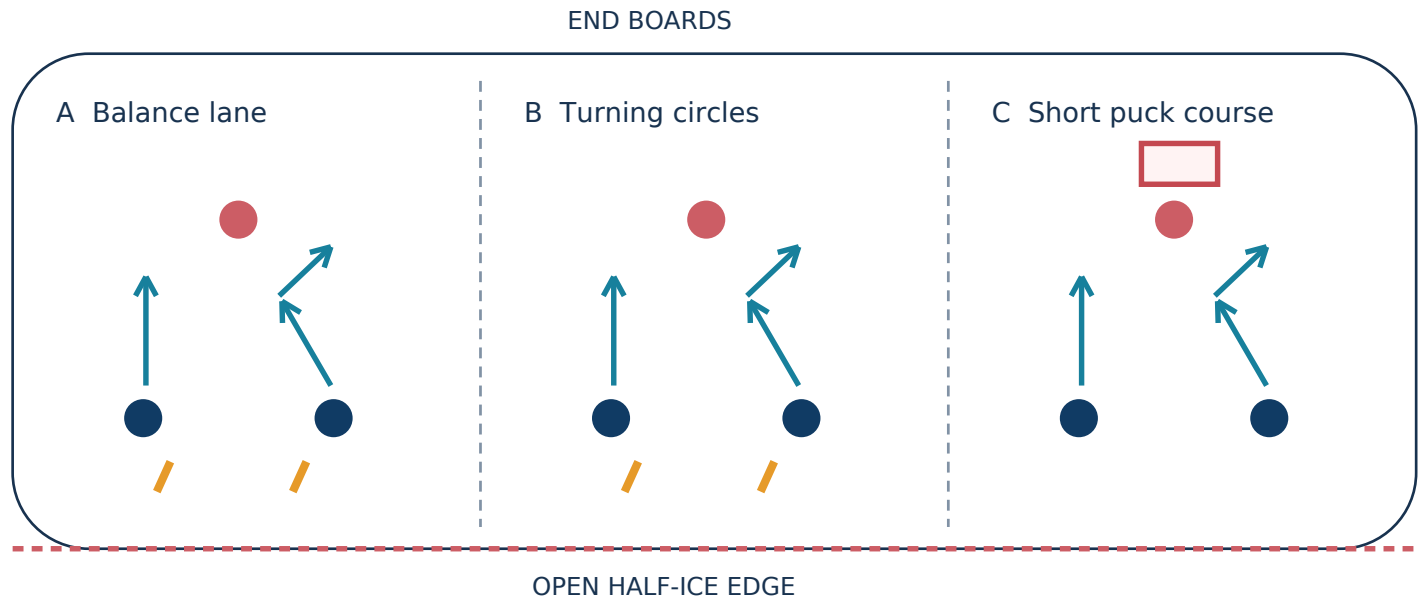


8U Starter 2: Balance, Turns & Puck Play

60 MINUTES | ONE-PAGE BENCH COPY | NEXT SHIFT HOCKEY

Build balance, turning comfort and puck confidence through play.



Blue: players Red: coach/pressure Solid arrow: skate Dashed: pass

Starter series: use these areas in sequence; do not rotate simultaneously.

- | | |
|--------------|---|
| 0-8 | Free skate with pucks. Explore turns and stops in a marked area. Coach gives one short cue at a time. |
| 8-18 | Balance animals. Use area A. Flamingo glides, low bear stance and airplane arms; repeat at comfortable speed. |
| 18-30 | Edge circles. Use area B. Turn both ways, first without pucks; add pucks when ready. |
| 30-42 | Puck obstacle course. Use area C. Keep routes short, repeat often and avoid crossing paths. |
| 42-52 | Treasure hunt. Collect one puck at a time and carry to a team base. Spread pucks to avoid a central pileup. |
| 52-60 | Cross-ice game. Small teams and short shifts. Recognize courage, balance and effort. |

COACH CUES: Soft knees, steady feet. / Turn both ways. / Look up before changing direction.

GOALIE: Use small goals and no fixed goalie by default. A dressed goalie can join balance work with a coach and take short, gentle game reps; keep rest and recovery time.

SETUP: Same half-ice footprint as Starter 1. Areas are used in sequence. Split 12 players into two groups of six for skill activities, each with a coach. Use multiple short routes rather than a long waiting line.

SAFE PLAY: No body checking or jumping into traffic. Avoid crawling or repeated knee drops. Space puck collection points and keep waiting players clear of shots.