

# 2025 Dec-29 Sq/8U

Duration: 60 mins

Theme: Angling / BW Skating

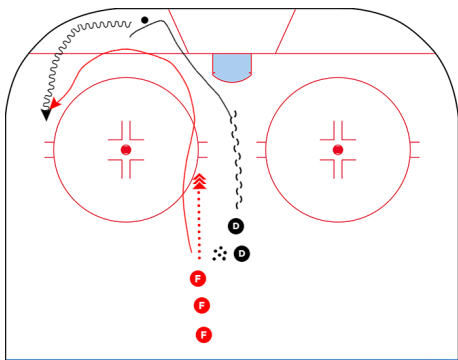
0 mins

Free Skate / Setup

5 mins

1v1 Forecheck

8 mins



**F** dumps puck into corner. **D** starts backward & turns to pursue the puck. D checks both shoulders and create angle on approach. Turn up ice as quickly as possible.

**F** forechecks and creates angle on **D** for body check.

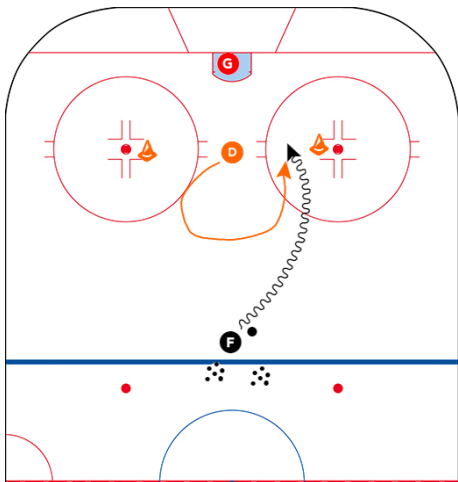
If **F** creates turnover, try to go score. **D** try to skate puck past top of circle.

### Key Points

- Shoulder check
- D get feet up ice and head up
- Create good angles
- F work on timing, angles and positioning for body check.
- D should try to evade. After a few reps, allow D to reverse sides.
- Win 1v1 battle

Blashill 1v1 Angling

7 mins



Offensive player starts with a puck and tries to attack the net and score. Defending player attempts to use angling and stick position to force the offensive player outside the cones/dots and force a low angle shot.

Start with no cut backs, then add them in as an option for offensive player.

Adjust the space between players and between cones depending on skill level.

### Key Points

Offensive player:

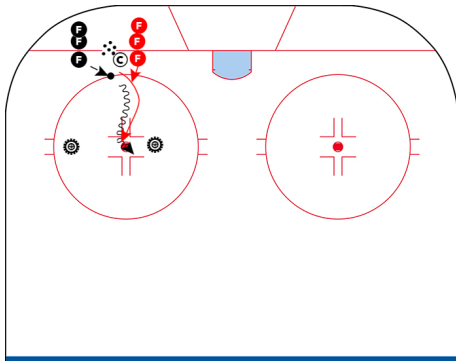
- Use speed
- Protect puck

Defensive player:

- Force his direction (to back hand if you can)
- Turn his toes
- Good stick position (middle in space, then stick on puck)
- Back hip as a guide until contact

## 1v1 Tire Game

7 mins



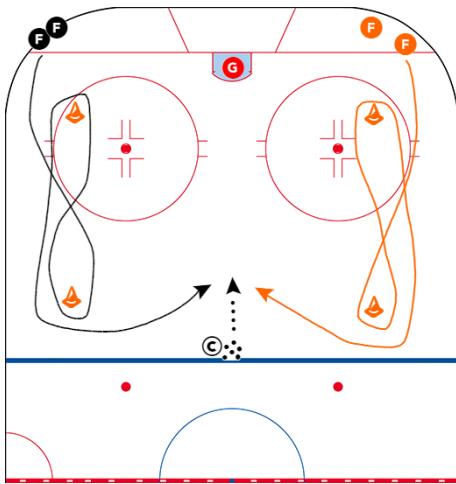
Set two tires up 6-8 feet apart. Players battle 1v1 trying to carry the puck between the tires to score. Play to 3 or 40 seconds.

### Key Points

- Stick on puck
- Check selection
- COMPETE!

## 1v1 Quick Turn Race

7 mins



Set up cones for players to skate around. Make the course the same on both sides.

Two players start in opposite corners, race around cones and then battle for a loose puck that is thrown out by a coach. Coaches should try to put puck in an area where both players have a chance at it to force a battle for possession.

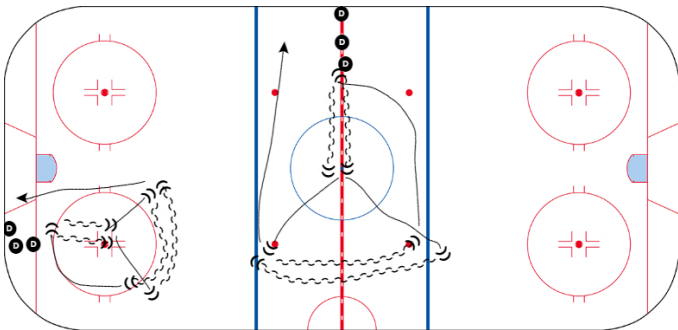
Can work on power turns, transitions, mohawk, etc.

### Key Points

- Make sure players maintain proper skating technique
- If players begin to cheat, adjust the rules

## Peace Sign Skating

8 mins



Can do in NZ using the center circle or in end zone using a faceoff circle

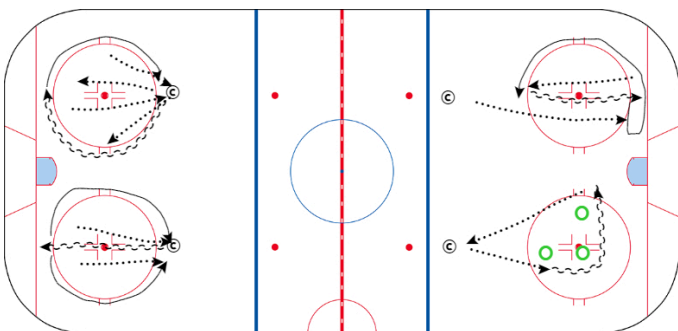
2nd player starts when 1st player steps forward at bottom of circle

### Key Points

- Move feet quickly
- Can add puck as players improve

## Defense Transition Passing

8 mins



Circle Drill- Top Left, Continuous Passing

Escape: Upper Right

Butterfly Drill- Bottom Left

puck on Forehand: Lower Right

Half Circle w/

L Drill- Keep

### Key Points

Good sticks, head up, underhandle

