



2021-Dec 13-8U

Date: Nov 14 2021

Time: 8:15 pm

Duration: 60 mins

Free Skate/Setup

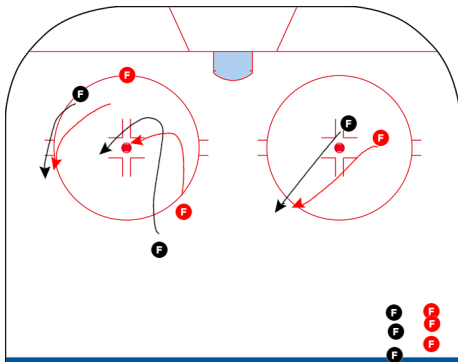
8 mins

Start with Orange in NZ & Black in PR DZ

0 mins

1v1 Tag

8 mins



Players compete in 1v1 tag. Adjust number of pairs and ice surface area based on number of players and skill level.

Key Points

Add rules to work on desired skating skills:

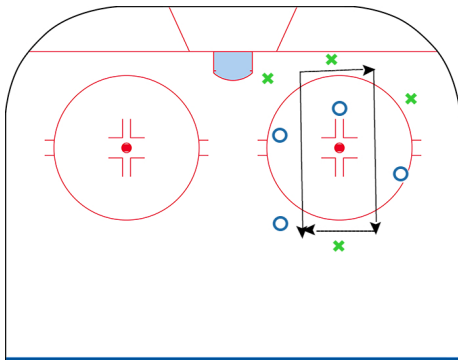
- Forward
- Backward
- Inside Edges

Sharks & Minnows w/pucks

8 mins

Box Tag

8 mins



One player is "it" and is inside the box. Other players must try to enter and then exit the box without being tagged. If they get tagged, they become the player in the middle.

Progression: Adjust what players do outside the box (puck handling, passing, backwards skating, etc)

U Passing & For/Back (Black) / Hit the Target (Orange)

8 mins

Cross-Ice Games (Black - Off/Def sides) (Orange- Coach Key)

20 mins