

2024 Dec 23 - SQ/8U

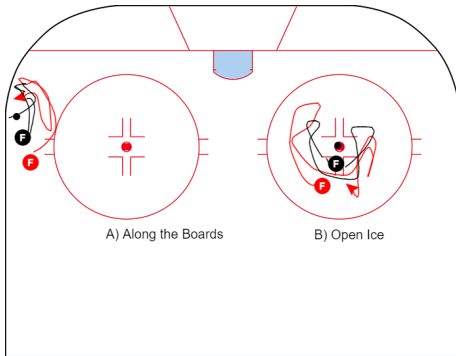
Duration: 60 mins

Free Play/Setup

3 mins

1v1 Protect the Puck

6 mins



D tries to protect the puck with body position without playing it
F tries to steal the puck. If successful, stop the puck and restart. 25-30 seconds on, give a break & rotate.

Key Points

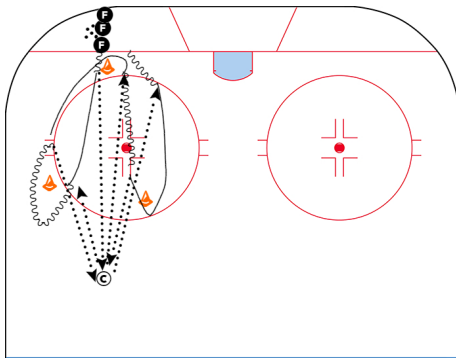
- D player needs to use shoulder checks and good body position to protect the puck
- When against the boards, keep head up and one hand on the boards

5 Stations

0 mins

3 Cone Passing

7 mins



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.

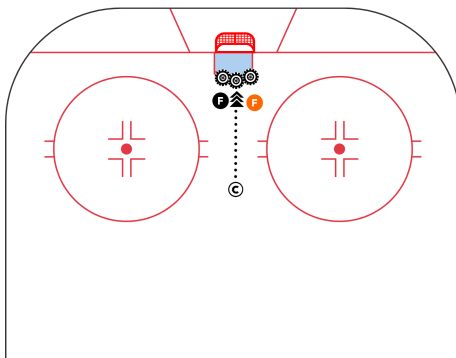
Can have the player do power turns or transitions around the cone to incorporate desired skating skill

Key Points

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

Rebound Champion

7 mins



Line up tires in front of a net, completely blocking the goal. Two players prepare to battle for a rebound off the tires. A coach or third player shoots the puck off the tires to start the battle. The players' goal is to win the puck and quickly raise into top half of the net.

Progressions:

- Have the players start facing the shooter
- Add a 3rd player battling for the rebound
- Define F/D roles

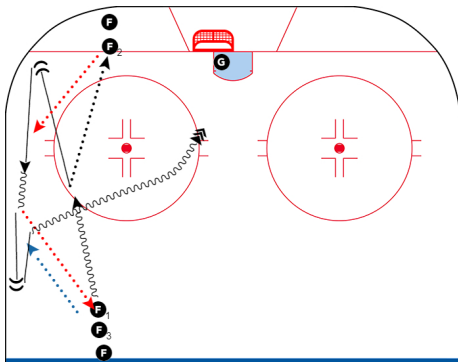
Key Points

Win body position to win the puck

Quick release

Hook N Slide Shooting

7 mins



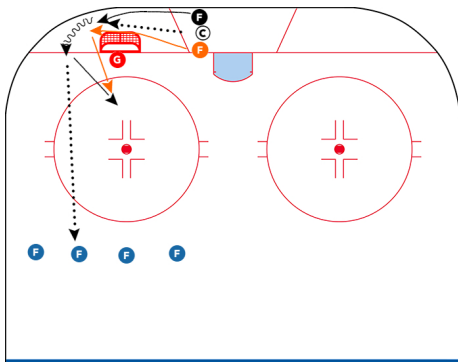
F1 starts with puck and makes pass to F2. F1 does hook and slide like on a breakout. F2 makes breakout pass to F1. F1 repeats the same hook and slide give and go with F3 at the top of the zone. After receiving a pass from F3, F1 goes into take a shot. F1 > F2 > F3 > F1. Can add a tip/screen/rebound at the end.

