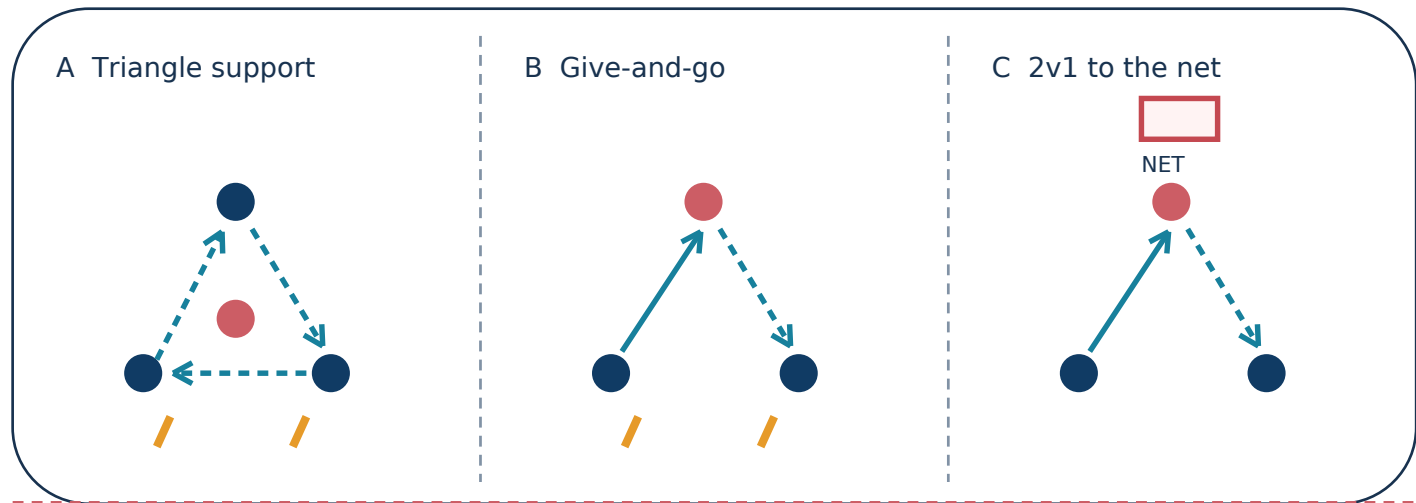


# 10U Half-Ice: Passing & Support

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

**Pass, move and offer a clear target.**

END BOARDS



OPEN HALF-ICE EDGE

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

**60-minute half-ice rotation: A/B/C run together.**

- |              |                                                                                                                                                                                 |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>0-8</b>   | Puck warmup. Everyone carries a puck, changes direction and looks up before moving into space.                                                                                  |
| <b>8-12</b>  | Show and organize. Show pass-and-move and safe station borders. Divide into three groups.                                                                                       |
| <b>12-36</b> | Three stations. A triangle support; B give-and-go; C 2v1. Three rounds of eight minutes.                                                                                        |
| <b>36-48</b> | 2v2 support game. Clear station dividers. One net; 30-40 second shifts. On turnover, carry or pass through the high reset gate before attacking. Coach feeds out-of-play pucks. |
| <b>48-56</b> | Game progression. Award a bonus point for a completed pass followed by a scoring chance. Keep normal goals valid.                                                               |
| <b>56-60</b> | Huddle. Ask: What did you do after your pass? Praise moving into a new passing lane.                                                                                            |

**A - Triangle support:** Three players pass around a small triangle while a fourth shadows the lane. After each pass, move to open a new lane. Rotate the defender every 30 seconds. Begin without a defender.

**B - Give-and-go:** Pairs pass to a coach, move around one cone and receive into open space. Two pairs alternate with no shooting in this lane. Add a passive stick only when the return lane is clear.

**C - 2v1 to the net:** Two attackers begin inside the lane against one defender. Complete one pass, then attack the net. Fourth player rests outside the lane; change roles after 20-30 seconds. Coach feeds a new puck.

