



2021-Oct 18-8U

Duration: 60 mins

Open Skate

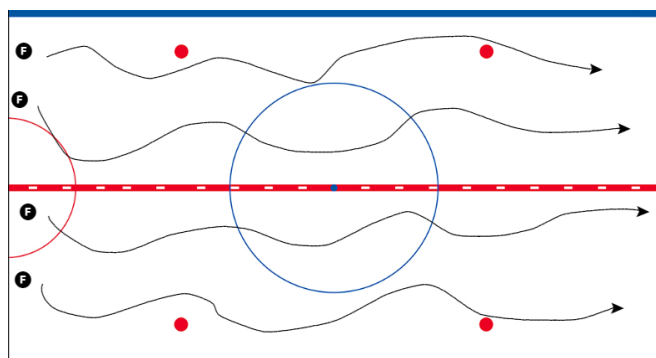
5 mins

Stance, Balance, Knee/Body Drops

0 mins

Technical Skating

7 mins



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

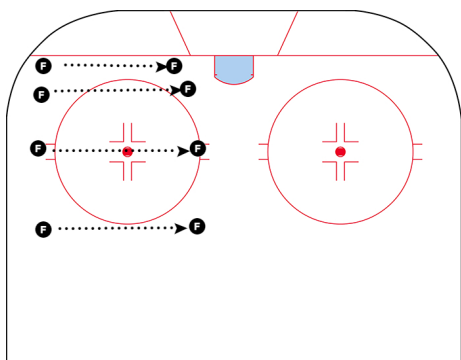
- Inside edges
- Outside edges
- E Cuts (In to out, Out to In)
- One leg C-Cuts (Forward & Backward)
- Russian Power Strides
- 45 Angle Slides

Key Points

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

Stationary Passing

7 mins



Players space out in two separate lines and pass with a partner.

Key Points

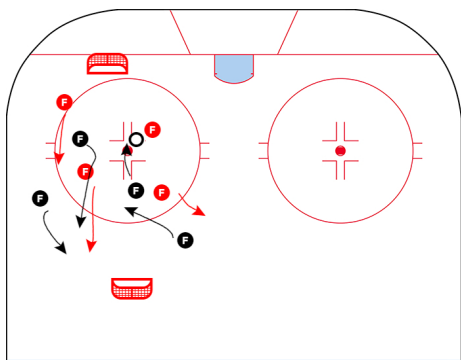
Primary focus is on honing technique. Players begin to go through motions fairly quickly so need to do a progression.

- Forehands
- Backhands
- Forehand receive to Backhand pass
- Backhand receive to Forehand pass
- Skate to Forehand pass
- Skate to Backhand pass

Can also utilize lawnmower tires or stick handling balls to make players focus on certain aspects of technique.

Small Area Soccer

7 mins



Divide into two teams and play a soccer game. No set goalies.

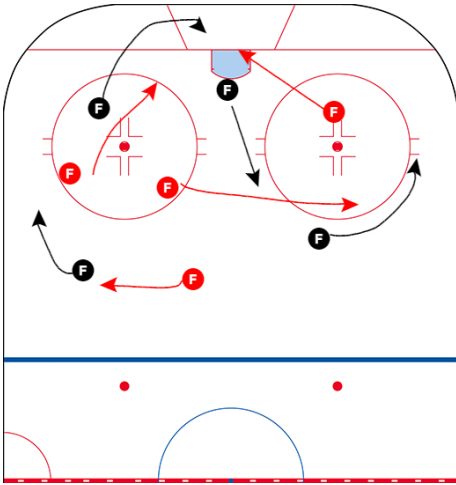
Adjust space and number of soccer balls based on number of players.

Ringette Keep Away

7 mins

Freeze Tag

7 mins



Select one person to be the tagger. When a player gets tagged, they must stand still (frozen) until a teammate touches them to become free again.

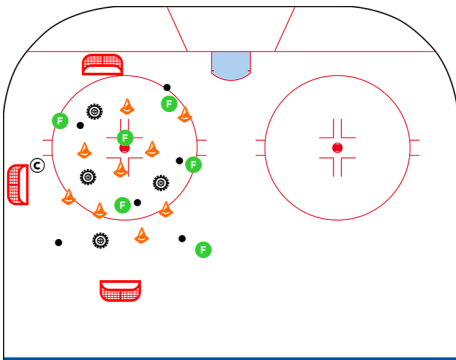
Adjust for 1/6, 1/3 or 1/2 of ice depending on numbers.

Key Points

- Goal is to create a competitive environment with a focus on short bursts of speed
- Can add rules to focus on certain skating techniques (backwards only, can't lift skates, etc.)

Free Shooting

7 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

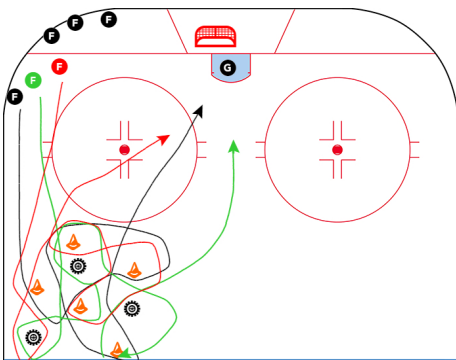
Start by teaching proper hand position and shooting technique. Then allow players to try it on their own.

Multiple 1v1

7 mins

Sparta Skating with Shot

6 mins



Players skate as fast as they can in a small area around obstacles. Progression- no pucks, with pucks, only one puck with players passing it around the obstacles. Finish with shot on net. Shifts should be 30 seconds on, 30-60 seconds off.