



2021-Oct 11-8U

Date: Oct 10 2021

Time: 3:29 pm

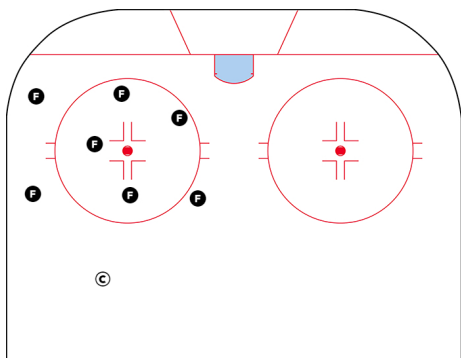
Duration: 60 mins

Open Skate

5 mins

Simon Says

5 mins



Coach leads players through a game of Simon Says. Players who get "out" go to one side of the zone but continue to play. Winner gets to be Simon.

Key Points

Incorporate basic skating skills:

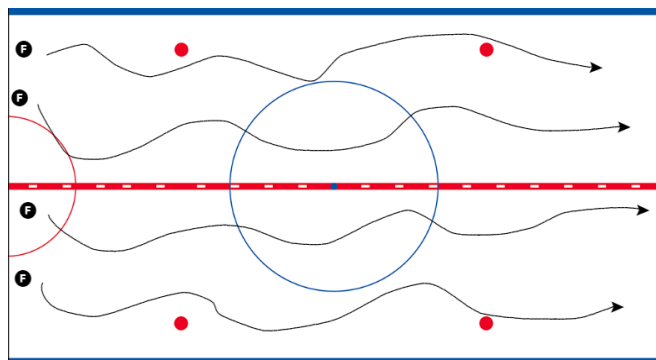
- Skate Forward
- Stop
- Jump
- Drop to knees
- Drop to belly / Roll Over
- Skate Backward

Stance, Balance, Knee/Body Drops

0 mins

Technical Skating

6 mins



Players perform technical skating drills going cross-ice. Skills:

- Inside edges
- Outside edges
- E Cuts (In to out, Out to In)
- One leg C-Cuts (Forward & Backward)
- Russian Power Strides
- 45 Angle Slides

Key Points

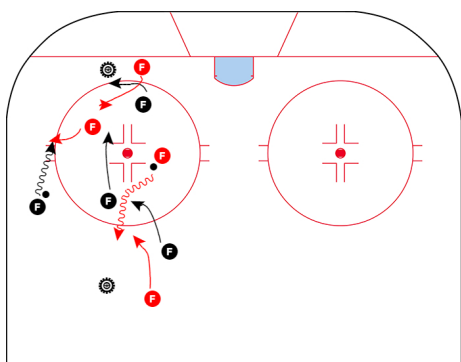
- Good knee bend
- Chest, head up
- Full extension
- Full recovery

Hit the Buck (Grip, Aim)

6 mins

Two Puck Tire Tap

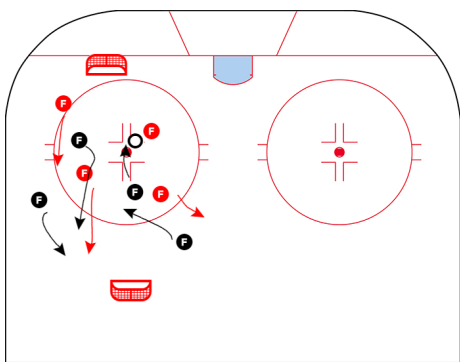
7 mins



Put two tires on opposite ends and divide all players into two teams. Each team must tap the puck against the far tire to score. Adjust the number of pucks based on number of players but should have at least two pucks in play for six or more players.

Small Area Soccer

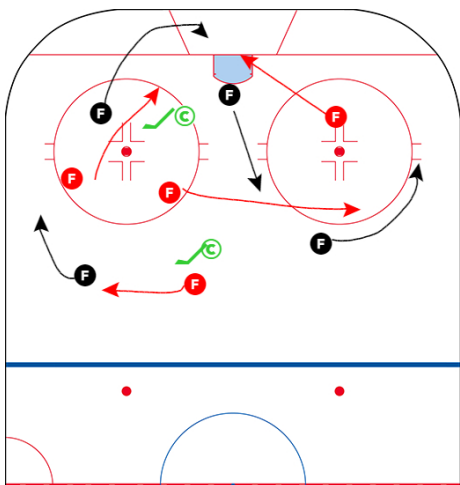
6 mins



Divide into two teams and play a soccer game. No set goalies.
Adjust space and number of soccer balls based on number of players.

Alien Tag

6 mins



Select coach(es) to be the tagger. Each coach has a pool noodle.
Coaches must touch players in the ankle to "tag" them.
When a player gets tagged, they must stand still (frozen) until teammates drag them below the goalline with another color pool noodle.

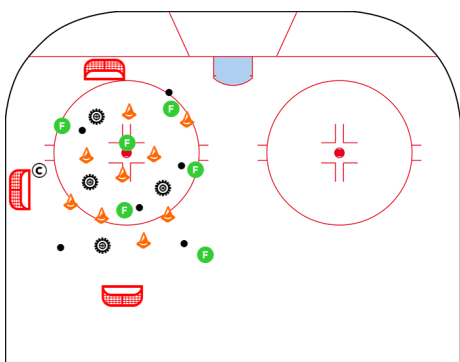
Adjust for 1/6, 1/3 or 1/2 of ice depending on numbers.

Key Points

- Goal is to create a competitive environment with a focus on short bursts of speed
- Pool noodles force kids to jump and leap

Free Shooting

6 mins



Set up three or more nets (use some junior/mini nets) and a number of obstacles. Allow kids to shoot on any net they choose. Provide blue and black pucks and tennis balls.

Key Points

Start by teaching proper hand position and shooting technique. Then allow players to try it on their own.

Ringette Keep Away

6 mins

Multiple 1v1

7 mins