

2025 Dec 8-Sq/8U

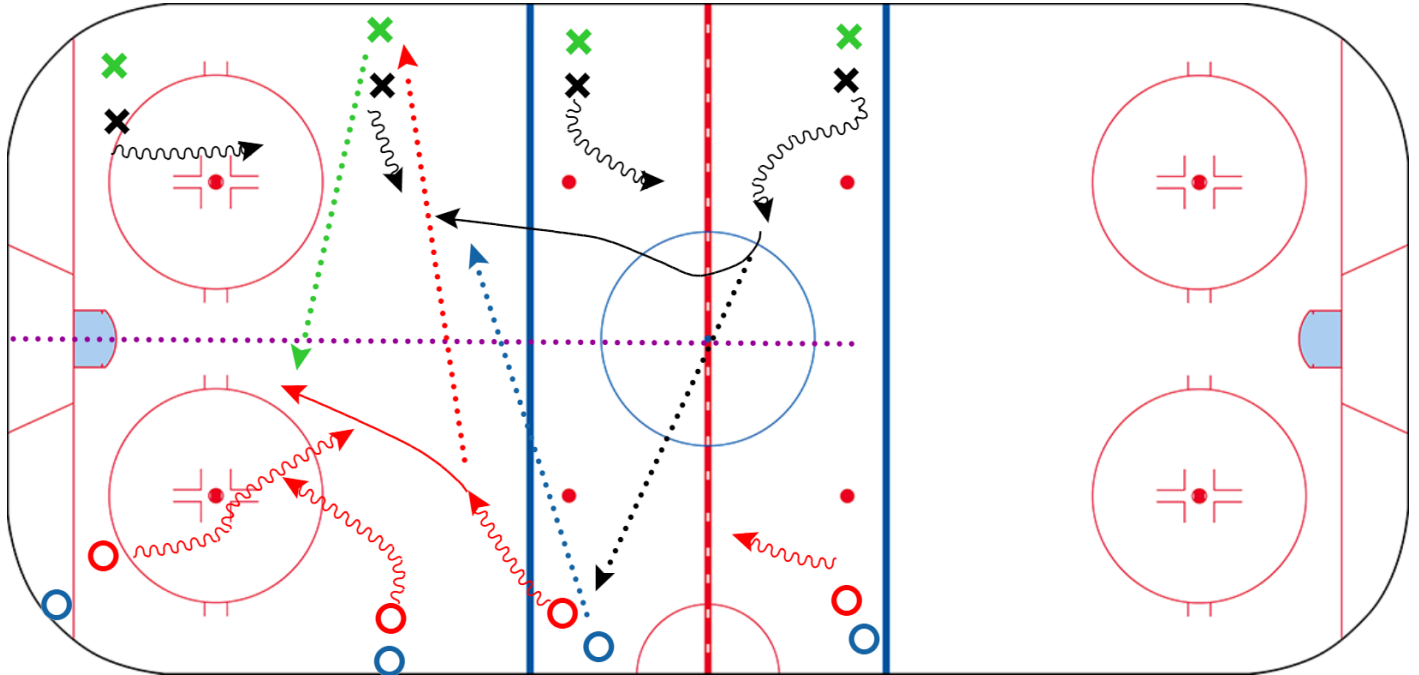
Duration: 60 mins

THEME: Passing

0 mins

4 Corner Long Passing

10 mins



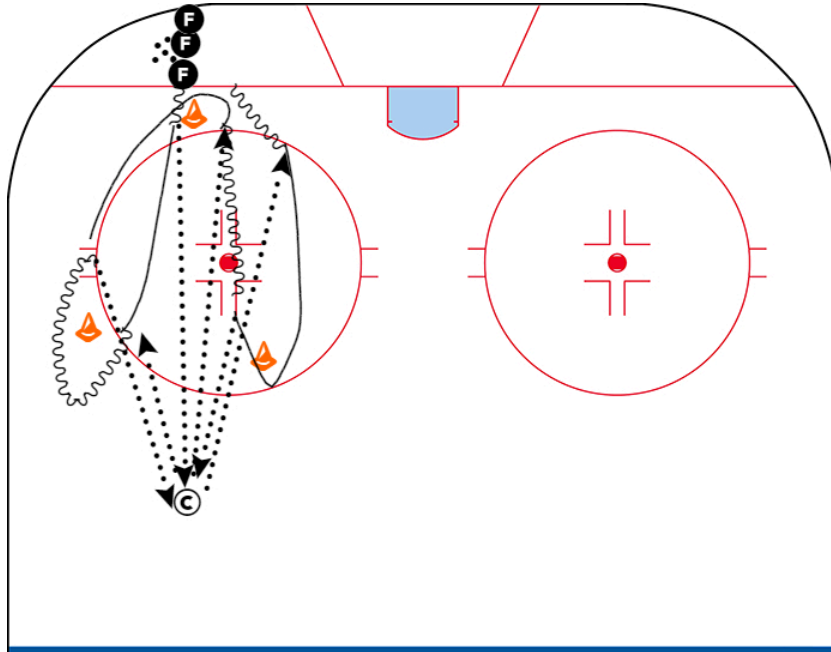
Description

On whistle, first player in all eight lines skates to the middle, dangles and then makes a pass to a player in a line on far side of the ice for a give and go pass. Players must stay on same side of the ice as they started and always pass to the far side. Continue for 30 seconds. On the whistle the next player in line goes.

