

# 2024 Dec 16 - SQ/8U

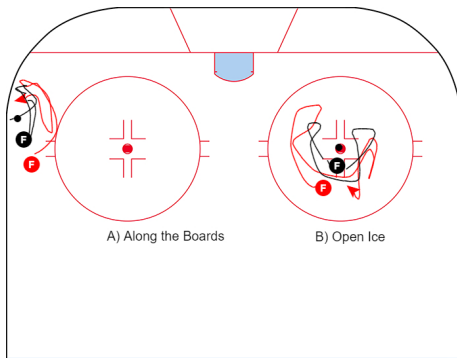
Duration: 60 mins

## Free Play/Setup

3 mins

## 1v1 Protect the Puck

7 mins



**F** tries to protect the puck with body position without playing it  
**F** tries to steal the puck. If successful, stop the puck and restart. 25-30 seconds on, give a break & rotate.

### Key Points

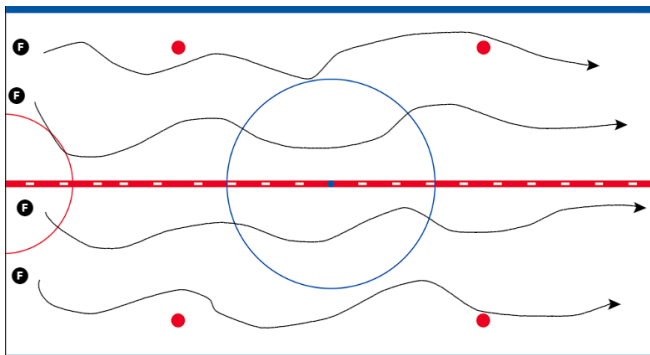
- D player needs to use shoulder checks and good body position to protect the puck
- When against the boards, keep head up and one hand on the boards

## 4 Stations

0 mins

## Technical Skating

7 mins



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

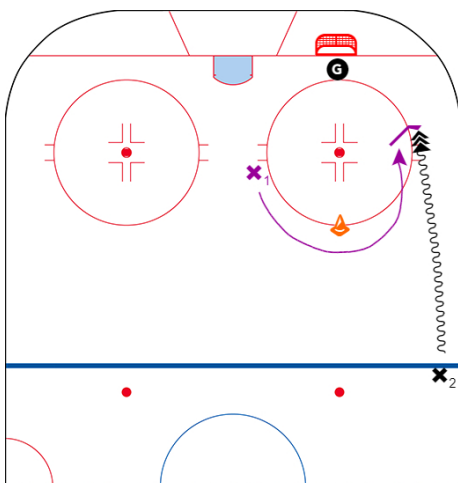
- Inside edges
- Outside edges
- E Cuts (In to out, Out to In)
- One leg C-Cuts (Forward & Backward)
- Russian Power Strides
- 45 Angle Slides

### Key Points

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

## Karlsson's Angle 1 vs 1

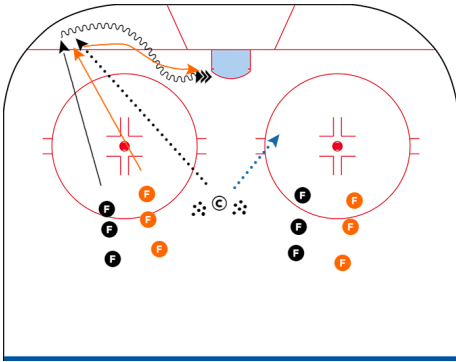
8 mins



- The drill starts when **X2** skates down the wall with the puck trying to score on the net
- **X1** reacts to **X2** and angles the player down the wall away from the net
- **X2** is NOT allowed to cut back on the other side of the 🏒

## Red Wing 1v1

7 mins



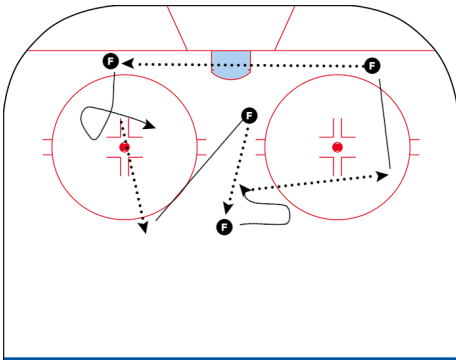
Coach chips puck into corner. Players race to puck and then try to score 1v1 coming out of the corner. Can have lines on one or both sides.

### Key Points

- Puck races
- Deception
- Battle/Compete

## 2 Puck Passing

8 mins



Four players skate and pass to each other with two pucks in a confined area. After receiving a pass, players must take two hard strides, power turn, get their head up and make a pass.

### Key Points

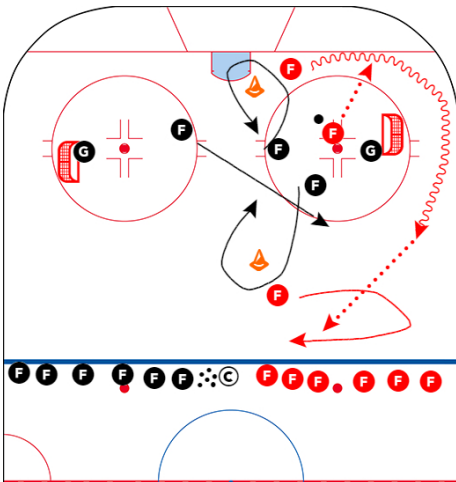
Encourage players to keep feet moving in and out of turns and through their passes.  
Players must get their eyes up to read the ice before making a pass.  
Communication should also be encouraged.

## 2 Small Area Games

0 mins

## 3v3 Breakout Game

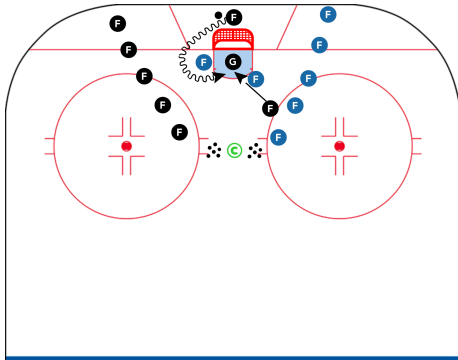
10 mins



Basic 3v3 cross-ice game. On change of possession, team must swing behind their own net before attempting to score on opposite end.  
To start, add cones and require forechecking (without puck) team must touch up before applying pressure to the team breaking the puck out.  
This gives a little more time to start the breakout.

### Key Points

- All players should play offense & defense
- Transition quickly from offense to defense and vice versa
- Focus on angling and puck support



- This 2v2 drill takes place in a trapezoid extending from the slot down toward both corners. Coach should be in between the hashmarks with pucks. Resting players form a boundary and should prevent pucks from exiting the playing area.

- To attack, a player must take the puck below the goal line and then bring it back out to a scoring position. The opposing team must defend until they can win possession, at which point they need to carry the puck below the goal line before attempting to score.

- If a puck is scored, frozen or leaves the playing area, the coach adds a new puck below the goal line for the players to battle for.

- To play the game without a goaltender, attacking players should only be allowed to shoot with both feet in the crease.

### Key Points

On Defense:

- Battle for good body position
- Emphasize good stick position to eliminate passing and shooting lanes
- Neutralize net front chances by engaging the attackers' sticks and body

On Offense:

- Attack the net quickly after turnovers
- Get to the hard areas
- Win second chance opportunities