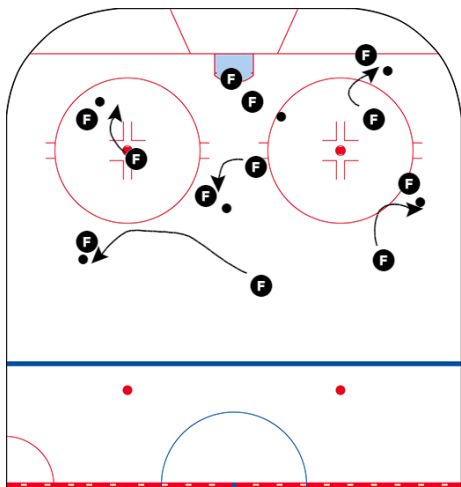


# 2021-Nov 15-8U

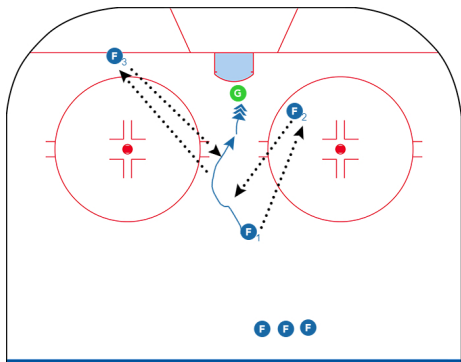
Duration: 60 mins

Free Skate/Setup	10 mins
Skating/Puck Control in NZ	0 mins
Skating: Stops	7 mins
Keep Away	6 mins



Players participate in a keep away game. Coach should adjust the number of pucks based on age level and desired outcomes.

Give N Go Shooting	6 mins
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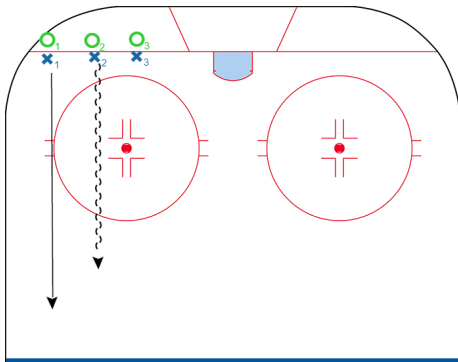


Player 1 passes to player 2 who passes back to player 1. Player 1 then passes to player 3 who gives it back to 1 for a 1 timer. Player 1 becomes 3, 3 becomes 2 and 2 goes to teh back of the line.

Crossfire Passing (Use small cones)	6 mins
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## Partner Pulls

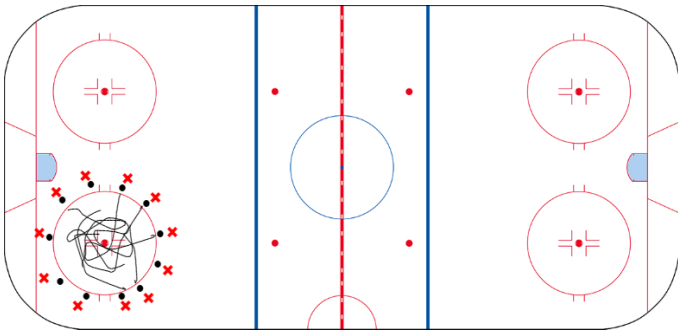
7 mins



Pull your partner. Very good drill to get a powerful push with your edges

## Circle Chaos Puck Protect

6 mins



- Everyone grabs a puck and lines up around the circle.
- When coach says go everyone enters circle.
- Objective is to be the last one standing with puck.
- Hit other players pucks outside circle while protecting yours.
- If your pucks goes outside the circle you're out. So grasp puck and wait just outside circle.

### Key Points

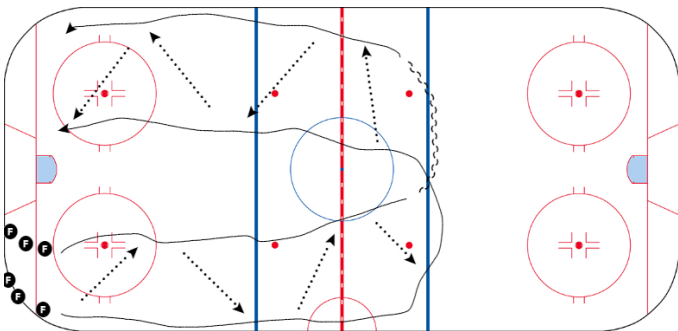
- Be aware of who is around.
- Protect puck while being aggressive.

## Small Area Game: Coach's Key

6 mins

## U Partner Passing

6 mins



Players make a U-shape while partner passing.

### Key Points

- Keep feet moving
- Lead partner with pass
- Always face partner/puck during transition