CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 1

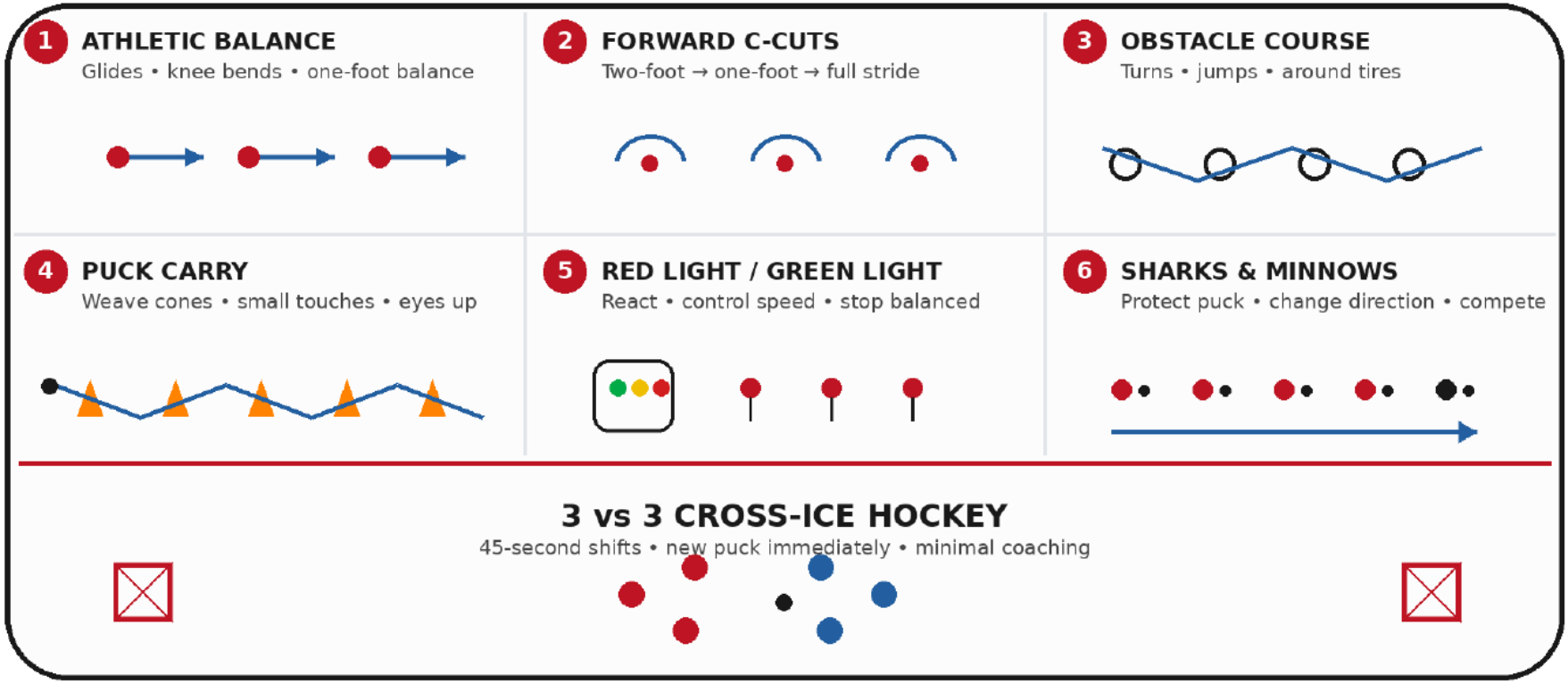
60 MINUTES • HALF ICE

## ATHLETIC STANCE & BALANCE | Theme: Balance Before Speed

**OBJECTIVE**
Build an athletic skating position, balance, movement, and early puck confidence.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**

0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**

**Today's only correction: "Bend your knees."**

- Short explanations; quick demonstrations
- Eyes up and hands away from the body
- Balance before speed — do not race drills
- New puck immediately; keep lines short

**SUCCESS CHECK**

- ☐ Players moved almost constantly
- ☐ Every player had frequent puck touches
- ☐ Coaches corrected one simple idea
- ☐ Players finished with 3 vs 3 play
- ☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 2