**COACH CUES: Pass and move. / Show your stick; talk early. / Get outside the defender's stick lane.**

**GOALIE:** Goalie works at C on tracking the lateral pass and setting before the shot. Coach allows recovery between reps. During warmup, rehearse crease movement; without a goalie use a small target net.

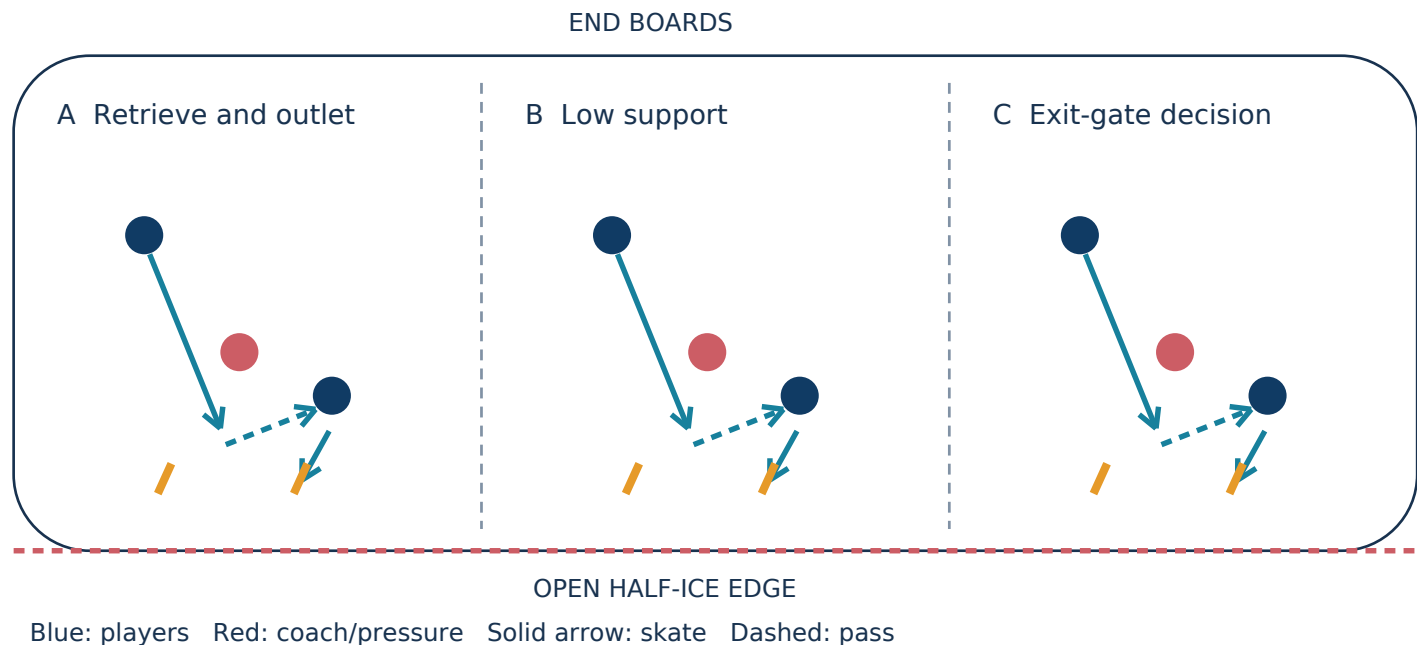
**SETUP:** 12 skaters: three groups of four, one coach per station. Rotate every eight minutes after the demo. With two coaches, run A and B for two eight-minute rounds, then repeat the weaker skill for eight minutes; finish with the net game. Use fewer players per rep and quick changes.

**SAFE PLAY:** Set clear lanes and use rink-approved dividers where available. No body checking, wrestling or pushes into boards. Keep waiting players outside shooting lanes; shoot toward end boards. Stop all pucks before rotating.