Shrink the area to half ice instead of far blue line to start

Key Points

Eye contact, communication, good targets. Flat hard passes.

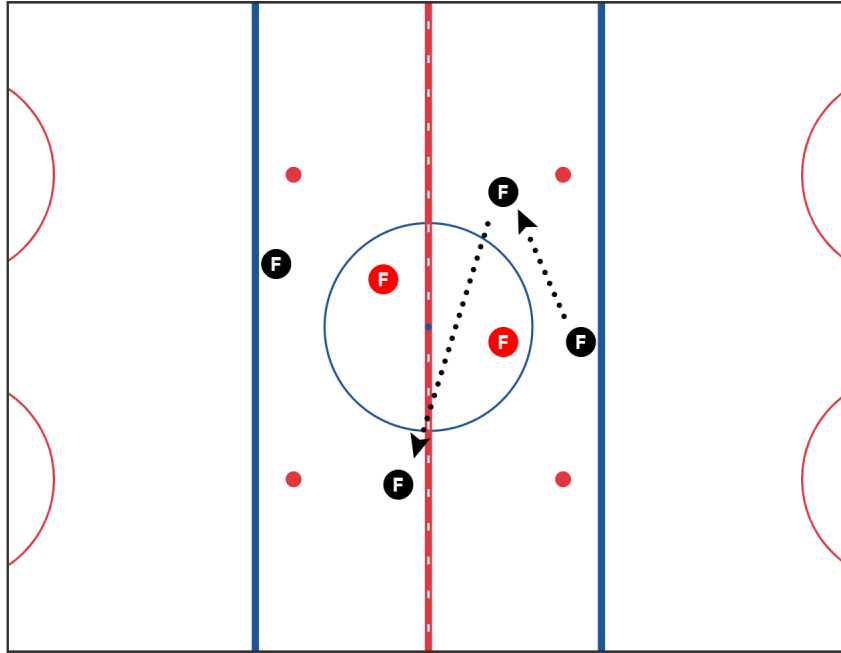
**Description**

Player starts with puck and passes with coach as players skate around the cones. Player should go through the cones twice before finishing the drill.

Can have the player do power turns or transitions around the cone to incorporate desired skating skill

Key Points

Encourage player to keep head up, present a good target and keep feet moving.

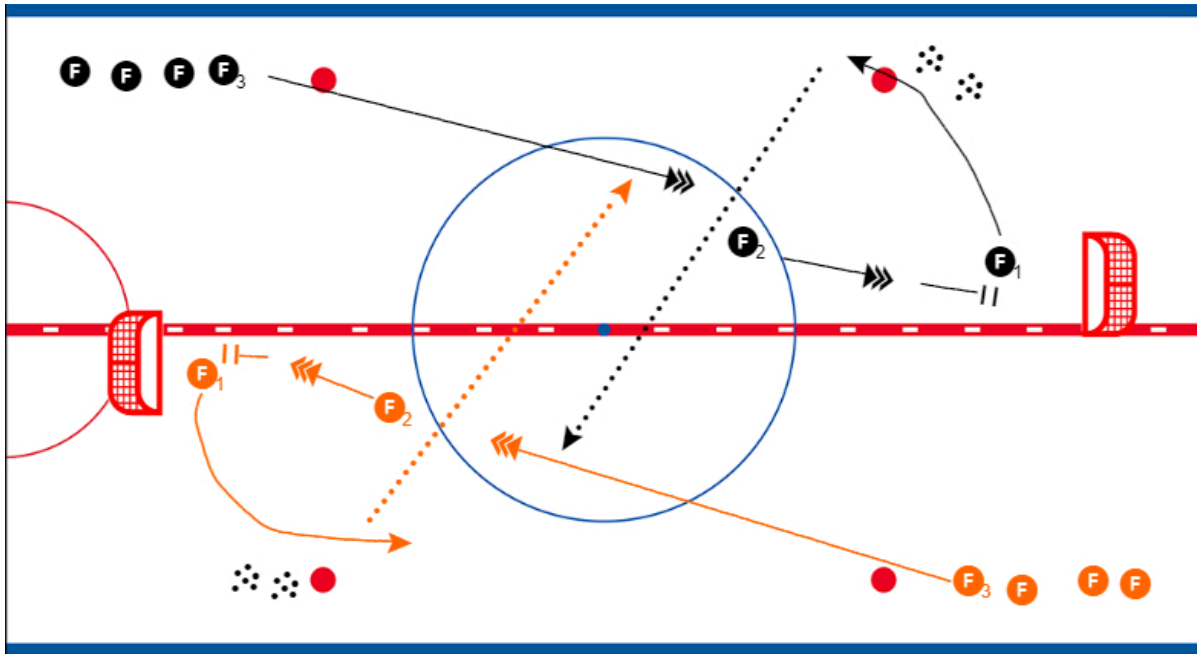


Description

Offense scores points by passing through the circle. Defense scores points by taking the puck away.

