



# 2022-Jan 24-8U

Date: Jan 8 2022

Time: 9:25 pm

Duration: 60 mins

Free Skate

10 mins

ORANGE

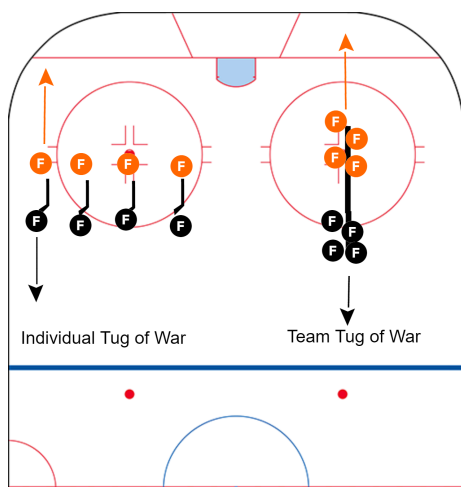
0 mins

Skating: Inside Edges / Stops

0 mins

Tug of War

0 mins



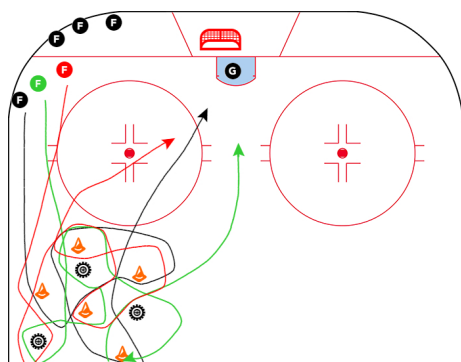
Individual - Have players grab hold of each other's sticks and play tug of war to a set line. Can do forwards or backwards.  
Team - Must bring a long rope to play as a team.

### Key Points

Encourage knee bend and "digging" into the ice

Sparta Skating with Shot

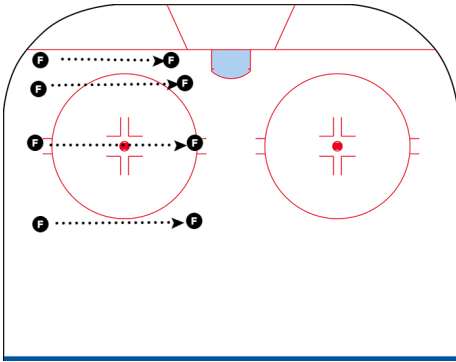
0 mins



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.

## Stationary Passing

0 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.

## 2v2 Coach Key

0 mins

## 3v3 Cross-Ice

0 mins

## BLACK

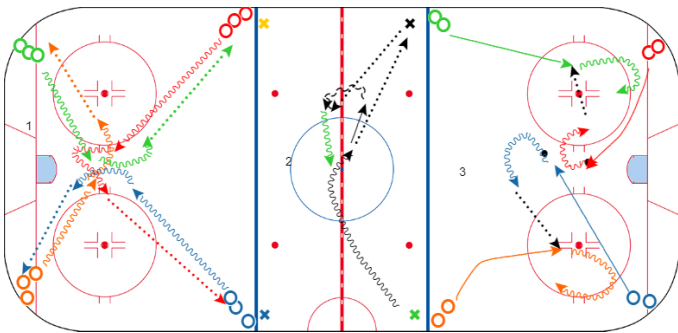
0 mins

## Skating: Power Turns

10 mins

## 4 Corner Passing

8 mins



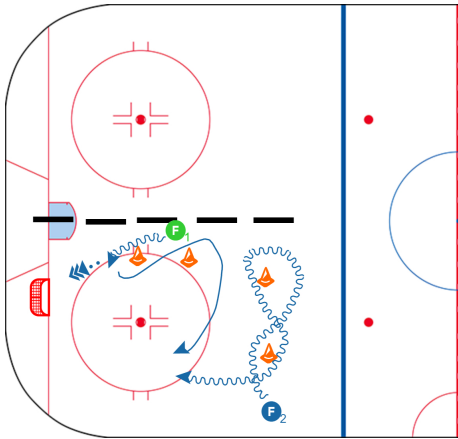
- On whistle, first play in all four lines skates to the middle, dangles and then looks for another line for a give and go pass. Upon receiving the pass, he skates back to center and does it again until the next whistle. On the whistle the next player in line goes.
- Variation- Same idea, all four players go to the middle but this time they open up like getting a breakout pass
- 2 pucks start in the middle. the first two players to reach the puck, in this case ● and ● grab the puck, make an escape move then pass to one of the other open players. They in turn make an escape and pass it back until the next whistle and the next four players will chase after the two pucks

### Key Points

Eye contact, good targets. Flat hard passes.

## Shot Into 1v1 Angling

8 mins



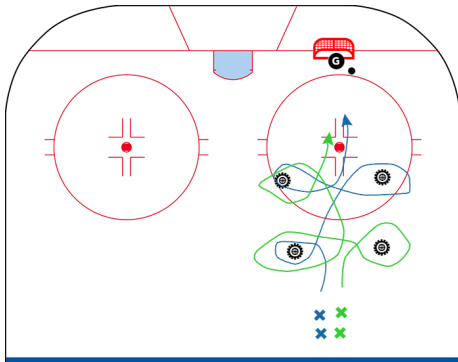
- F 1 takes a shot while
- F 2 does a figure 8 and prepares to attach the net

### Key Points

Good stick, body contact

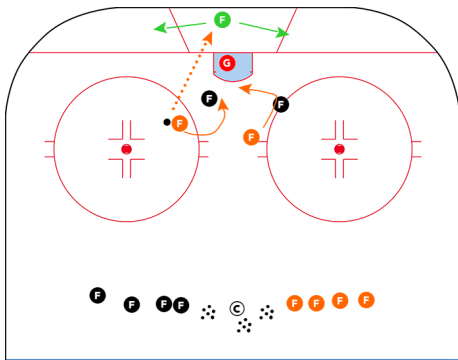
## 3 Tire Race

8 mins



## 2v2 Low Outlet

8 mins



Players compete 2v2 with an outlet player below the goal line. The outlet player must remain below the goal line at all times while Xs and Os must stay above the goal line. To go on offense, a team must pass to the outlet player. The outlet player has three seconds to do one of the following: pop out pass, whip, wrap, or jam. On a change of possession, the defending team then passes to the outlet player to flip the roles of offense and defense. Focus on quick plays, finding open ice, 2nd change opportunities, and getting pucks to the net. 15- to 30-second shifts.

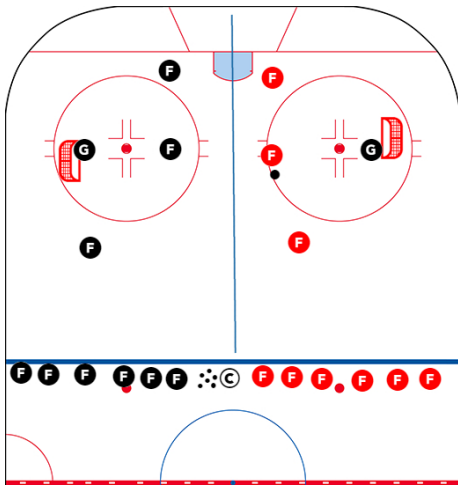
### Key Points

#### Defense

- Emphasize D-side positioning
- Head on swivel

#### Offense

- Positioning
- Find open ice - Timing
- 2nd chance opportunities
- Get pucks to net



Basic 3v3 cross-ice game. Teams must stay on-sides before attempting to score on opposite end.

#### Key Points

- All players should play offense & defense
- Transition quickly from offense to defense and vice versa