

6U/8U - CORE & BACK

CRAB WALK

STATIONARY

- ① • Sit on floor with hand about a foot behind glutes.
- ② • Alternate lifting opposite hands and legs in place.
 - Slow, medium and fast...mix it up.
 - Play "follow the leader" or "simon says." Be predictable at first when calling out cues, then challenge the players with more unpredictable commands.

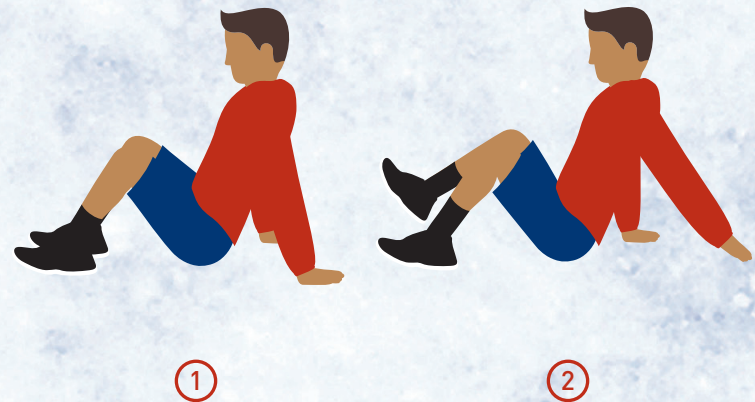
MOVEMENT

Forward: Start in Crab Walk position and walk forward 10 yards.
Backward: Start in Crab position and Walk backward for 10 yards.
Lateral: Players Crab Walk sideways 10 yards each way.



6U/8U - CORE & BACK

CRAB WALK



6U/8U - AGILITY & BALANCE

HOP SCOTCH

SETUP

- Use 5 hula hoops, chalk, or tape 5 X's on the ground.

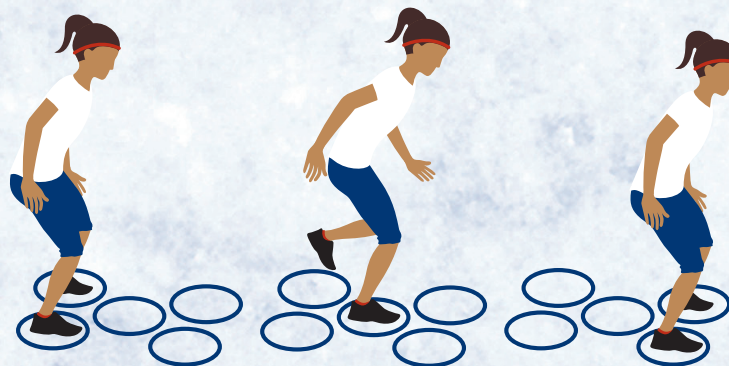
MOVEMENT

- 1 • Jump forward in a 2-1-2 progression.
- 2 • Jump 180 degrees on 4th jump and repeat 2-1-2 progression back to starting position.
- 3 • Switch using left and right foot on single leg jumps.

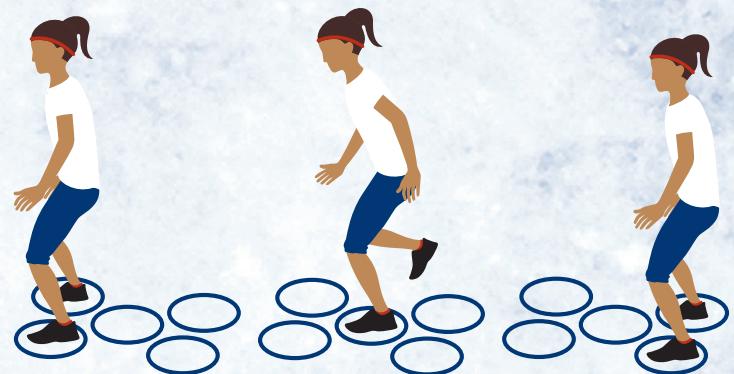


6U/8U - AGILITY & BALANCE

HOP SCOTCH



1



2



3



6U/8U - UPPER & LOWER BODY

LONG JUMP

SETUP

- Mark the starting line with a piece of tape on the floor or use a hockey stick.

MOVEMENT

- 1 • Place toes behind the line.
- 2 • Have players jump as far forward as they can from starting line.
- 3 • Place a piece of tape with their name at the first landing spot (where heel of foot strikes the ground).
 - Do the same for all players in the station.
 - Have each player complete 5-10 jumps.

