



# 2021-Oct 25-8U

Date: Oct 24 2021

Time: 7:15 pm

Duration: 60 mins

## Free Skate

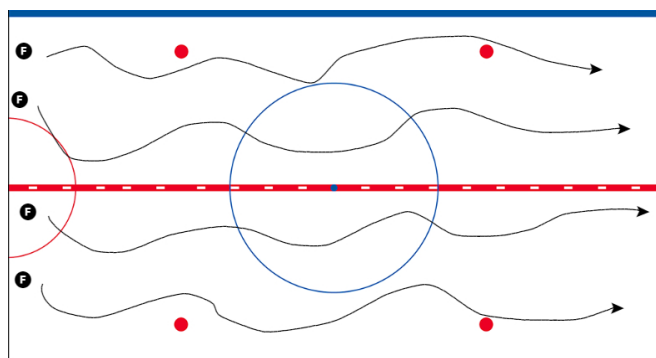
5 mins

## Stance, Jumps, Superman, Flat, Inside

0 mins

## Technical Skating

8 mins



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

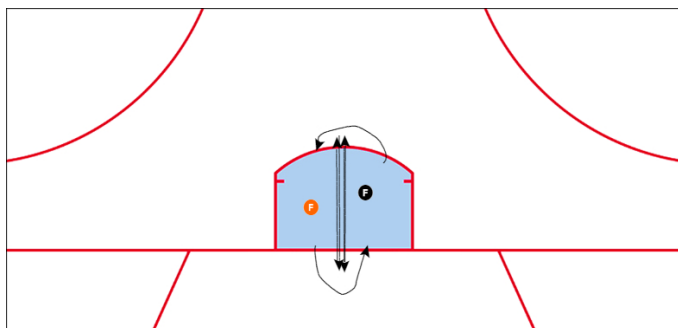
- Inside edges
- Outside edges
- E Cuts (In to out, Out to In)
- One leg C-Cuts (Forward & Backward)
- Russian Power Strides
- 45 Angle Slides

### Key Points

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

## Border Tag

7 mins



Can be done anywhere on the ice. One player is "it" On the coaches command, they play tag. They can't jump over the border

### Variations

- Forwards
- Backwards
- Have the players start on their stomachs
- Have the players start on their backs

### Key Points

Compete, skate

## P-I-G Shooting

6 mins

## Musical Cones

7 mins

## Obstacle Course (emphasis on jumps - borders/sticks)

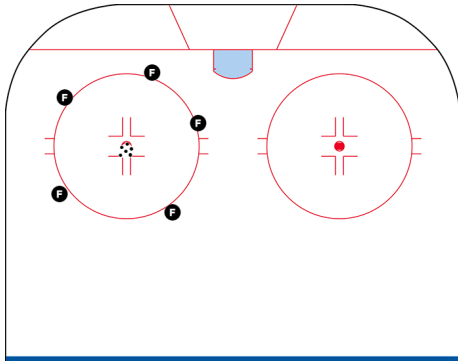
7 mins

## Hit the Cone (while moving around the circle)

6 mins

## Hungry Panthers

7 mins



Players start on the outside of the circle and race back and forth to center dot, collecting as many pucks as they can.

Progression:

- F stop/start
- F in / B return - stop/start
- F in / B return - transition around cone/tire to F
- F / F - power turn / mohawk around cone
- Allow them to grab more than 1 puck

### Key Points

- Quick Feet
- Stops/Starts
- Transitions

## Sharks & Minnows

7 mins