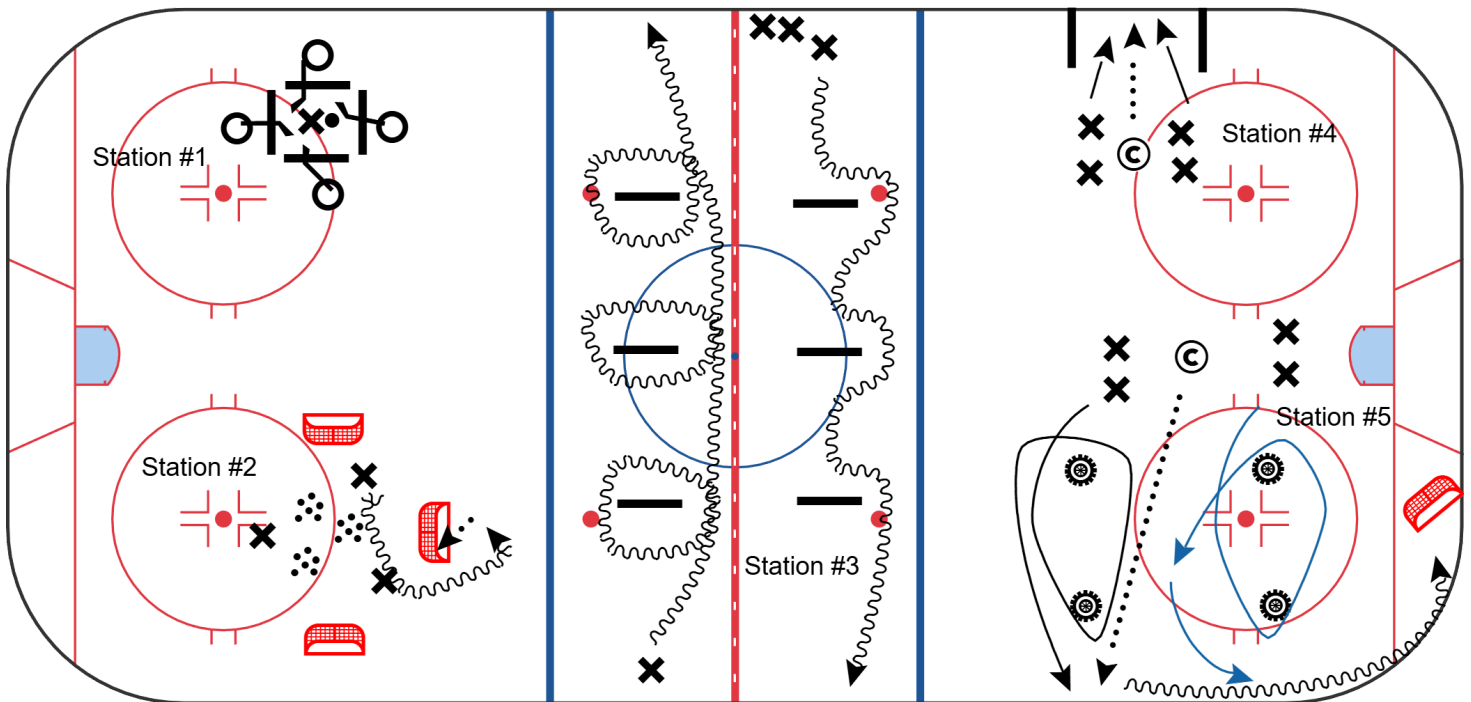


Adv Mite 8U Skills Stations 1/14 (Puck Protection)



Description

Station #1:

Puck protection from outside sticks. One player has a puck inside the divider barrier box. Players on the outside cannot enter the area with their skates, but they instead reach over the dividers and try to knock the puck out of the inside player's possession.

Station #2:

Hungry Hungry Hippos. A pile of pucks are in the inside of 3-4 nets (facing away from the middle. Assign player(s) a net they are in charge of. Players goal is to gather as many pucks as they can from the middle and bring them to their net. Players can either go for adding more pucks, or stealing pucks from others in the middle to play "defense"

Station #3:

Stickhandling puck control in NZ. Coaches can do various moves around divider pads. Extension reaches, puck control all the way around, throwing the puck off the divider and gathering it around them, etc.

Station #4:

1v1 puck protection against the boards. Players battle for puck possession as long as they can inside the two dividers. 20-30 seconds then change players

Station #5:

1v1 drill. Offensive player is lined up more towards the blue line as shown above. Players skate around the tires/cones as shown and offensive player receives a pass from the coach upon completion of the circle. They need to catch the pass and protect the puck wide and low to put the puck in the net. Angle the net so it requires the player to "get to the dirty area."