

# 2025 Jan 13 - SQ/8U

Duration: 60 mins

Set Up

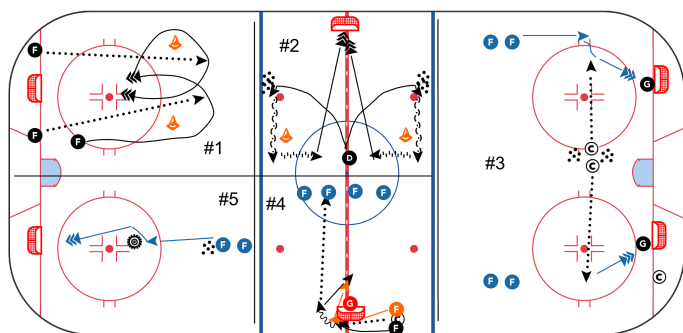
5 mins

Skating

10 mins

Shooting 8U/SQ

35 mins



**#1) Catch and Release Shooting** - Player receives passes from lines at the goal line. Catch the pass and release as quickly as possible. Can incorporate a skate skill if desired (backward to forward transitions, power turns, etc.)

**#2) D Slide & Shoot** - Player skates forward to pick up a puck, backwards to the cone, laterally to the middle and shoots. Repeat on the other side for a 2nd shot.

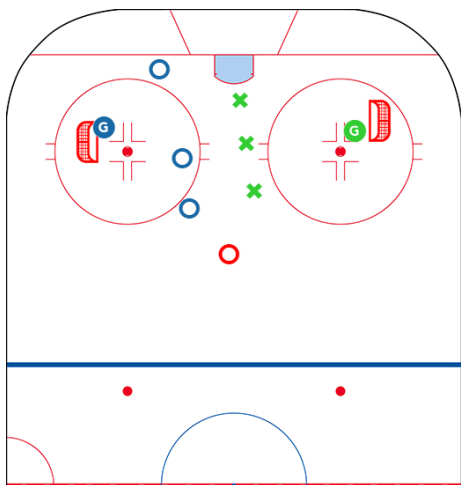
**#3) Catch, Pull, and Shoot** - Players line up facing the far post, players attack the net with speed and receive a pass from coach or player and pull it to the opposite hand for a shot, if you catch it on your backhand, pull to the forehand and shoot.

**#4) 1v1 Race to Net Front Tip** - Create a 1v1 puck race below the goal line. Winner of the puck can pass to any of the players waiting above the top of the circle. After the pass is made, **F** heads to the front of the net for a screen and tip. **F** player who loses the puck battle assumes defensive role and defends the front of the net by boxing out and lifting stick. Play this drill out as desired.

**#5) Fake Shot Shooting** - Player drives towards the tire in front of them. As they near the tire, they fake a shot, take a quick stride to their forehand side and get a shot off as quickly as possible

3v3 Rover

10 mins



A 3v3 game and whatever team is on offence gets to use the the Rover to create a 4v3.

## Key Points

Puck Possession, communication