

# 2024 Nov 25 - Sq/8U

Date: Nov 25 2024

Time: 2:33 am

Duration: 60 mins

Free Play / Set Up

3 mins

Skating / Goalies

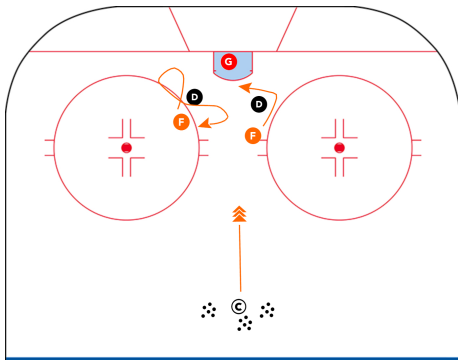
10 mins

4 Stations: Split by Skill

0 mins

2v2 Net Front

8 mins



Start the drill 2v2 in front of the net with pre-determined offense/defense. Coach (or a 3rd offensive player) shoots pucks toward the net attempting to create scoring opportunities and scrums.  
Off - Attempt to gain offensive position and score using screens/deflections and pursuing rebounds  
Def - Maintain D-side positioning and tie up on shot attempts

### Key Points

Defense

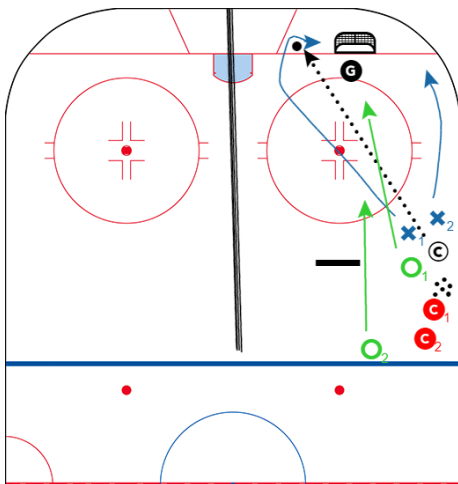
- Emphasize D-side positioning
- Head on swivel

Offense

- Practice net front concepts of positioning, screens and timing

Breakout 2v2

8 mins



Coach spots pucks in different parts of the zone to create different situations. Defending team tries to break the puck out above the bumper. Offensive team tries to score.

When defending team gets the puck to the bumper, coach blows the whistle and dumps a new puck, which a new defensive team goes to retrieve. Offensive team is out. Defending team becomes the offensive team. One player must swing the bumper and one must touch the blue line before attacking.

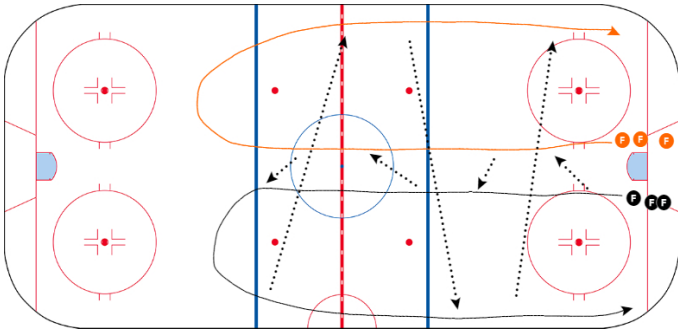
**Progression:** Start with a wide playing area (full zone) which gives BO team more space and then progress to 1/2 the zone which increases the difficulty.

### Key Points

- Quick retrieval
- Puck support
- Communication

## Short to Long Passing

8 mins



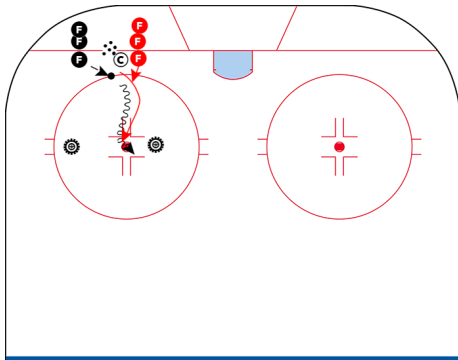
2-0 passing drill. Starts with short passes up the middle of the ice and then players swing to outside and make long passes.

### Key Points

- Keep feet moving
- Transition towards puck

## 1v1 Tire Game

8 mins



Set two tires up 6-8 feet apart. Players battle 1v1 trying to carry the puck between the tires to score. Play to 3 or 40 seconds.

### Key Points

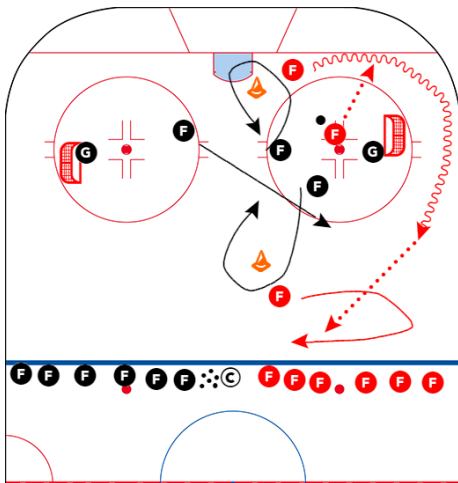
- Stick on puck
- Check selection
- COMPETE!

## Small Area Game: Split by top 2 groups / lower 2 groups

0 mins

## 3v3 Breakout Game

15 mins



Basic 3v3 cross-ice game. On change of possession, team must swing behind their own net before attempting to score on opposite end.

To start, add cones and require forechecking (without puck) team must touch up before applying pressure to the team breaking the puck out. This gives a little more time to start the breakout.

### Key Points

- All players should play offense & defense
- Transition quickly from offense to defense and vice versa
- Focus on angling and puck support