



# 2026 Feb. 16-Mite/8U

Date: Feb 16 2026

Time: 4:18 am

Duration: 60 mins

Setup/Free Play

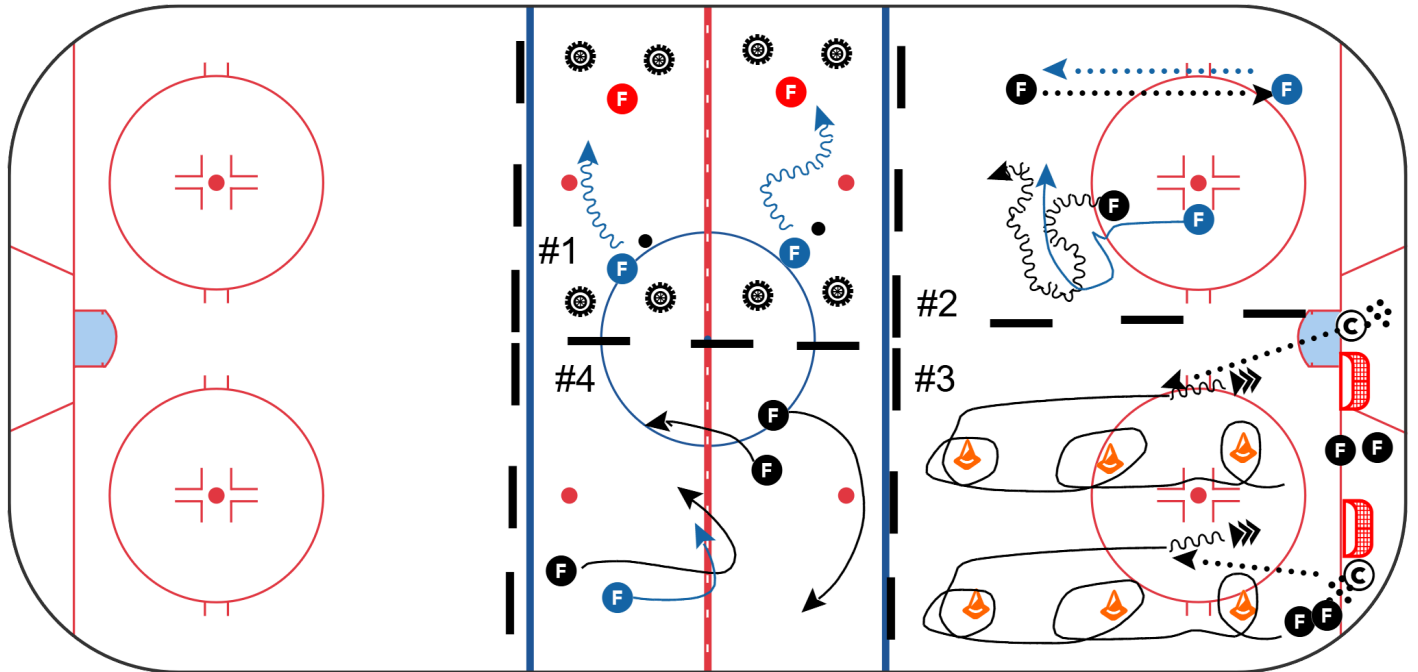
10 mins

Crossovers Around Bumpers

10 mins

8U Puck Control/Out Edge-1

30 mins



## Description

**#1) 1v1 Tire Game** - Players compete 1v1 and try to carry the puck through the opposing players tires.

**#2) Stationary Passing / 1v1 Keep Away** - Players start by passing with a partner about 15 feet apart. On whistle, the partners play keep away. Coach whistles every 30 seconds and players alternate between passing and keep away. For younger groups, do keep away entire time.

**#3) 360 Turns, Coach Pass/Shoot** - Players make three 360 degree turns, catch a pass from coach and shoot on net. For younger players, have them weave the cones with the pucks.

**#4) Freeze Tag** - Basic tag game. Have 1-2 players be taggers. To unfreeze, another player must do a 2 turns all the way around them. Halfway through, make the older/upper mites go backwards.

