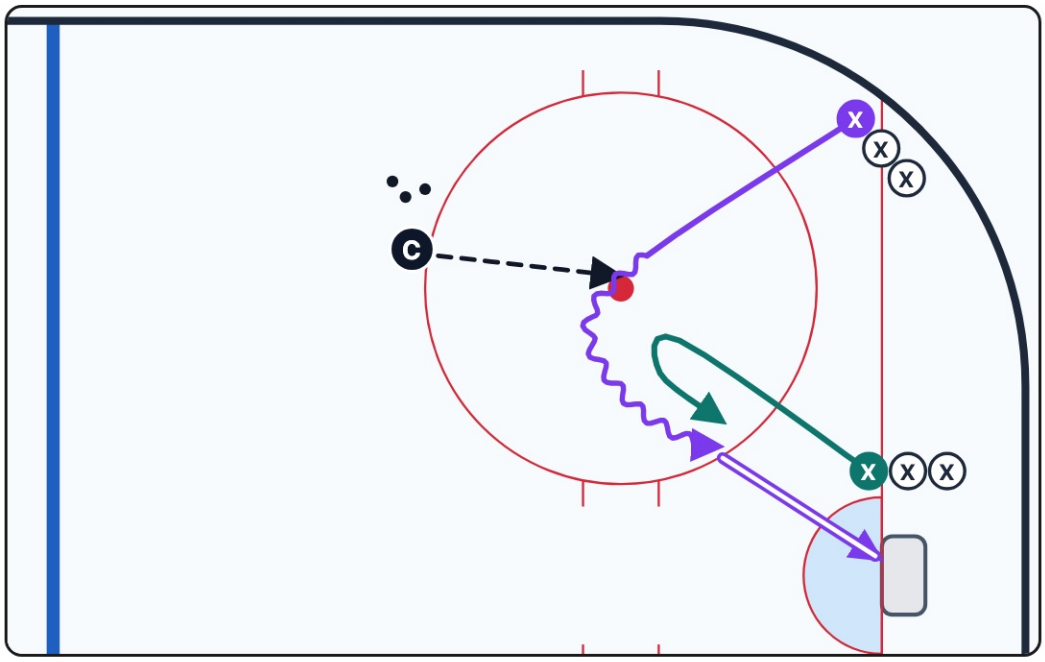
Standing straight up.
Fix: Cue "sit in the chair." Bent knees give the push room to work.

Drifting into big, lazy circles.
Fix: Stay about a stick-length from the cone.

Station 3 · Compete drill

One-on-One Puck Race: Win It, Then Shoot

8U · 10U | 9 min station | Half an end zone



Skaters. The colored one goes first and skates that color's route.
Coach
Puck
Pass
Skating route
Skating with the puck
Shot

You need

- a bucket of pucks
- 1 net

Set up

1. Use half of one end zone. Make two lines down low near the goal line, one in the corner and one beside the net.
2. Stand up high at the edge of the faceoff circle with the pucks.

How it runs

1. Send a puck down to about the faceoff dot.
2. On your pass, the first player in each line races up for the puck.
3. Whoever gets it turns back down toward the net and shoots.
4. The other player chases and tries to win the puck back.
5. Both players go to the back of the other line, so everyone races from both sides.

Coach it

- Explode off the start. First three strides are short and quick.
- Get your body between the other player and the puck.
- Stick on the ice so you're ready to grab the puck.
- Win it, then turn fast and get to the net.
- Shoot quickly. The defender is coming.

Watch for

Standing up tall on the start.
Fix: Low, knees bent, and drive with short, quick strides.

Reaching for the puck with the stick and not the body.
Fix: Skate past the other player's hip, then protect the puck with your body.

The player who loses the race gives up.
Fix: Keep skating. Chase, stick on the puck, and try to win it back.

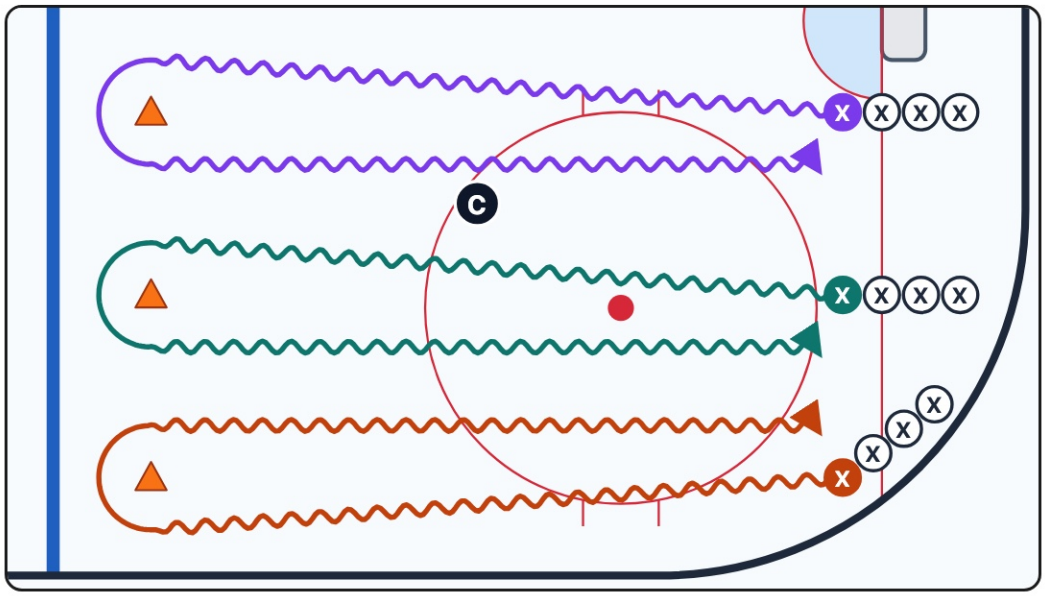
Make it harder

- Start the players on their knees, then on their stomachs, before the puck is sent.
- Send the puck to different spots so players have to read where it's going.
- Make the winner pass to the coach and get it back before shooting.

Station 4 · Puck handling drill

Stickhandling: Puck Out Front

8U · 10U | 9 min station | Half an end zone



Skaters. The colored one goes first and skates that color's route.
Coach
Cone
Skating with the puck

You need

- 3 cones
- 1 puck per player

Set up

1. Use half of one end zone. Make three lines of players on the goal line, each player with a puck.
2. Put one cone in front of each line, just short of the blue line.
3. Stand near the middle lane where you can see every player's hands.

How it runs

1. On "go," the first player in each line carries the puck up to the cone.
2. Go around the cone and carry the puck back to the end of the line.
3. When the player ahead reaches the cone, the next player in line goes.
4. Feet stay on the ice the whole way. Use swizzles so all the focus is on the hands.

Coach it

- Keep the puck out in front of your body, not off to the side.
- Small, quick handles, rolling your wrists.
- Top hand loose and doing the rolling. Bottom hand relaxed.
- Keep the puck in the middle of the blade.
- Try to peek up at the cone instead of staring at the puck.

Watch for

Big, wide swings that lose the puck.
Fix: Small handles. The puck only moves about a blade's width each way.

Feet stop moving while the hands work.
Fix: Cue "swizzle, swizzle." Feet keep gliding on the ice.

Death grip on the stick.
Fix: Loose top hand. Rolling the wrists does the work.

Make it harder

- Go a little faster once the puck stays close.
- Keep your eyes up on the way back.