

2021-Nov 22-8U

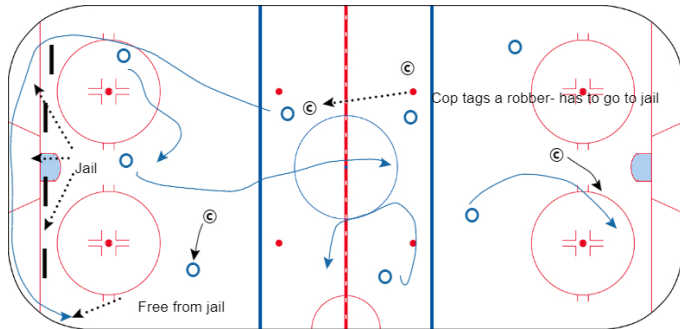
Duration: 60 mins

Free Skate/Setup

6 mins

Cops & Robbers

10 mins



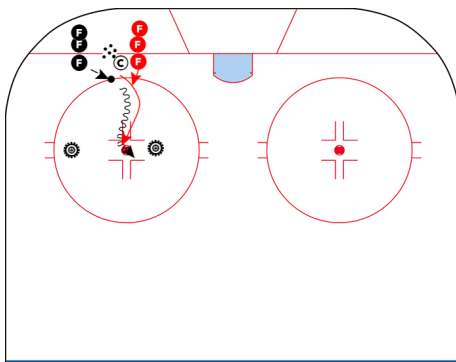
A version of tag, if a player is tagged, they have to go to jail. Good 6U or 8U drill

Skating: Stops

7 mins

1v1 Tire Game

7 mins



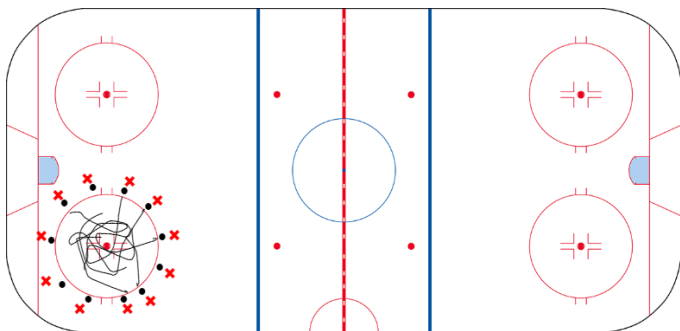
Set two tires up 6-8 feet apart. Players battle 1v1 trying to carry the puck between the tires to score. Play to 3 or 40 seconds.

Key Points

- Stick on puck
- Check selection
- COMPETE!

Circle Chaos Puck Protect

8 mins



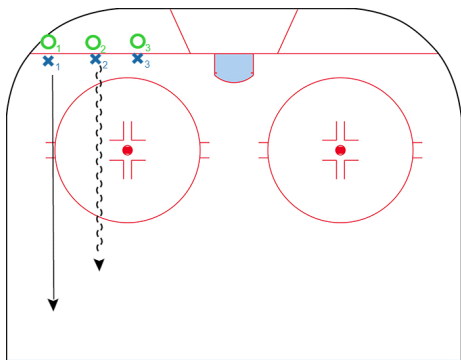
- Everyone grasps a puck and lines up around the circle.
- When coach says go everyone enters circle.
- Objective is to be the last one standing with puck.
- Hit other players pucks outside circle while protecting yours.
- If your pucks goes outside the circle you're out. So grap puck and wait just outside circle.

Key Points

- Be aware of who is around.
- Protect puck while being aggressive.

Partner Pulls

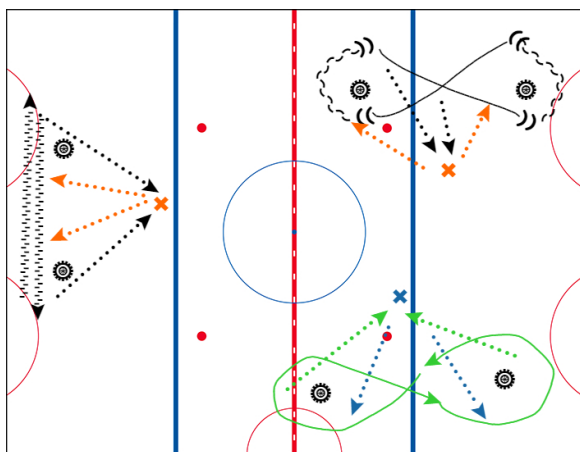
7 mins



Pull your partner. Very good drill to get a powerful push with your edges

Wisconsin Passing

7 mins



Set up two tires about 10 feet apart. One player is stationary while the other skates around the tires. Players pass back and forth continuously. Go about 30 seconds and then switch partners. Should do a few reps one way and then switch directions.

Variation #1 - Have players transition backwards and forwards around the cones/tires.

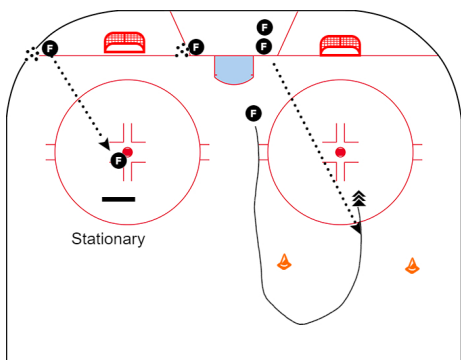
Variation #2 - Have players skate laterally beyond the tires/cones while staying square to partner.

Key Points

- Stick positioning
- Puck control
- Communication
- Head up

Catch & Release Shooting

8 mins



Player receives passes from lines at the goal line. Catch the pass and release as quickly as possible.

Progression (Stationary > Moving > With Pressure)

- Forehand C & R
- Backhand C & R
- Skates C & Forehand R
- Forehand C & Backhand R
- Backhand C & Forehand R

Key Points

- Protect the puck with body turn
- Quick release (shoot by cone)