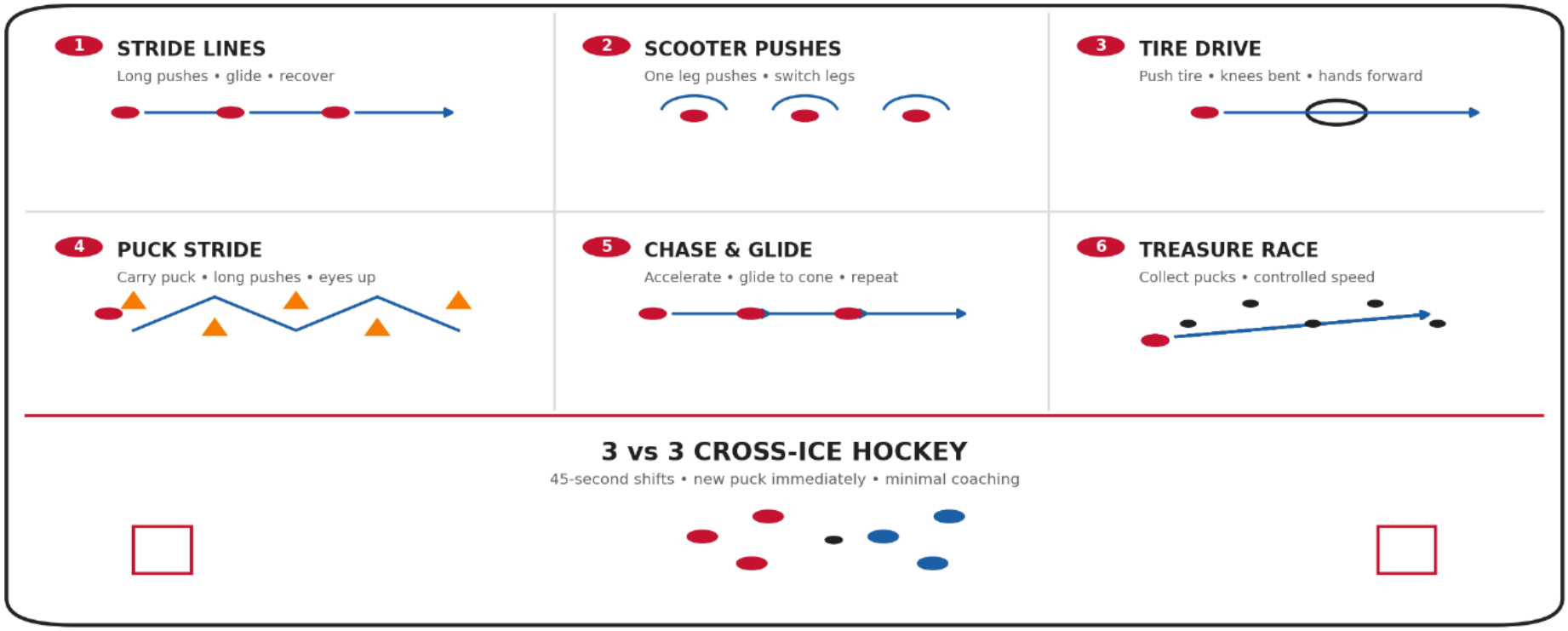
60 MINUTES • HALF ICE

## FORWARD STRIDE | Theme: Long Pushes, Quiet Recovery

**OBJECTIVE**
Develop a balanced forward stride with full extension and recovery under the body.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Push to the side, recover underneath."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
- ☐ Players moved almost constantly
- ☐ Every player had frequent puck touches
- ☐ Coaches corrected one simple idea
- ☐ Players finished with 3 vs 3 play
- ☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 3