Key Points

- Always face the puck
- Give a good target
- Catch the puck with feet moving
- Explode after receiving pass

1v1 Race to Net Front Tip

7 mins



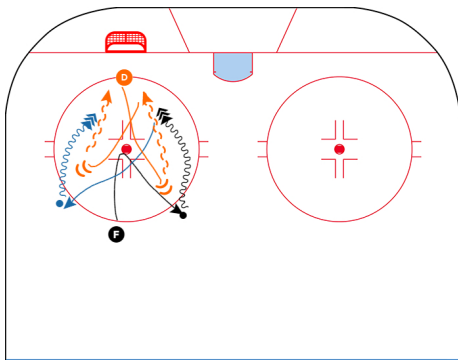
Create a 1v1 puck race below the goal line. Winner of the puck can pass to any of the players waiting above the top of the circle. After the pass is made, (F) heads to the front of the net for a screen and tip. (D) player who loses the puck battle assumes defensive role and defends the front of the net by boxing out and lifting stick. Play this drill out as desired.

Key Points

- Win the race
- Win body position

1v1 Circle Gap Up

7 mins



Coach sets up two pucks on opposite sides of the tops of circle. F starts on top of circle and skates to dot, stops, and grabs one of the pucks from either side of the top of the circle and attacks D 1v1. When F starts, D gaps up and plays 1v1. Make sure D gaps up stick on puck, body on body, giving F as little time and space as possible. Play quick 1v1 until coach yells "second puck" and F goes to opposite puck, D gaps up and they play 1v1 until F scores, goalie covers puck, or D steals puck and makes pass to next player in line.

Key Points

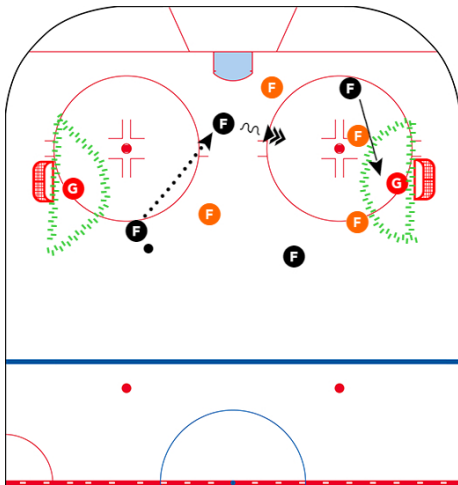
- COMPETE & PUCK POSSESSION
- Taking away time and space defensively
- Stick on puck.

2 Small Area Games

0 mins

Hot Spot 4v4

8 mins



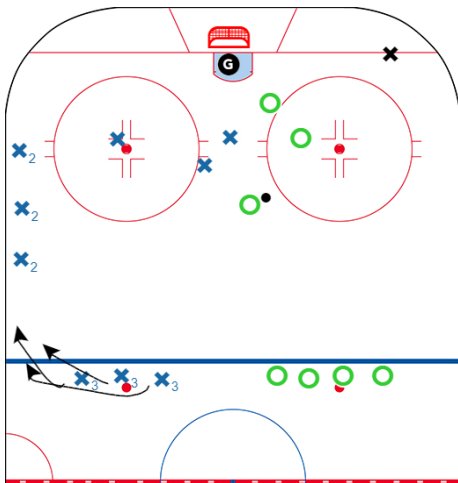
Game is played cross-ice 4v4. To score, the offensive team must have one player in the "Hot Spot", which is roughly a 10' half-circle in front of the net.

Key Points

- Forces net front presence
- Timing
- Layers

Nobles Game

8 mins



3v3 game. In this situation Green has the puck and they are trying to score. As soon as the X's get the puck, the pass to the X 2's and they are the attacking team. Once the O's steal it back they would pass to three new support players and on and on and on. Great for transition,

Key Points

Must work hard on Defense to get the puck back.