2022-Jan 3-8U

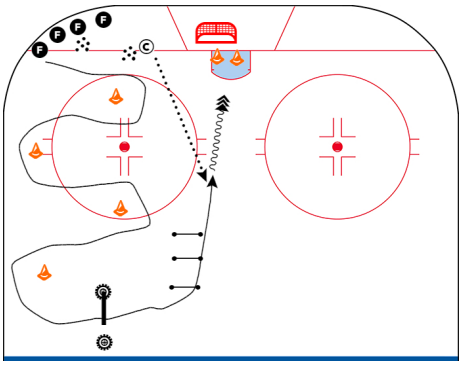
Date: Jan 8 2022 **Time:** 9:25 pm **Duration:** 60 mins

Free Skate — 5 mins

Skating — 15 mins

Own the Middle 2v2 — 10 mins

Obstacle Course — 10 mins

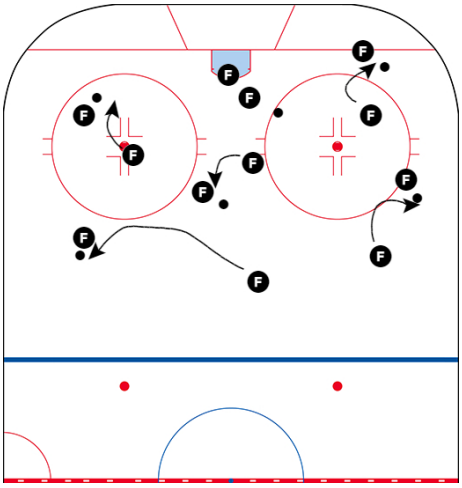


Create obstacle course designed to enhance agility, balance and coordination.

Key Points

- Make course long enough so 2-3 players are always involved in the drill.
- Adjust based on players' skill level (skating only, carry puck, multiple passes, etc).

Keep Away — 10 mins



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

3v3 Off/Def — 10 mins