

U8 SKATING STATIONS - SKILL & GAMES

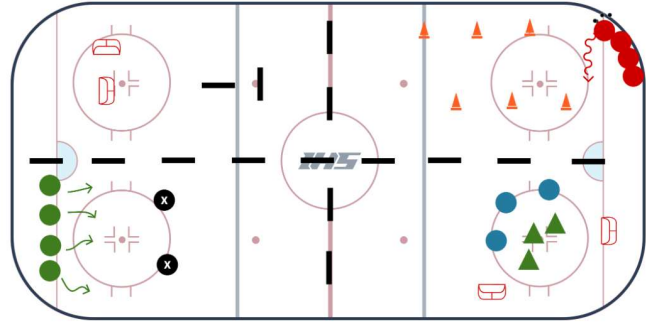


Thursday, September 30th, 2021

This practice utilizes four stations for the bulk of the session to develop skating fundamentals for balance, posture, edge control and change of direction.

Key Coaching Points:

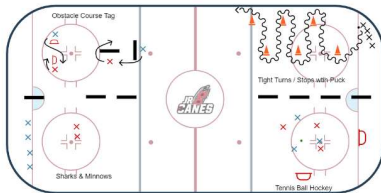
- Heds Up, Eyes Up - Remind players to constantly be looking around the ice, aware of where opposing players are and where there is open space
- Knee Bend - Encourage a deep knee bend in order for players to feel more comfortable on their edges, working on tight turns and quick change of direction
- FUN - These drills all encourage a multitude of skill development, but all focus around fun, teamwork, and competition



Practice Plan:

- 1 Warm Up (10-min) - Halfway Around the World - Head On
- 2 Stations x 4 (8-10min/station)
- 3 Freeze Tag (10-min)

U8 Station Practice

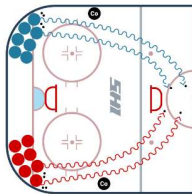


2-5 Length Of Time: 32-40min

4 Stations - roughly 8-10min per station

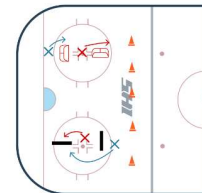
- 1 Obstacle Course Tag
- 2 Sharks & Minnows
- 3 Tennis Ball Hockey
- 4 Tight Turns & Stops with Puck

Half Way Around The World - Head On

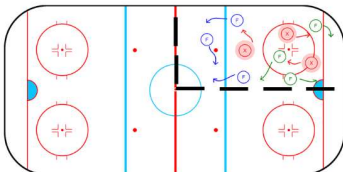


1 Length Of Time: 10-Min

Partner Tag Obstacle Course



Freeze Tag



6 Length Of Time: 10-Min

This game can be expanded to be played in one full zone.