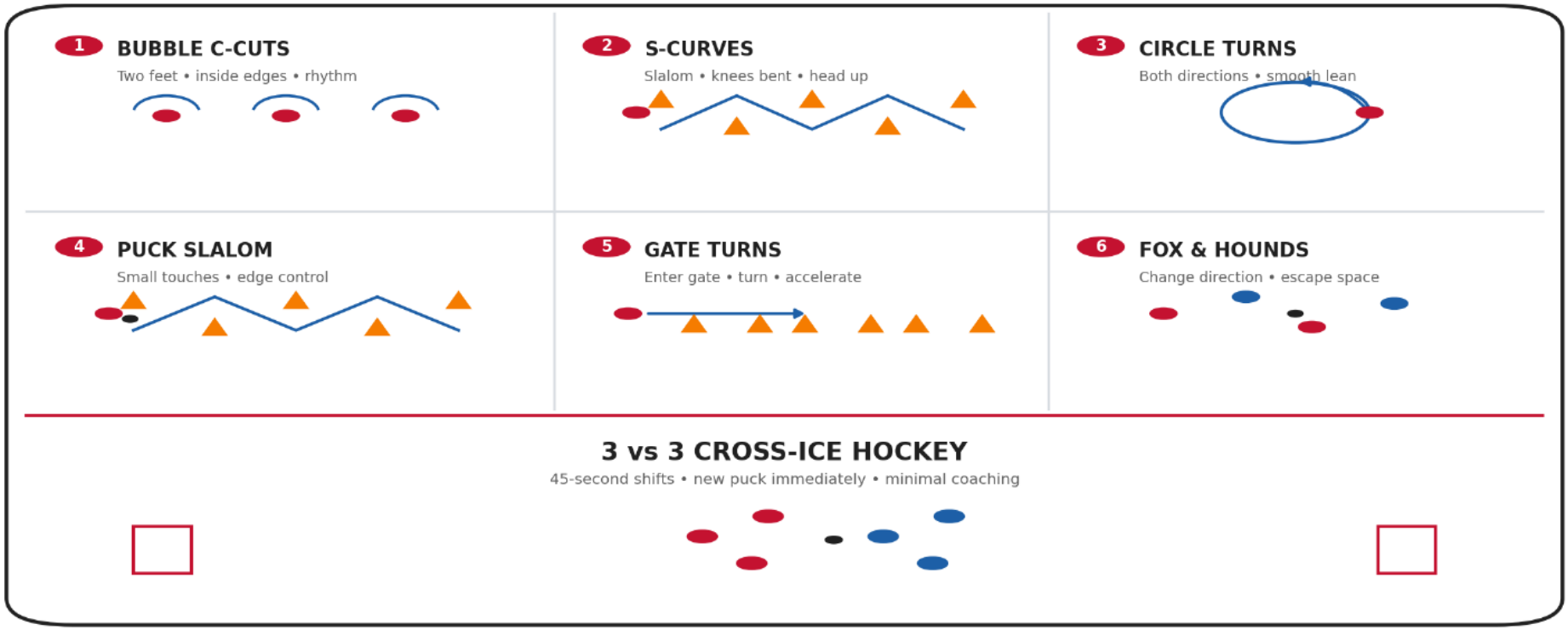
60 MINUTES • HALF ICE

## INSIDE EDGES | Theme: Feel the Ice

**OBJECTIVE**
Introduce inside-edge control through turns, slaloms, and playful direction changes.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Lean gently and trust your edges."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
☐ Players moved almost constantly
☐ Every player had frequent puck touches
☐ Coaches corrected one simple idea
☐ Players finished with 3 vs 3 play
☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 4