Key Points

- Emphasis on puck support/movement
- Teach deception (no look, fakes, find soft ice, etc)
- Defensive players - Good sticks, work in unison, try to push players where they want the puck to go.



Description

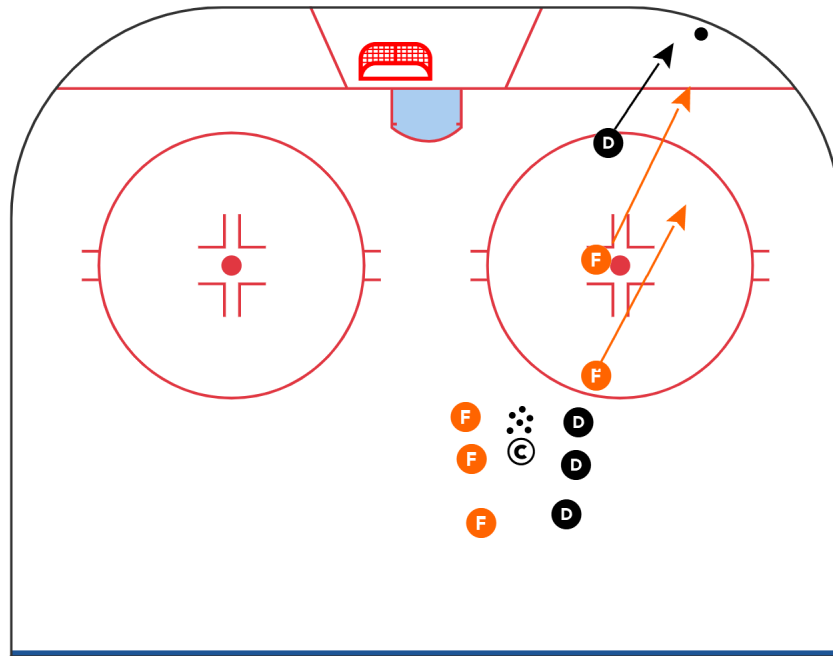
F1 - Starts in front of net to play rebound. After shot/rebound, goes to pick up puck and make stretch pass.

F2 - Receives stretch pass and shoots. After shot, stop in front and become F1

F3 - Next player up to become F2. Start skating after F1 heads to the corner to pick up puck.

Key Points

- Stop in front
- Try to read rebound
- Make & receive pass with feet moving
- Should have good pace



Description

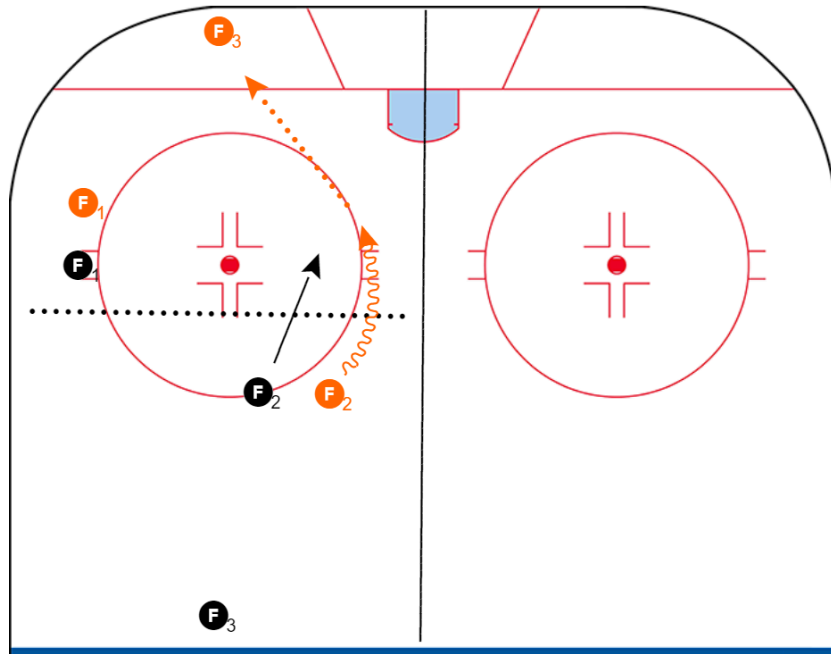
Small area battle between forwards and defense. Coach dumps puck. Forwards have 15 seconds to try and score. Point system:

Forwards = 1 for shot, 2 for goal

Defense = 1 for not allowing a goal, 2 for skating puck out above top of circle (must skate out!)

Key Points

- Urgency for forwards
- Defense try to control puck



Description

Teams compete in a puck possession game. It starts as a 2v2 and each team has a 3rd player they can use on their "half" of the zone. Goal is to maintain possession.

