

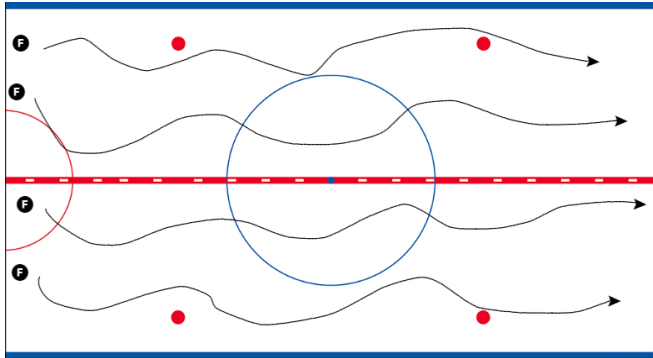
# 2021-Nov 1-8U

## Free Skate

5 mins

## Technical Skating

9 mins



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

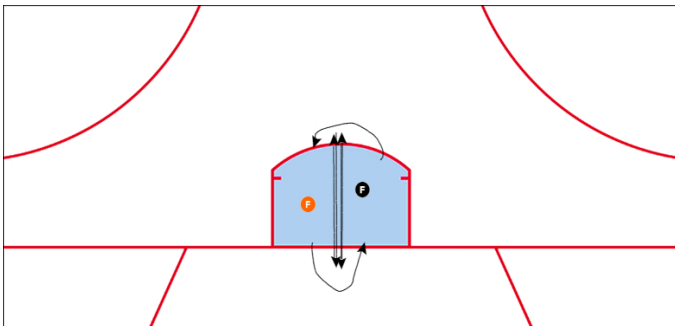
- Inside edges
- Outside edges
- E Cuts (In to out, Out to In)
- One leg C-Cuts (Forward & Backward)
- Russian Power Strides
- 45 Angle Slides

### Key Points

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

## Border Tag

7 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

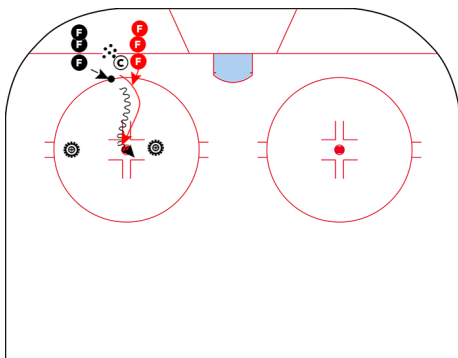
- Forwards
- Backwards
- Have the players start on their stomachs
- Have the players start on their backs

### Key Points

Compete, skate

## 1v1 Tire Game

7 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!

## Trucks & Trailers

7 mins

## Cross-Ice Games

25 mins