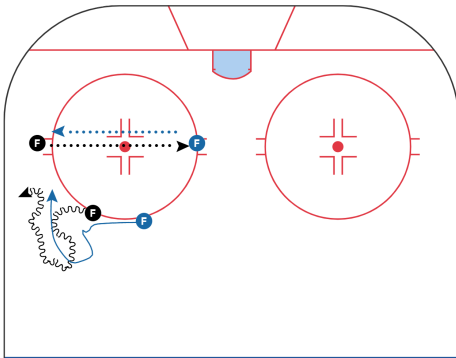


# 2024 Nov 18 - Sq/8U

Duration: 60 mins

## Passing to 1v1 Keep Away

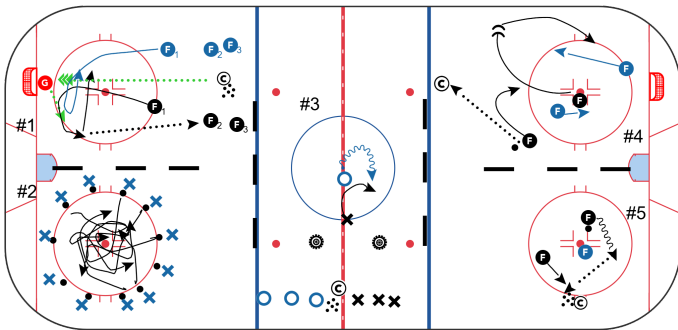
10 mins



Players start by passing with a partner about 15 feet apart. On whistle, the partners play keep away. Coach whistles every 30 seconds and players alternate between passing and keep away.

## Puck Possession - Sq/8U

40 mins



**#1) Rebound 2v1** - A coach dumps the puck on net, and the goalie plays it to either corner. Both F1's compete for the loose puck after the rebound. Whoever gains possession must pass it to the point player to begin a 2 vs 1. The drill is stopped after a goal, the goalie freezes it, or the puck is moved out of the zone.

**#2) Circle Chaos Puck Protect** - Everyone starts with a puck. The objective is to be the last one standing with puck. Hit other players pucks outside circle while protecting yours. If your puck goes outside the circle, you're out.

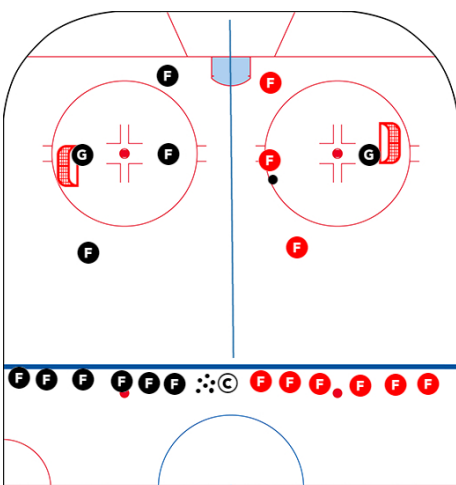
**#3) Guard the Gate 1v1** - Place tires 8-10 feet apart as diagrammed. The player starting with the puck faces away from tires with defender off his back. On whistle, puck carrier tries to carry puck between the two tires. Defender must use body and stick position to defend gate. Roles immediately reverse on change of possession. 30 second shifts.

**#4) 2v2 Coach Regroup** - Players must pass to the coach and then regroup above the top of the circle (can also draw a line or set cone/tire) to get a pass back before attacking.

**#5) 2v1 Circle Keep Away** - Defensive players work on good stick position, angling and communication. Players with the puck must protect the puck, move and communicate to create passing lanes.

## 3v3 On-Sides

10 mins



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