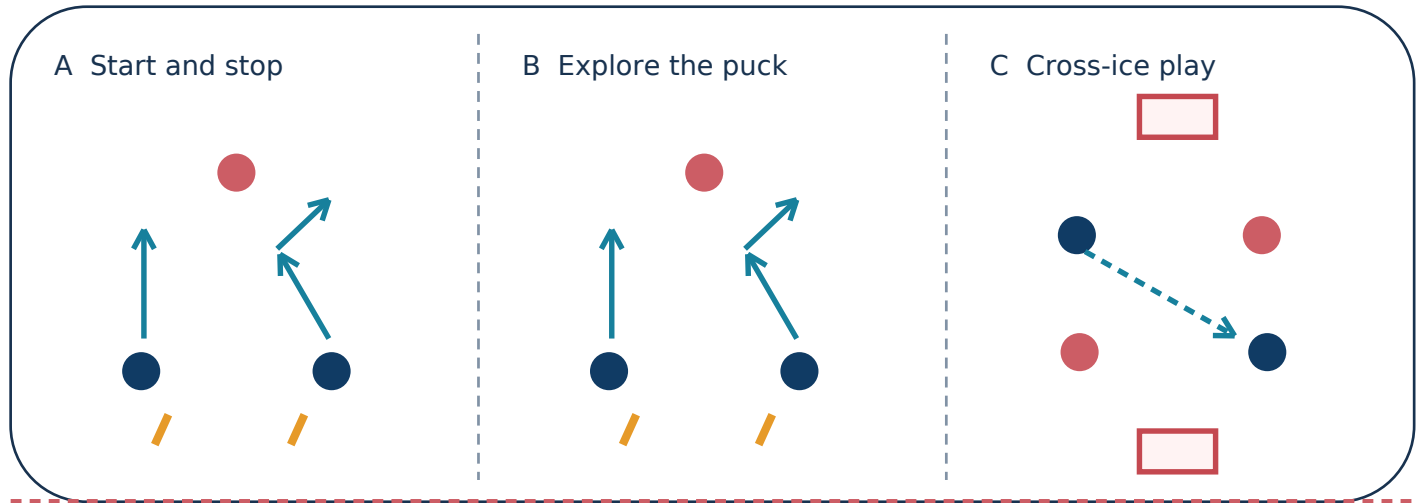


8U Starter 1: Skate, Smile, Move

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

Build comfort, recovery skills and confidence with a puck.

END BOARDS



OPEN HALF-ICE EDGE

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

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

- | | |
|--------------|--|
| 0-5 | Welcome skate. Greet each player by name. Allow free movement inside a defined area. |
| 5-12 | Fall and get up. Demonstrate slow, controlled recovery with space between players. Race against the coach, not each other. |
| 12-22 | Red light, green light. Use area A. Green skate; red stop or glide; yellow turn. Keep everyone moving. |
| 22-32 | Puck exploration. Use area B. A puck per player, small touches and simple cone turns. |
| 32-43 | Sharks and minnows. Open the area. Coaches use light stick pressure; retrieve lost pucks and rejoin. No elimination. |
| 43-50 | Cross-ice finish. Use area C or divide the available ice into two games. Small teams, short shifts, praise effort. |

COACH CUES: Bend your knees. / Small puck touches. / Fall, get up and try again.

GOALIE: Use small goals without fixed goalies by default. If a dressed goalie attends, provide short, supervised goalie-skating work and gentle live-play reps; rotate opportunities rather than making one child face constant shots.

SETUP: Use a half-ice or cross-ice space. Diagram shows activity areas used in sequence, not three simultaneous rotations. For 12 players, split into two groups of six with one coach per group for skill games; finish with two small games when nets allow.

SAFE PLAY: No elimination, checking or hard collisions. Keep cones away from falling lanes. Demonstrate controlled falls without driving knees into the ice; avoid repeated knee drops. Keep instructions brief.