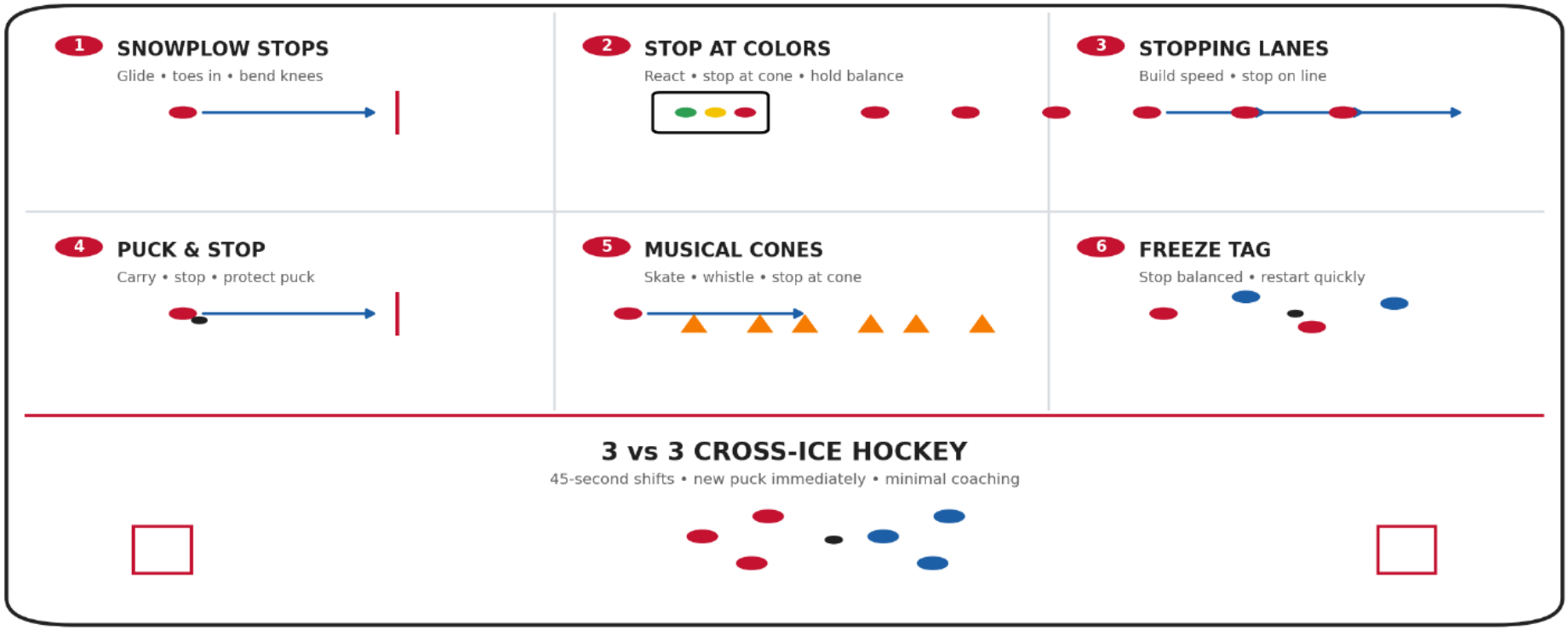
60 MINUTES • HALF ICE

## STOPS | Theme: Stop Under Control

**OBJECTIVE**
Teach a safe two-foot snowplow stop and reinforce balanced stopping in games.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Sit low, turn toes in, make snow."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
☐ Players moved almost constantly
☐ Every player had frequent puck touches
☐ Coaches corrected one simple idea
☐ Players finished with 3 vs 3 play
☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 5

