

2025 Feb 17-Sq/8U

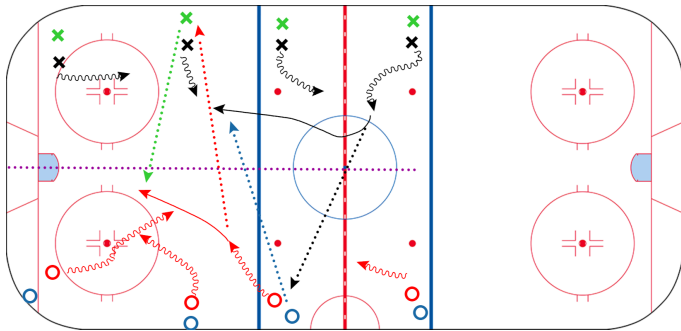
Duration: 60 mins

THEME: Passing

0 mins

4 Corner Long Passing

10 mins



On whistle, first player in all eight lines skates to the middle, dangles and then makes a pass to a player in a line on far side of the ice for a give and go pass. Players must stay on same side of the ice as they started and always pass to the far side. Continue for 30 seconds. On the whistle the next player in line goes.

Shrink the area to half ice instead of far blue line to start

Key Points

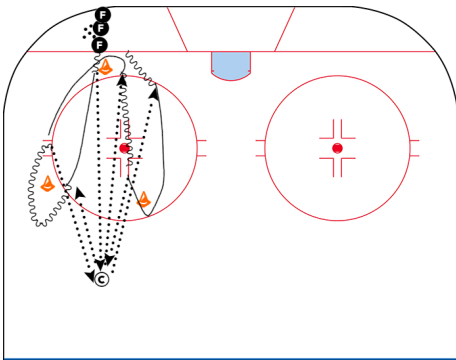
Eye contact, communication, good targets. Flat hard passes.

5 Stations

0 mins

3 Cone Passing

8 mins



Player starts with puck and passes with coach as players skate around the cones. Player should go through the cones twice before finishing the drill.

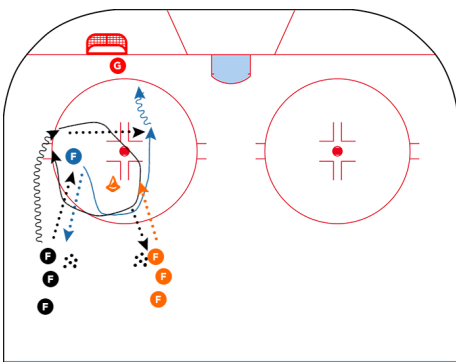
Can have the player do power turns or transitions around the cone to incorporate desired skating skill

Key Points

Encourage player to keep head up, present a good target and keep feet moving.

Oulu Slingshot

8 mins



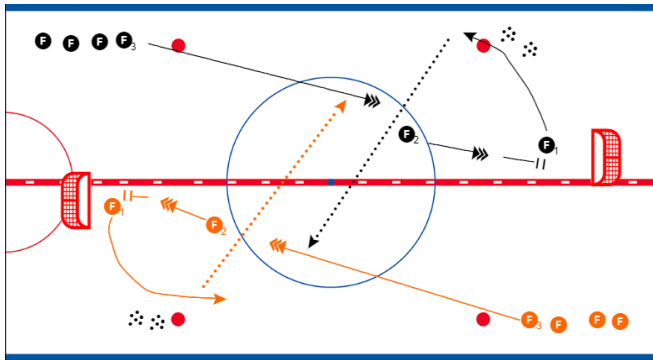
- F passes to F who one touches it back to F
- F swings around the cone as F jumps in the play with the puck
- F passes to F who takes quick shot
- F must swing below cone and receive pass from F to start the next sequence

Key Points

- Emphasize presentation & quick release
- Should have good tempo & flow

Stretch Pass Shooting

8 mins



F1 - Starts in front of net to play rebound. After shot/rebound, goes to pick up puck and make stretch pass.

F2 - Receives stretch pass and shoots. After shot, stop in front and become F1

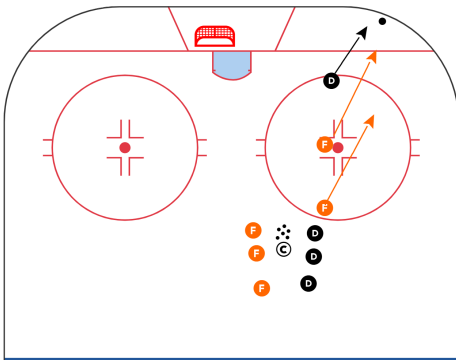
F3 - Next player up to become F2. Start skating after F1 heads to the corner to pick up puck.

Key Points

- Stop in front
- Try to read rebound
- Make & receive pass with feet moving
- Should have good pace

2v1 Corner F v D

8 mins



Small area battle between forwards and defense. Coach dumps puck. Forwards have 15 seconds to try and score. Point system:

Forwards = 1 for shot, 2 for goal

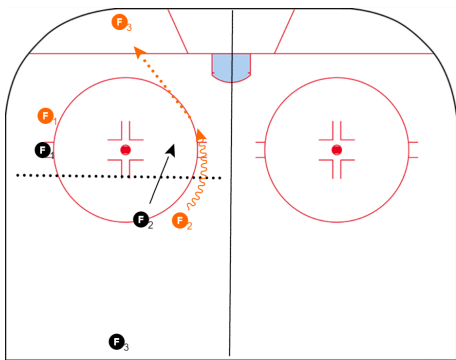
Defense = 1 for not allowing a goal, 2 for skating puck out above top of circle (must skate out!)

Key Points

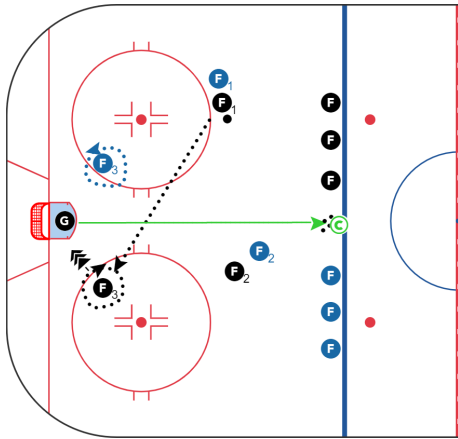
- Urgency for forwards
- Defense try to control puck

Muse 3v2 Possession

8 mins



Teams compete in a puck possession game. It starts as a 2v2 and each team has a 3rd player they can use on their "half" of the zone. Goal is to maintain possession.



- Start with a 2vs2, and each team has a third player in their "backdoor" circle. The 2vs2 players must pass to their backdoor shooter to take the first shot, and the pass must come from the opposite side of the green line.
- Teammates earn one rebound per shot taken by the backdoor shooter. Only one backdoor shooter can be in the circle. Opposing players cannot defend the backdoor shooter.
- Progression: Once players understand the concept of the game, utilize a point structure that encourages teams to use the backdoor shooter without requiring it. 3 pts - Backdoor shooter goal, 2 pts - Rebound off a backdoor shot, 1 pt - Goal scored without using the backdoor shooter.

Key Points

- Win the first puck touch. Puck support and communication to set up backdoor passing lane. Utilize "Royal Road" to create scoring chances