# 10U Half-Ice: Breakouts Made Simple

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

**Look before retrieval; make a short first pass to nearby support.**



**60-minute half-ice rotation: A/B/C run together.**

- |              |                                                                                                                                                                                     |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>0-8</b>   | Retrieval warmup. Pairs retrieve and make short passes. Look over both shoulders before collecting the puck.                                                                        |
| <b>8-12</b>  | Show the first pass. Demonstrate a nearby wall option and underneath support. Name the high exit gates.                                                                             |
| <b>12-36</b> | Three stations. A retrieve and outlet; B low support; C exit-gate decision. Rotate every eight minutes.                                                                             |
| <b>36-48</b> | 3v2 exit game. Whole half ice, no shooting. Three try to exit through either high gate; two defend. Coach feeds a new puck after exit, turnover or 30-40 seconds. Rotate all roles. |
| <b>48-56</b> | Read pressure. Let defenders choose which gate to protect. Award a point for a controlled exit; emphasize the available pass.                                                       |
| <b>56-60</b> | Huddle. Ask: How close was your support when we won the puck? Connect to a simple game exit.                                                                                        |

**A - Retrieve and outlet:** Coach places a puck near the end boards. One player shoulder checks, retrieves, turns into open space and passes to a nearby outlet. Two pairs alternate; switch roles after each rep.

**B - Low support:** One player receives from a coach and passes to a teammate supporting underneath. Receiver opens toward the puck. Use a cone line as the simulated wall; add a passive coach stick after clean repetitions. Alternate pairs.

**C - Exit-gate decision:** Play 2v1 in the lane. Attackers start with a retrieval and try to pass or carry through either cone gate at the high edge. Defender protects a lane. Fourth player rotates in every 30 seconds; no rush across stations.

**COACH CUES: Look before you touch. / Come low enough to help. / Choose the open first pass.**

**GOALIE:** During stations, goalie joins the retrieval warmup only if supervised, then does crease skating with a coach in a clearly separated area. During whole-half exit games, goalie is a supervised outlet behind the net or rests outside play; no forced puck handling.

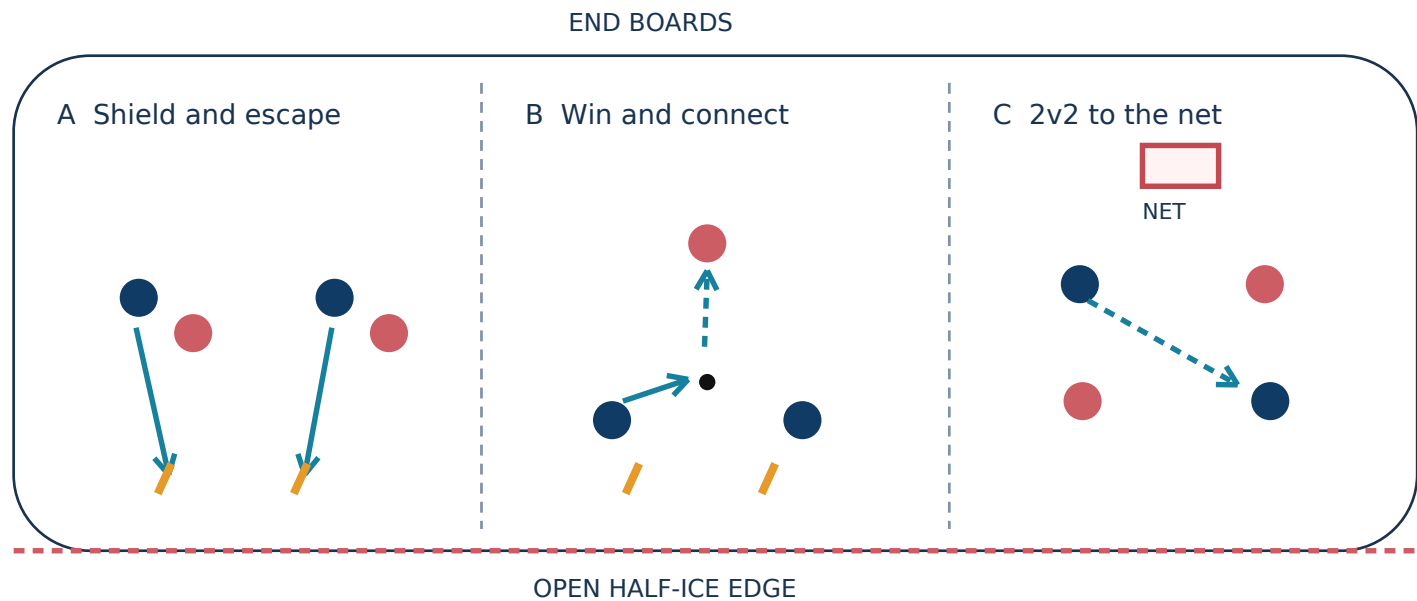
**SETUP:** 12 skaters: three groups of four, one coach per station. Rotate every eight minutes after the demo. With two coaches, run A and B for two eight-minute rounds, then repeat the weaker skill for eight minutes; finish with the net game. Use fewer players per rep and quick changes.