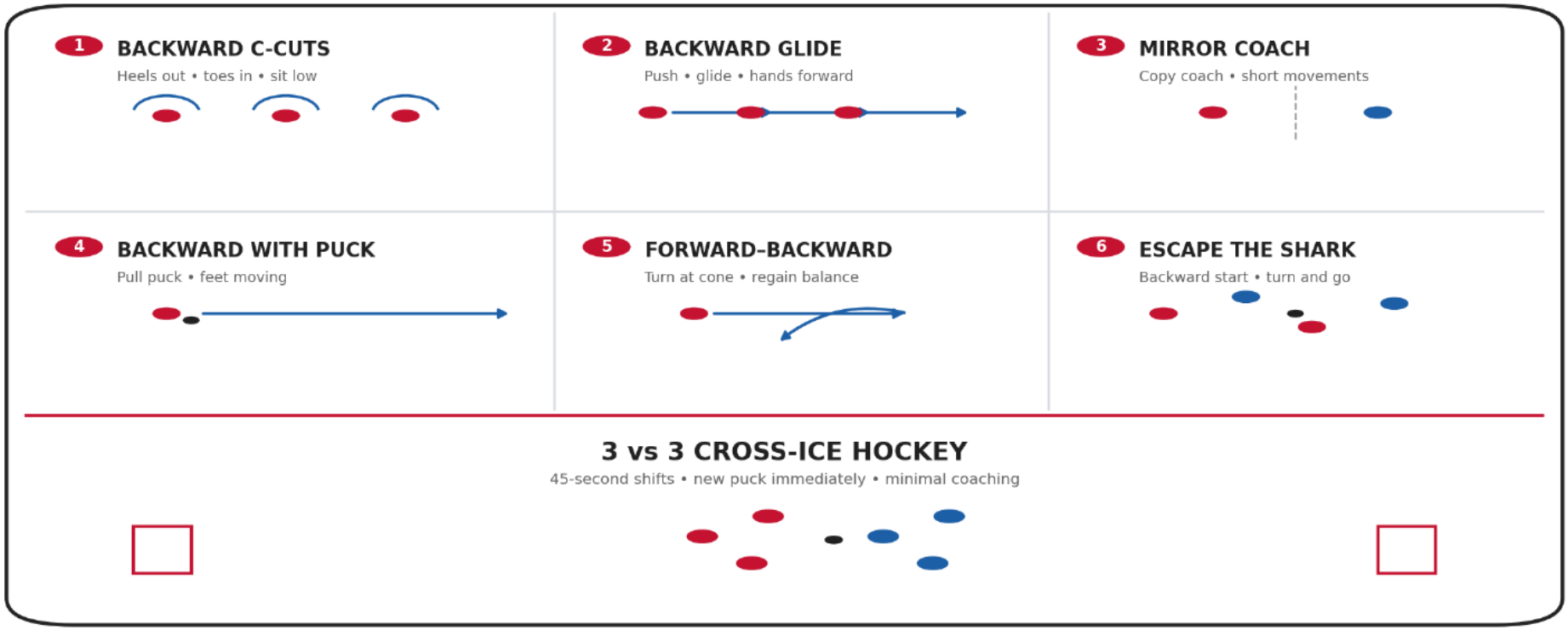
60 MINUTES • HALF ICE

## BACKWARD SKATING | Theme: Sit Low and Push

**OBJECTIVE**
Introduce backward stance, backward C-cuts, and safe backward movement.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Sit in the chair and push the ice away."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
☐ Players moved almost constantly
☐ Every player had frequent puck touches
☐ Coaches corrected one simple idea
☐ Players finished with 3 vs 3 play
☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 6

