

Eagan Hockey Association

Mite 2/3 & U8 Girls Practice Plan

November 29 & 30, 2008

Practice Format

- **5 minutes:** Warm-up – skate counter clockwise around entire ice sheet
 - **Stretch out legs, back, wrists and torso**
- **15 minutes:** Skating – whole group, long ice (down and back), heads up, chest up, work on balance
 - **T-push left leg** **Long strides, hold out, exaggerate stride
 - **T-push right leg** **Long strides, hold out, exaggerate stride
 - **Swizzles** – right leg to left leg **ice should “crunch” at each cut
 - **Power stops** – at each line, blue/red/blue/goal
 - **Forward to backward skating** – switch at each line, blue/blue
 - **Knee touches** – at each line, blue/red/blue
 - **Belly drops/Down & Ups** – at each whistle
 - **Backward skate** – “Power C”
 - **Russian circles** – Have entire group in one corner, send 3-4 skaters at a time, cross over at each circle
- **30 minutes:** 4 stations @ 7 minutes each
- **10 minutes:** Fun (e.g. Pom pom pull away, obstacle course, relay race, scrimmage etc.)
- **Times can be arranged to fit the need of the group** (i.e. more skating, less stations OR less skating, more stations)

Station Skills

See “ice sheet” handout

Station Notes/Comments

- Break the large group up evenly into 4 smaller groups.
- For the skating skills, keep in mind that most any skill – with the exception of control turns – can be done both forward and backward
- Although a skill is suggested, feel free to improvise. For example:
 - Add pucks.
 - Combine skills (e.g. crossovers around circle and then control turn on a cone by the blue line and back into crossover around circle)

Station Layout

Use the 4 corners of the arena. Have one on ice coach keep track of time and blow a whistle to “switch” after 7 minutes at each station.

**Thank you to Adam Rutzick for the station ideas.