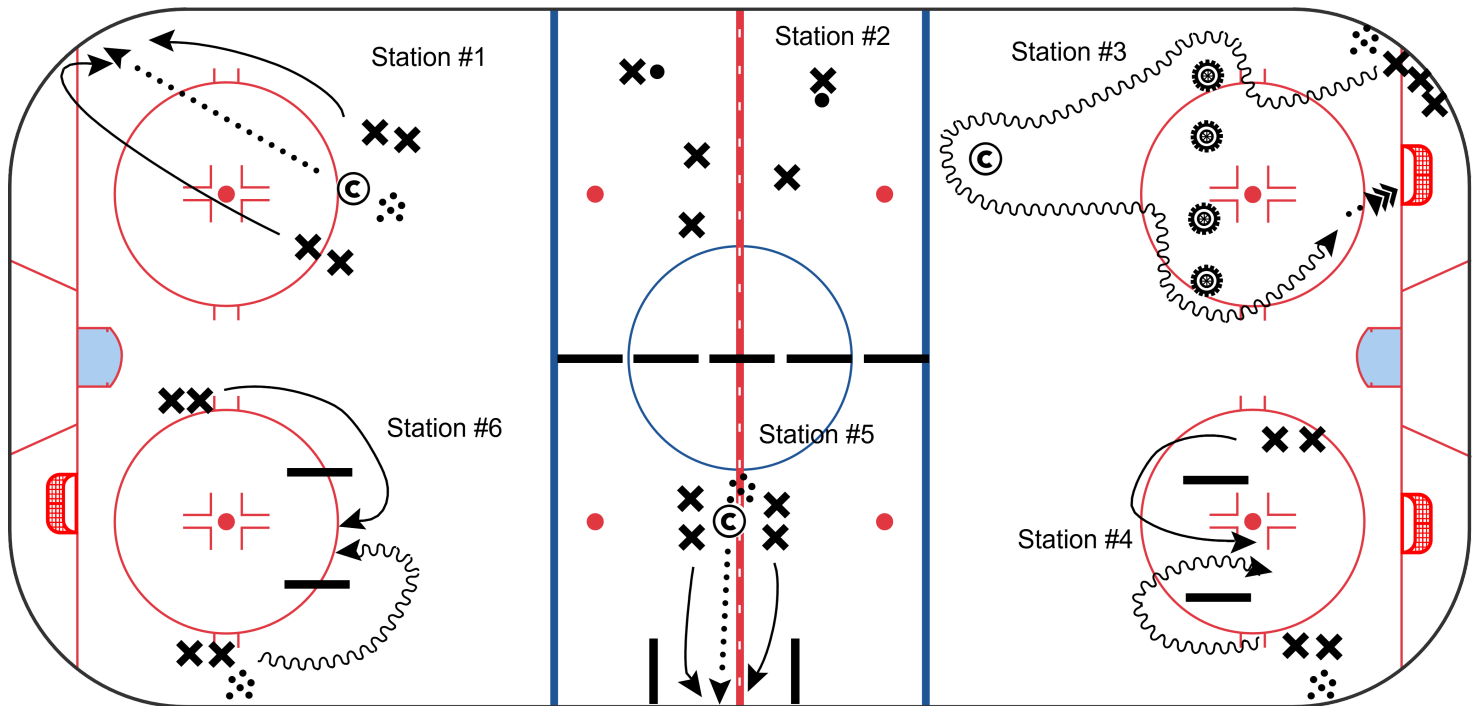


# Adv Mite/8U Shared Practice Plan (Puck Protection & 1v1 Battles)



## Description

Station #1: Two lines set up by the coach. Coach will dump a puck into the corner and players need to battle for it and pass it back to the coach to win.

Station #2: Depends on the # of players in the station. If you have 5 players, 2 players will have a RINGETTE ring. The other three players need to battle and win the ringette. \*\*Can use optional pucks instead of ringettes if you want\*\*

Station #3: Working on wide stickhandles and protecting the puck around obstacles. Coach pressure at the top, finish with a shot.

Station #4: Player on the outside carries a puck around black divider, player on the inside is defending and trying to win the puck. Once around the divider, puck carrier should use his/her body to protect the puck to the net and finish with a shot.

Station #5: 1v1 keep away along the boards with the dividers set up.

Station #6: Same as station #4 just protecting the puck on the other side of your body.