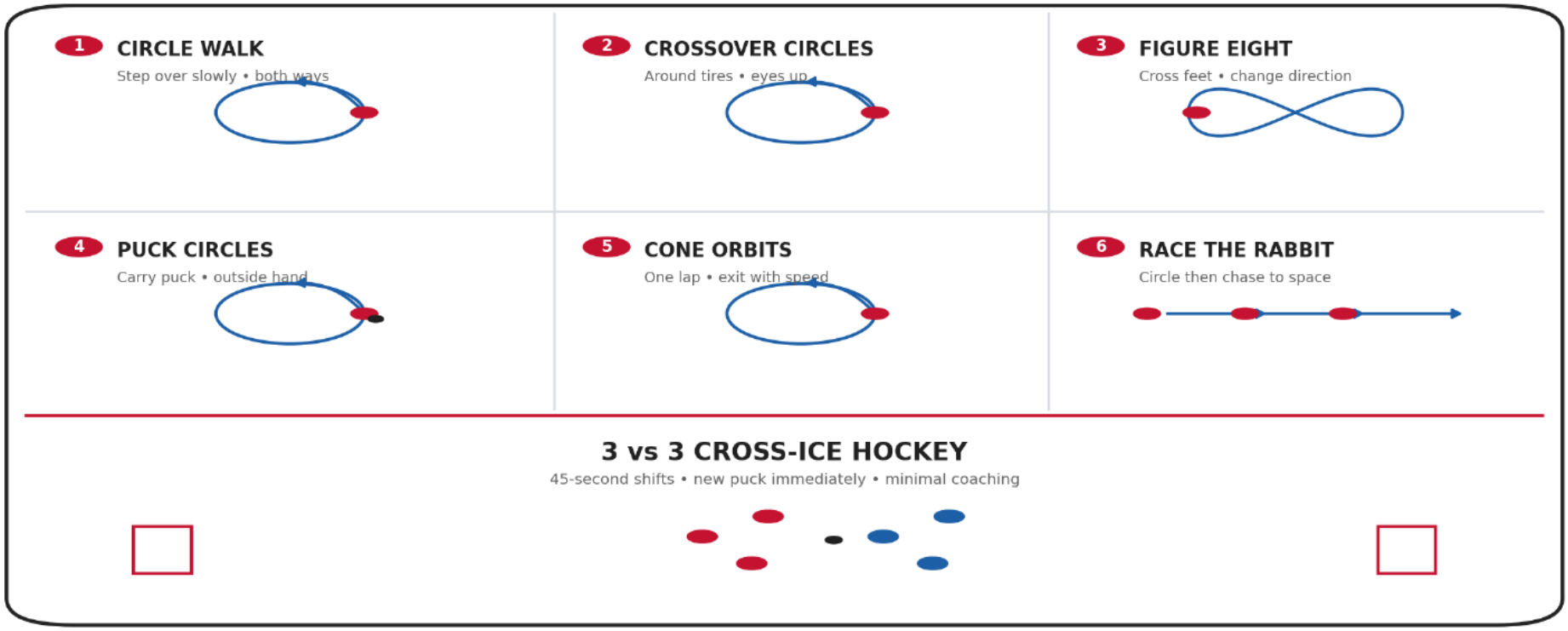
60 MINUTES • HALF ICE

## FORWARD CROSSOVERS | Theme: Step Over and Around

**OBJECTIVE**
Build confidence crossing one foot over the other while skating around circles and obstacles.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Step over, push under, keep moving."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
☐ Players moved almost constantly
☐ Every player had frequent puck touches
☐ Coaches corrected one simple idea
☐ Players finished with 3 vs 3 play
☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 7

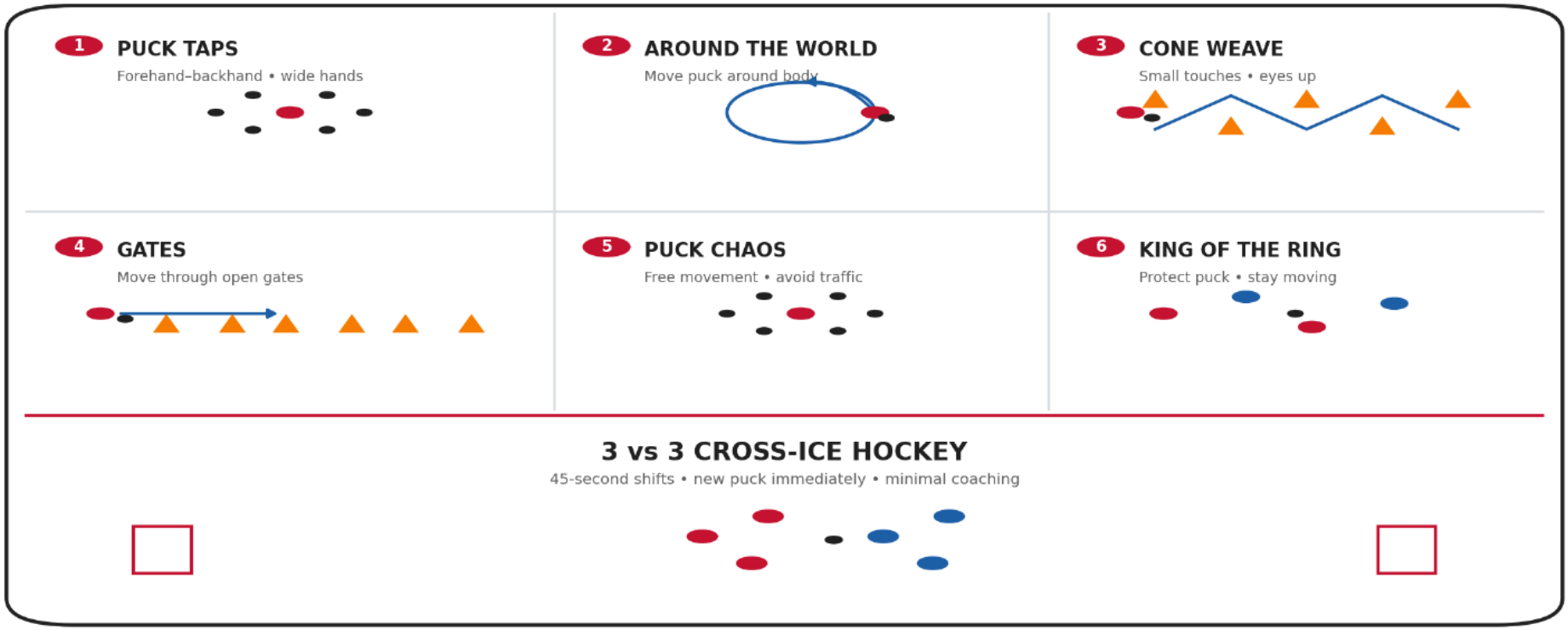
60 MINUTES • HALF ICE

## STICKHANDLING | Theme: Soft Hands

**OBJECTIVE**
Develop puck feel, small touches, and confidence moving the puck on forehand and backhand.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Top hand controls; bottom hand stays soft."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
☐ Players moved almost constantly
☐ Every player had frequent puck touches
☐ Coaches corrected one simple idea
☐ Players finished with 3 vs 3 play
☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 8

