

2021-Nov 8-8U

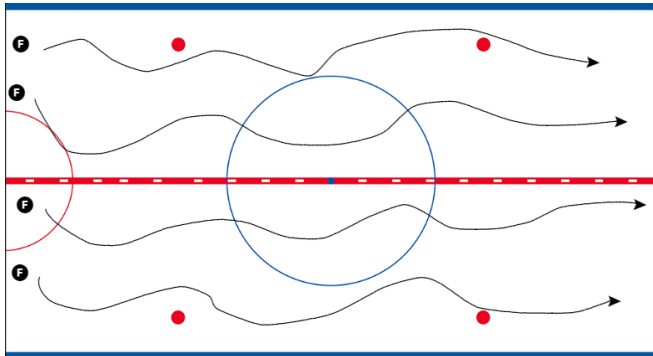
Duration: 60 mins

Free Skate

8 mins

Technical Skating

8 mins



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

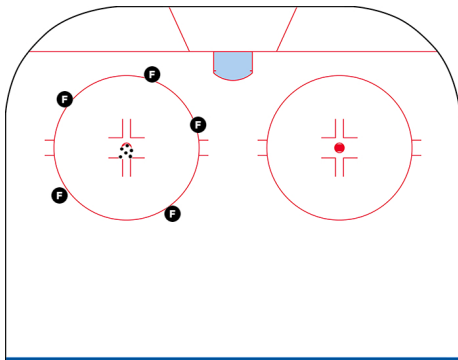
- Inside edges
- Outside edges
- E Cuts (In to out, Out to In)
- One leg C-Cuts (Forward & Backward)
- Russian Power Strides
- 45 Angle Slides

Key Points

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

Hungry Panthers

6 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:

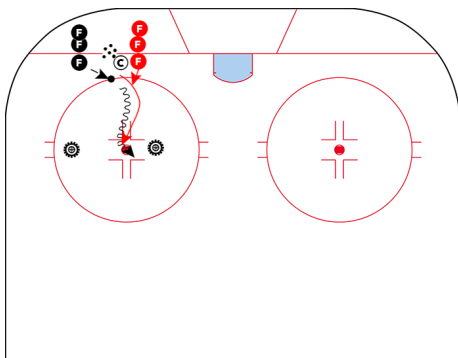
- F stop/start
- F in / B return - stop/start
- F in / B return - transition around cone/tire to F
- F / F - power turn / mohawk around cone
- Allow them to grab more than 1 puck

Key Points

- Quick Feet
- Stops / Starts
- Transitions

1v1 Tire Game

6 mins



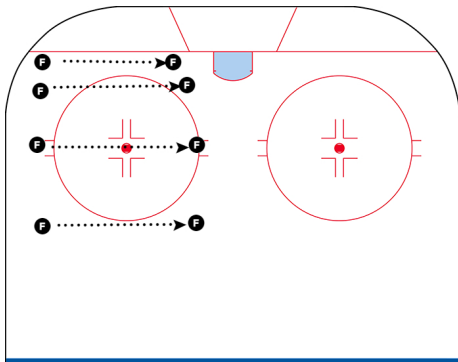
Set two tires up 6-8 feet apart. Players battle 1v1 trying to carry the puck between the tires to score. Play to 3 or 40 seconds.

Key Points

- Stick on puck
- Check selection
- COMPETE!

Stationary Passing

6 mins



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

Key Points

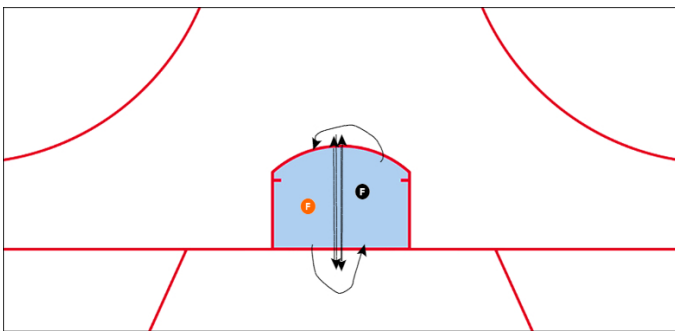
Primary focus is on honing technique. Players begin to go through motions fairly quickly so need to do a progression.

- 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.

Border Tag

8 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

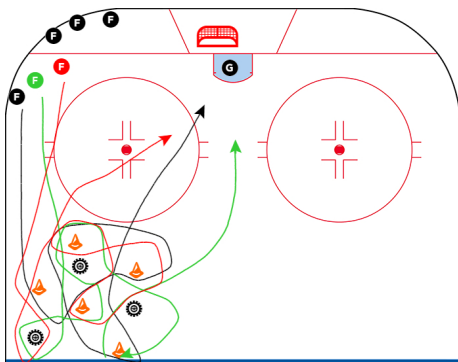
- Forwards
- Backwards
- Have the players start on their stomachs
- Have the players start on their backs

Key Points

Compete, skate

Sparta Skating with Shot

6 mins



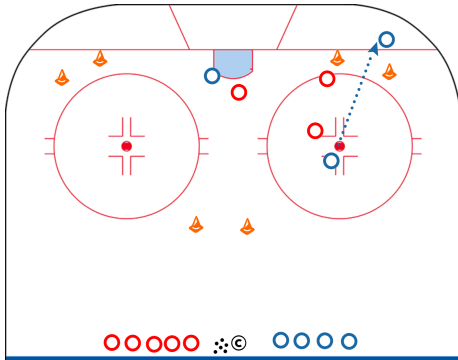
Players skate as fast as they can in a small area around obstacles. Progression- no pucks, with pucks, only one puck with players passing it around the obstacles. Finish with shot on net. Shifts should be 30 seconds on, 30-60 seconds off.

Ringette Half-Circle Keep Away

6 mins

Passing Gate Game

6 mins



A game where you score points by passing through the gates to your teammates.

Key Points

puck support, possession and protection

Mini Mite/LTS Kids

0 mins

Simon Says

0 mins

Squirrels & Nuts

0 mins

Bubbles

0 mins

Hand Soccer

0 mins

Hard Strides & Glide

0 mins

Relay Race/Cone Weave

0 mins