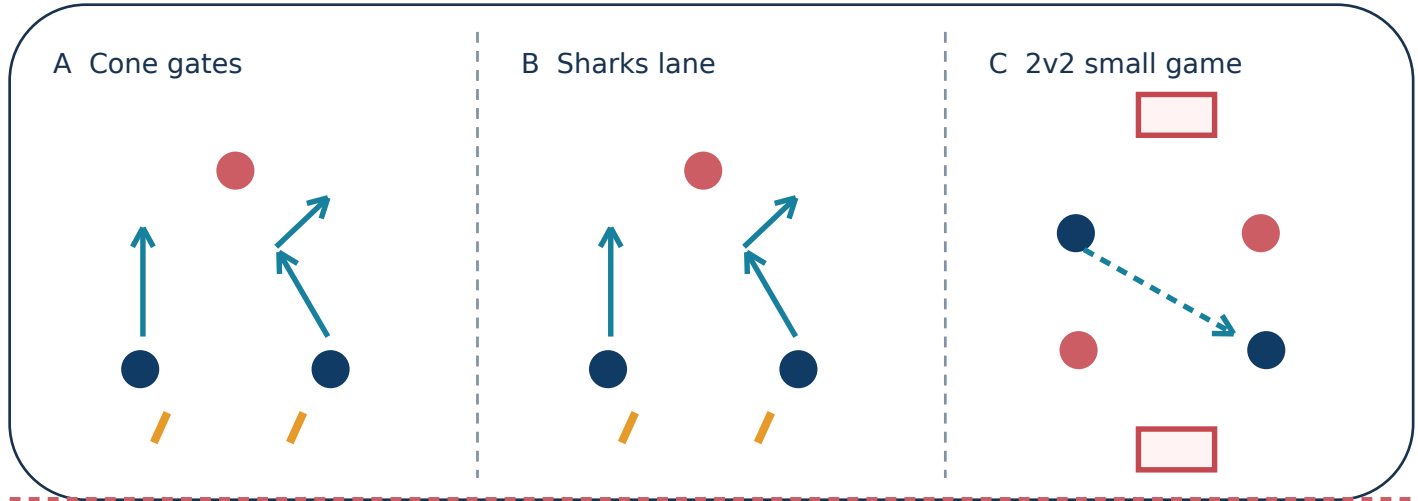


8U Starter 3: Puck Touches & Small Games

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

Use turns, protection and simple decisions in small games.

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.

- | | |
|--------------|--|
| 0-8 | Puck exploration. Every player has a puck; try turns, stops and changes of direction. |
| 8-18 | Gate skating. Use area A. Find open gates and look up before changing direction. |
| 18-30 | Sharks and minnows. Use area B. Light coach pressure; no elimination or waiting out. |
| 30-42 | 2v2 cross-ice. Use area C; two games when space and equipment allow. Short shifts and quick feeds. |
| 42-52 | Treasure puck game. Spread pucks; collect one at a time and return to a team base. Emphasize control over speed. |
| 52-60 | Fun finish. Cross-ice play. Celebrate trying again after losing the puck. |

COACH CUES: Move your feet with the puck. / Look for open space. / Lose it? Try again.

GOALIE: No fixed goalie is needed with small nets. If a goalie attends, alternate short live-play reps with coached movement and rest; avoid one child facing every shot.

SETUP: Use the same half-ice or cross-ice setup. Diagram areas are used in sequence. Split 12 players into two groups of six for skill games. For 2v2, rotate two resting players per group every 30-40 seconds.

SAFE PLAY: No elimination or body checking. Avoid converging on one pile of pucks. Use gentle pressure and shoot only toward the designated goals.