**SAFE PLAY:** Set clear lanes and use rink-approved dividers where available. No body checking, wrestling or pushes into boards. Keep waiting players outside shooting lanes; shoot toward end boards. Stop all pucks before rotating.

# 10U Half-Ice: Puck Protection & Compete

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

**Shield the puck, escape pressure and make the next play.**



**60-minute half-ice rotation: A/B/C run together.**

- |              |                                                                                                                                |
|--------------|--------------------------------------------------------------------------------------------------------------------------------|
| <b>0-8</b>   | Protect-and-turn warmup. Everyone carries a puck. Add escape turns and put the body between a pretend defender and puck.       |
| <b>8-12</b>  | Controlled-pressure demo. Show balanced stance, stick on puck and an escape gate. Explain no checking or wrestling.            |
| <b>12-36</b> | Three stations. A shield and escape; B win and connect; C 2v2. Three rounds of eight minutes.                                  |
| <b>36-48</b> | 2v2 compete game. Whole half ice, one net; 30-40 second shifts. Turnover must reset through the high gate before a new attack. |
| <b>48-56</b> | Make the next play. Award a bonus point for winning possession, escaping and connecting a pass. Normal goals still count.      |
| <b>56-60</b> | Huddle. Ask: What helped you keep the puck? Recognize moving feet, balance and calm decisions.                                 |

**A - Shield and escape:** Two pairs each use a small marked box. Start with shadow pressure, then controlled stick pressure. Protect for five seconds and escape through a cone gate. Switch roles every 20 seconds.

**B - Win and connect:** Two players start from equal distance to a puck away from the boards. Winner protects, escapes and passes to a coach. Other pair starts only when the lane is clear. Avoid head-on high-speed races.

**C - 2v2 to the net:** Four players play 20-30 second reps within the lane. Coach feeds from the side. On turnover, reset to the coach before attacking. Praise body position and a pass after winning possession.

**COACH CUES: Body between pressure and puck. / Keep your feet moving. / Win it, then make a play.**

**GOALIE:** Goalie works at C on locating the puck through traffic and resetting after rebounds. Keep players out of the crease; no deliberate screens or contact until the coach has taught safe positioning.

**SETUP:** 12 skaters: three groups of four, one coach per station. Rotate every eight minutes after the demo. With two coaches, run A and B for two eight-minute rounds, then repeat the weaker skill for eight minutes; finish with the net game. Use fewer players per rep and quick changes.

