

# 2021-Nov 29-8U

Free Skate/Setup

5 mins

Skating: Stops/Starts, Backwards C-Cuts,

10 mins

Tug of War

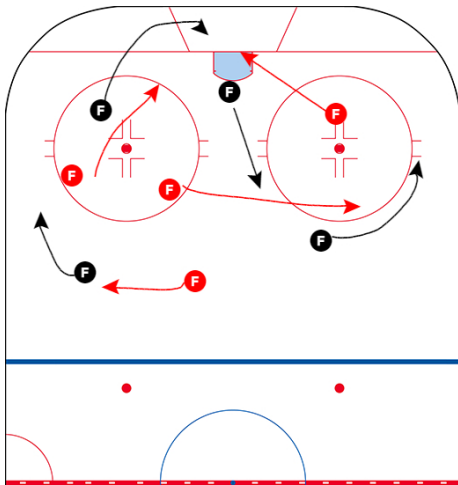
7 mins

Freeze Tag: Backwards Skating / Pull players to spot to unfreeze

0 mins

Freeze Tag

7 mins



Select one person to be the tagger. When a player gets tagged, they must stand still (frozen) until a teammate touches them to become free again.

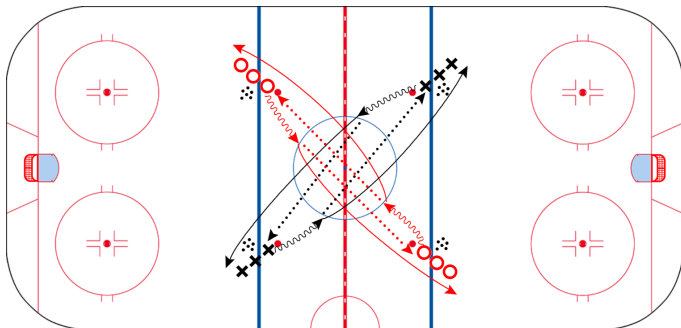
Adjust for 1/6, 1/3 or 1/2 of ice depending on numbers.

### Key Points

- Goal is to create a competitive environment with a focus on short bursts of speed
- Can add rules to focus on certain skating techniques (backwards only, can't lift skates, etc.)

Passing Shuttle with Traffic

7 mins



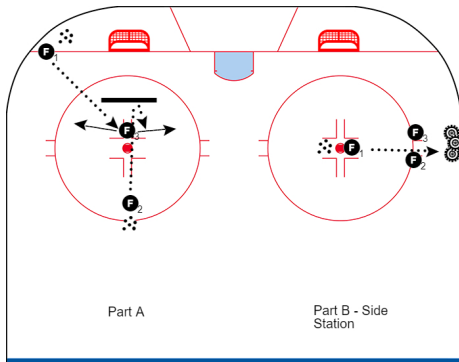
- X s and O s go at the same time.
- First player in line takes 3 strides forward with a puck and passes to the player at the front of the opposite line.
- Player follows their pass through the neutral zone traffic and skates to the back of the line, while the drill is continuous running back the opposite way.

### Key Points

- Pass with your feet moving -> Receive pass stationary.
- Keep your head up while skating through the traffic area.

Starman Bumper: Part B

0 mins



**Part A**

- F 1 passes to F 3 -> F 3 goes around flipped net or bumper and shoots (goalie or no goalie)
- After shot, F 2 puts puck off bumper, F 3 reacts to it, gets puck and shoots

**Part B - Side Station**

- 2 tires, flat together on wall - 1 is upright on top of them
- F 1 pucks puck off tire -> F 2 and F 3 react & hammer puck through tire

**Key Points**

- Quick puck delivery to net
- Finding space/puck protection