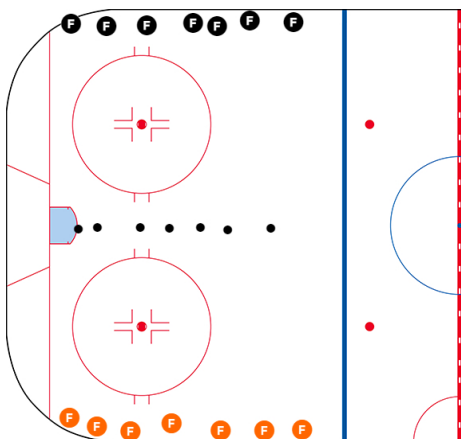


2025 Jan 6 - SQ/8U

Duration: 60 mins

Finders Keepers

10 mins



To set up the drill divide the players into 2 teams and use an odd number of pucks and less than half as many players. For example, if you have two teams of 7 players then use 7 pucks. If you have two teams of 6 players then use 5 pucks. You can play in one end from the blue line down, half-ice, or even full ice depending on the amount of players. Each team will start on the wall or on the end line. The coach will blow the whistle and shoot the pucks into play. The players will work in their teams to possess as many pucks as possible. The coach will decide on a length of time to play and then blow the whistle. On the whistle all the players must stop. The team that is in possession of the most pucks wins that round.

Key Points

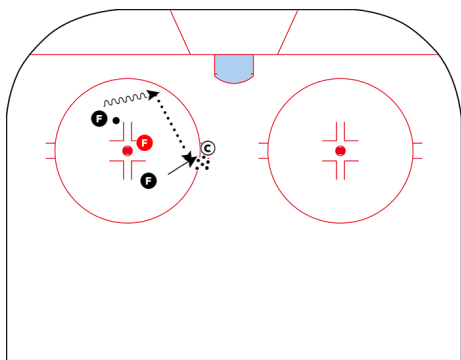
- Puck protection & possession
- Puck support

5 Stations

0 mins

Circle 2v1

8 mins



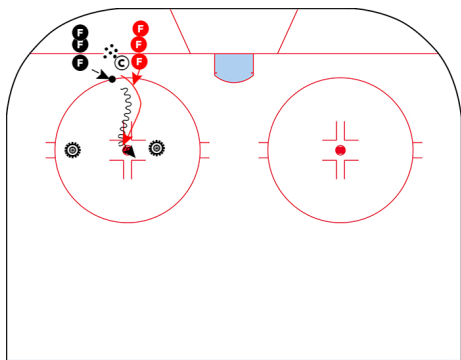
Play 2 vs. 1 keep away inside the circle. Should have 6 players for the station to run at a high tempo.

Key Points

Defensive players work on good stick position, angling and communication. Players with the puck must protect the puck, move and communicate to create passing lanes.

1v1 Tire Game

8 mins



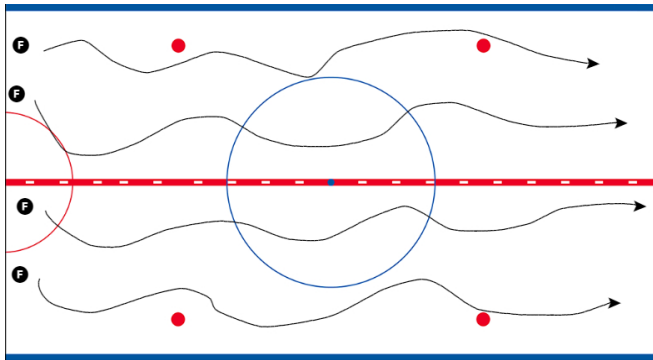
Set two tires up 6-8 feet apart. Players battle 1v1 trying to carry the puck between the tires to score. Play to 3 or 40 seconds.

Key Points

- Stick on puck
- Check selection
- COMPETE!

Technical Skating

8 mins



Players perform technical skating drills going cross-ice. Skills:

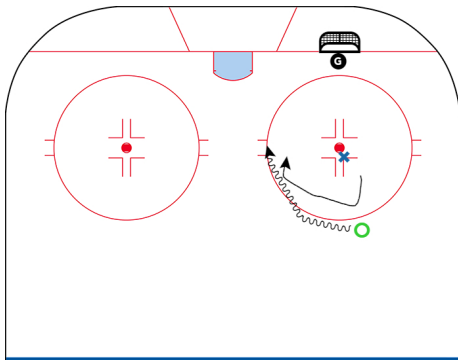
- Inside edges
- Outside edges
- E Cuts (In to out, Out to In)
- One leg C-Cuts (Forward & Backward)
- Russian Power Strides
- 45 Angle Slides

Key Points

- Good knee bend
- Chest, head up
- Full extension
- Full recovery

Defend the House

8 mins



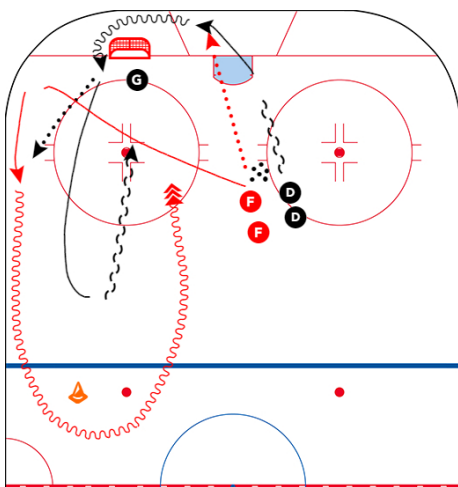
The defensive player X begins on the dot. Throughout the drill, X must remain in the circle. The Offensive player O must attack the grade A scoring area by moving inside the faceoff circle. Player O can only shoot from inside the circle.

Key Points

Attacker focuses on deception, 1v1 attack, puck protection and shooting in traffic while the defender works on defensive body and stick position, defending a defined area and working with the goalie.

Breakout 1 v 1

8 mins



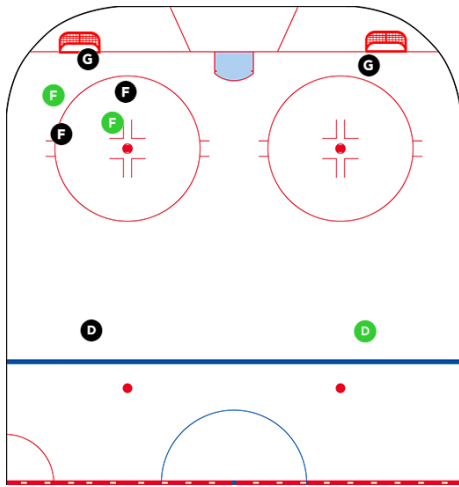
F dumps puck in behind net. **D** goes to retrieve puck and does a shoulder check. **D** carries puck around net, turns up ice and makes a breakout pass to **F**. **F** goes around the cone before coming back in on a 1v1. **D** follows forward and gaps up to play 1v1.

Variations:

- Have D start skating backward and transition to retrieve puck
- Have a coach apply pressure, forcing D to make a decision on if/when to pass

Key Points

- Shoulder check every time
- D must turn up ice
- F always face puck & transition low to catch puck with feet moving
- D gap up



Work on box outs, net front positions