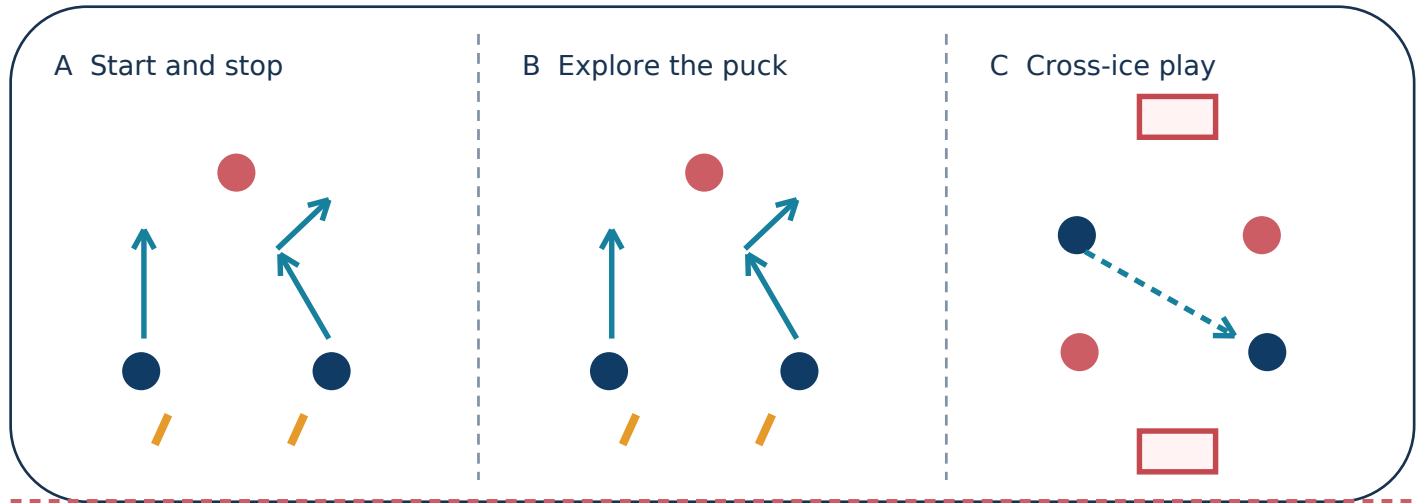
**SAFE PLAY:** Set clear lanes and use rink-approved dividers where available. No body checking, wrestling or pushes into boards. Keep waiting players outside shooting lanes; shoot toward end boards. Stop all pucks before rotating.

# 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.**

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

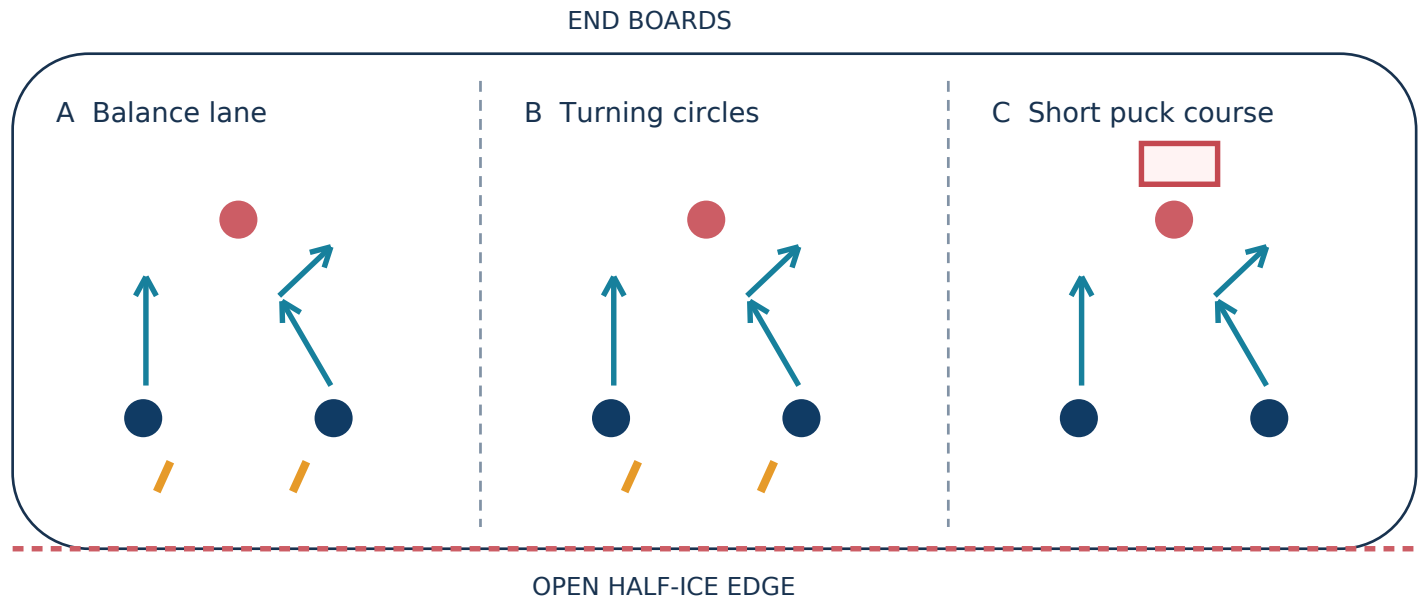
**SETUP:** Use a half-ice or cross-ice space. Diagram shows activity areas used in sequence, not three simultaneous rotations. For 12 players, split into two groups of six with one coach per group for skill games; finish with two small games when nets allow.

