

2025 Dec 15-Sq/8U

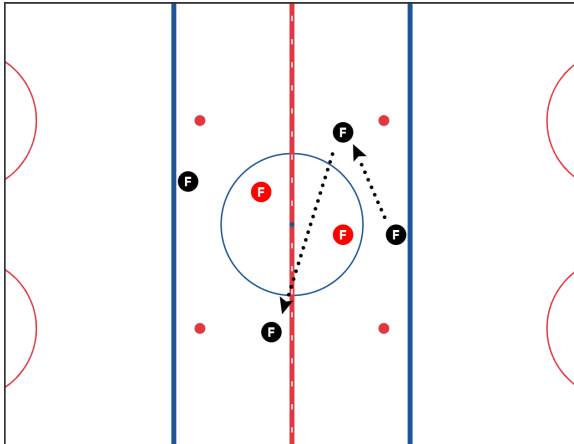
Duration: 60 mins

Free Play/Setup

5 mins

Pass Through Circle Game

8 mins



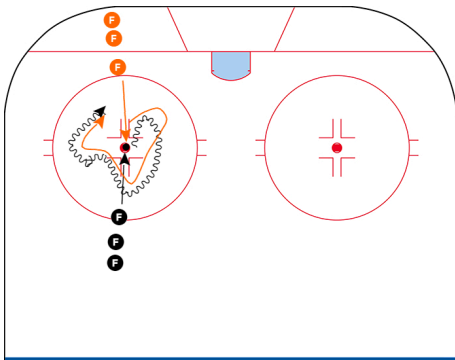
Offense scores points by passing through the circle. Defense scores points by taking the puck away.

Key Points

- Emphasis on puck support/movement
- Teach deception (no look, fakes, find soft ice, etc)
- Defensive players - Good sticks, work in unison, try to push players where they want the puck to go.

1v1 Circle Keep Away

7 mins



Players start on opposite ends of the circle and race to a puck on a dot. The players battle for possession and then whoever gains control tries to maintain control and possession of the puck while staying within the circle.

Key Points

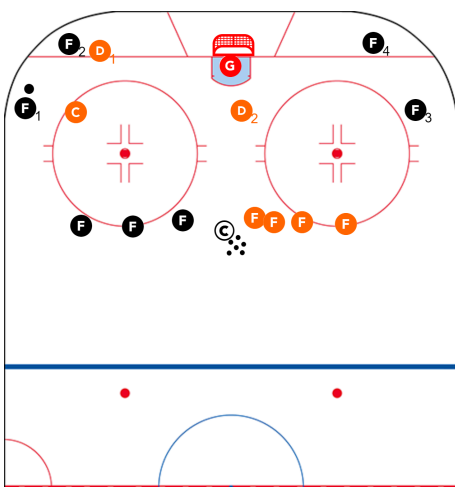
- Quick start
- Stick positioning and poke checks
- Body positioning
- Deception - Attempt to create space!

5 Stations

0 mins

UMD 2v2

8 mins



Start with 2 offensive players in each corner and 3 defensive players. Each group of 2 offensive players must stay on their side of the ice. First 2 offensive players attempt to score while defensive players work on DZC. Each D must stay on his own side and has to wait at net front until its covered before engaging.

If puck changes sides, D wins the puck and advances to coach, or certain time frame, puck is sent to opposite corner.

Variation: Add a net front D that can support on BO opportunities

Key Points

Defensive:

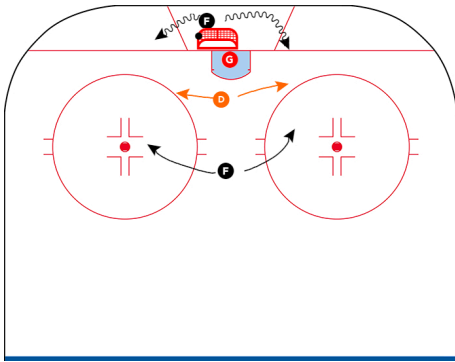
- Layering
- Stick & body position
- Communication

Offensive:

- Create space and separation
- Get pucks to the net

2v1 Heels to Net

8 mins



Offensive player has the puck behind the net. He must stay below the goal line and attempt to pass to his teammate out front. D must keep heels to net and learn to use proper body position to defend pass from behind the net.

Key Points

- D - Use shoulder checks and good body/stick positioning
- F - Work on deception, moving to open ice and plays from behind the net

Technical Skating

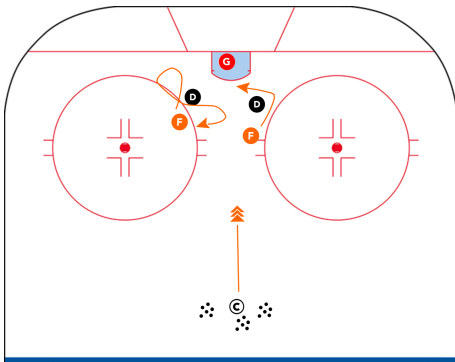
8 mins

1v1 Wing Angles Point

8 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