*Encourage players to jump farther than their first attempt.
If the player succeeds, move their marker.*

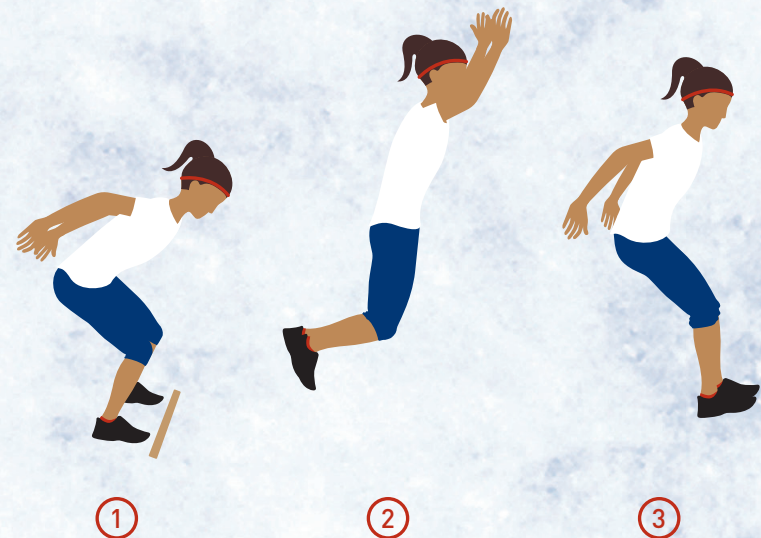
ADVANCED

To work on deceleration, mark an attainable distance and have players try to jump to the target. Players should jump as close to the line as possible without going over it.



6U/8U - UPPER & LOWER BODY

LONG JUMP



6U/8U - PUCK HANDLING

QUICK STICK

FOCUS

- Hand speed, wrist action, cupped blade.
- Short dribbles.

SETUP

- 8 pucks in a vertical line, pucks are about 2 feet apart.
- Use a hockey ball to perform drill.

①

MOVEMENT

- Player stickhandles ball between each puck while straddling the vertical row of obstacles.

TECHNIQUE

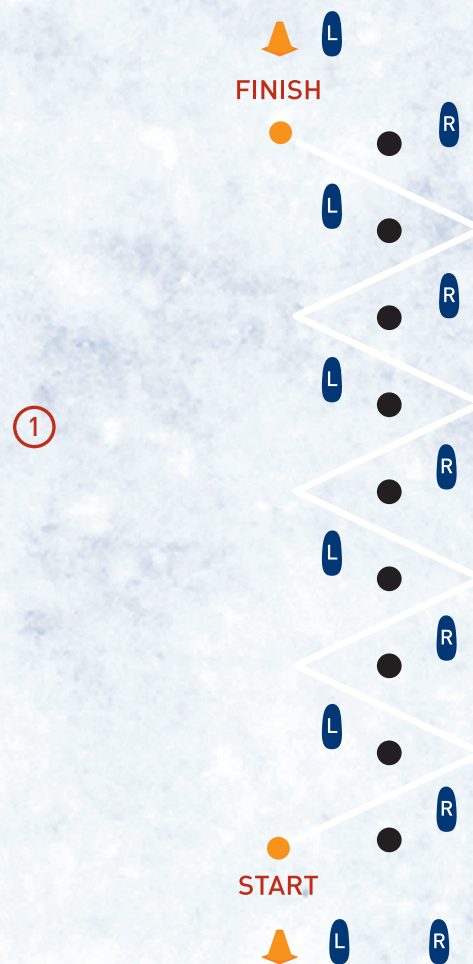
- Feet are shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- The top of the stick shaft should be held in the top hand with a hammer grip.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Emphasis is on wrist movement, not arm movement.
- Cup ball on forehand and backhand side of blade.
- Player rolls wrist to cup the ball.

Slow down drill for younger or beginner players.



6U/8U - PUCK HANDLING

QUICK STICK



6U/8U - RUNNING & JUMPING

RELAY RACE

SETUP

- Divide players into two equal groups.
- Set up two cones 20 feet apart from each other.

① MOVEMENT

- Players sprint to touch cone #2, sprint back through cone #1, high five next player in line to initiate their turn.
- First team to get all players across start line wins.

Be creative and have them sprint forward, backward, laterally, skip, carioca...



6U/8U - RUNNING & JUMPING

RELAY RACE



①



6U/8U - PASSING, RECEIVING & SHOOTING

SHUTTLE PASSING

① SETUP

- Players are divided into groups of 3.
- Player with ball takes 3-4 running strides, passes to player in opposite line and joins the back of that line.
- Player who received the ball runs 3-4 strides, passes to opposite player and joins the back of that line...repeat.
- Work on forehand and backhand passing, sweep ball.

ADVANCED/GAME

After several reps, have players call out the name of the player to whom they are passing. First team to 5 shuttle passes wins.

PASSING TECHNIQUE

- Player carries ball on the forehand or backhand side of the body while running forward, keeping ball on heel to middle of blade.
- Sweep the ball toward partner, using the push/pull action with the hands and a low follow through, pointing stick at target.
- Transfer weight from back leg to front leg as the ball is swept.

RECEIVING TECHNIQUE

- Receiver presents a full target with the stick blade.
- Reduce grip tension of bottom hand to cushion the ball with a short catch using the hands and wrists.
- Cup the ball and pull the ball across the front of the body on the forehand.
- Keep arms free and away from the body, rotate upper body.

Backhand-use same technique.



6U/8U - PASSING, RECEIVING & SHOOTING

SHUTTLE PASSING

