

2026 Jan 12 Sq/8U

Duration: 60 mins

Theme: NZ / Shooting

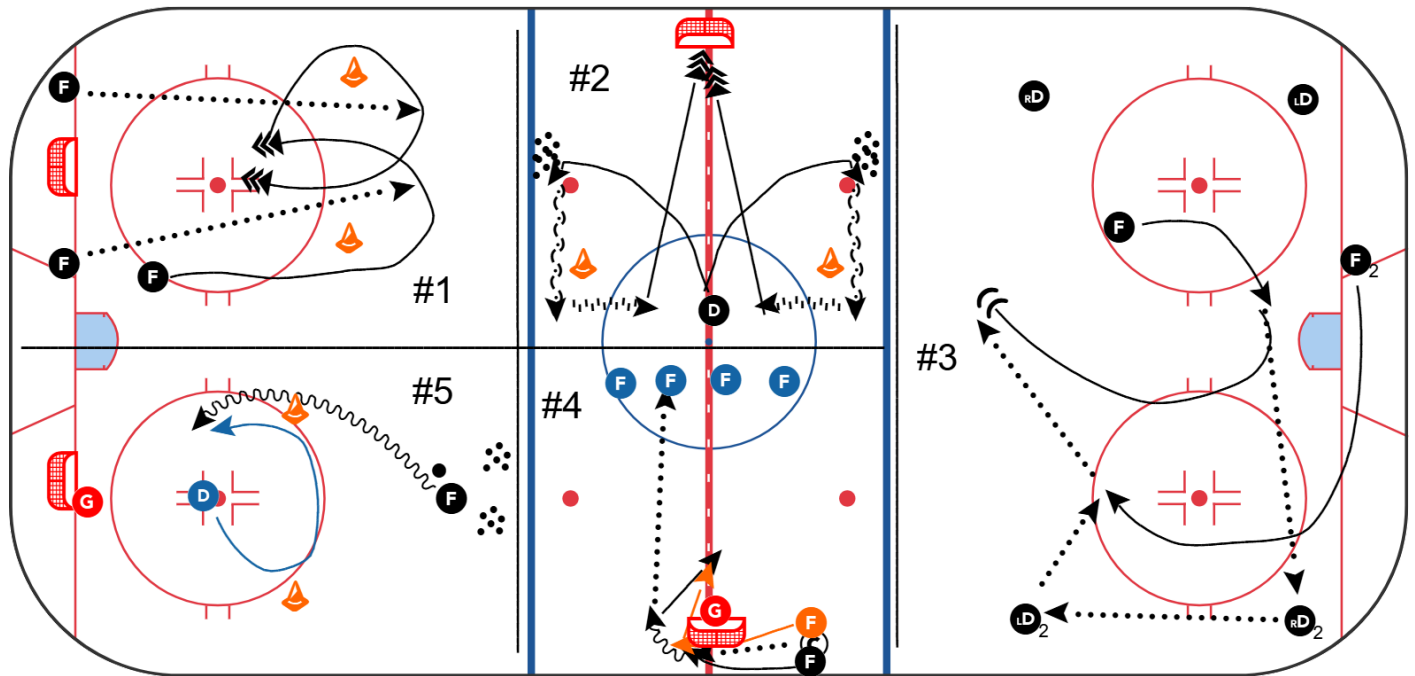
0 mins

Set Up / Free Skate

5 mins

Shooting-NZ 8U/SQ

45 mins



Description

#1) Catch and Release Shooting - Player receives passes from lines at the goal line. Catch the pass and release as quickly as possible. Can incorporate a skate skill if desired (backward to forward transitions, power turns, etc.)

#2) D Slide & Shoot - Player skates forward to pick up a puck, backwards to the cone, laterally to the middle and shoots. Repeat on the other side for a 2nd shot.

#3) Borea Regroup (OR PASSING) - D to D to Forward, exchanges with other side. Continuous, forwards can go any direction. D can hinge, reverse, escape...

#4) 1v1 Race to Net Front Tip - 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. **F** 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.

#5) Blashill 1v1 Angling - Offensive player starts with a puck and tries to attack the net and score. Defending player attempts to use angling and stick position to force the offensive player outside the cones/dots and force a low angle shot. Start with no cut backs, then add them in as an option for offensive player.