**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.

# 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.**

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

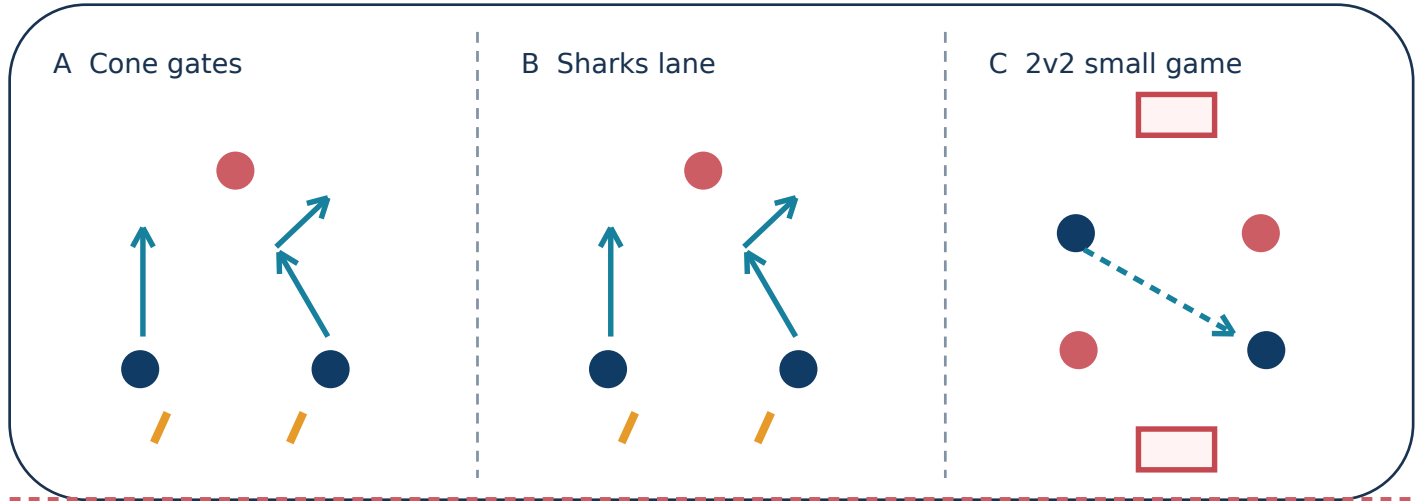
**SAFE PLAY:** No body checking or jumping into traffic. Avoid crawling or repeated knee drops. Space puck collection points and keep waiting players clear of shots.

# 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.**

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