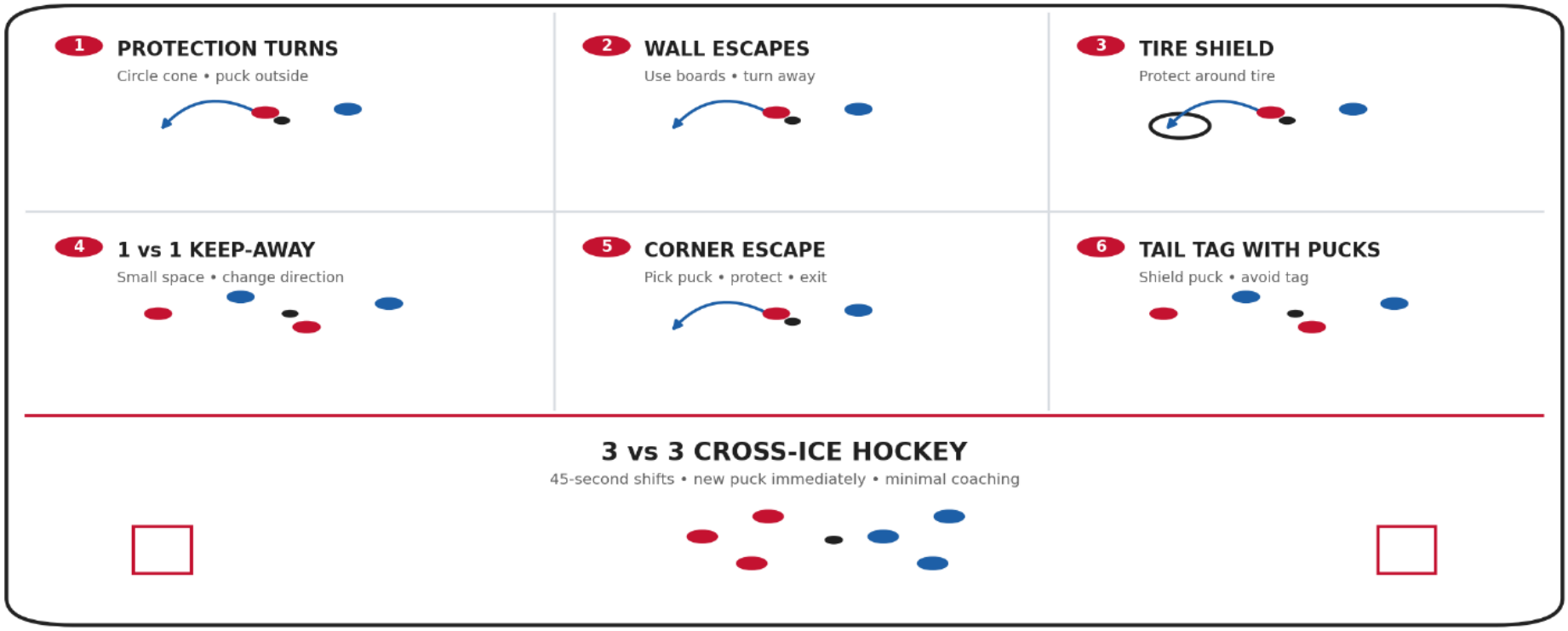
60 MINUTES • HALF ICE

## PUCK PROTECTION | Theme: Body Between Puck and Pressure

**OBJECTIVE**
Teach players to shield the puck, turn away from pressure, and keep feet moving.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Puck away, body in the way."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
- ☐ Players moved almost constantly
- ☐ Every player had frequent puck touches
- ☐ Coaches corrected one simple idea
- ☐ Players finished with 3 vs 3 play
- ☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 9

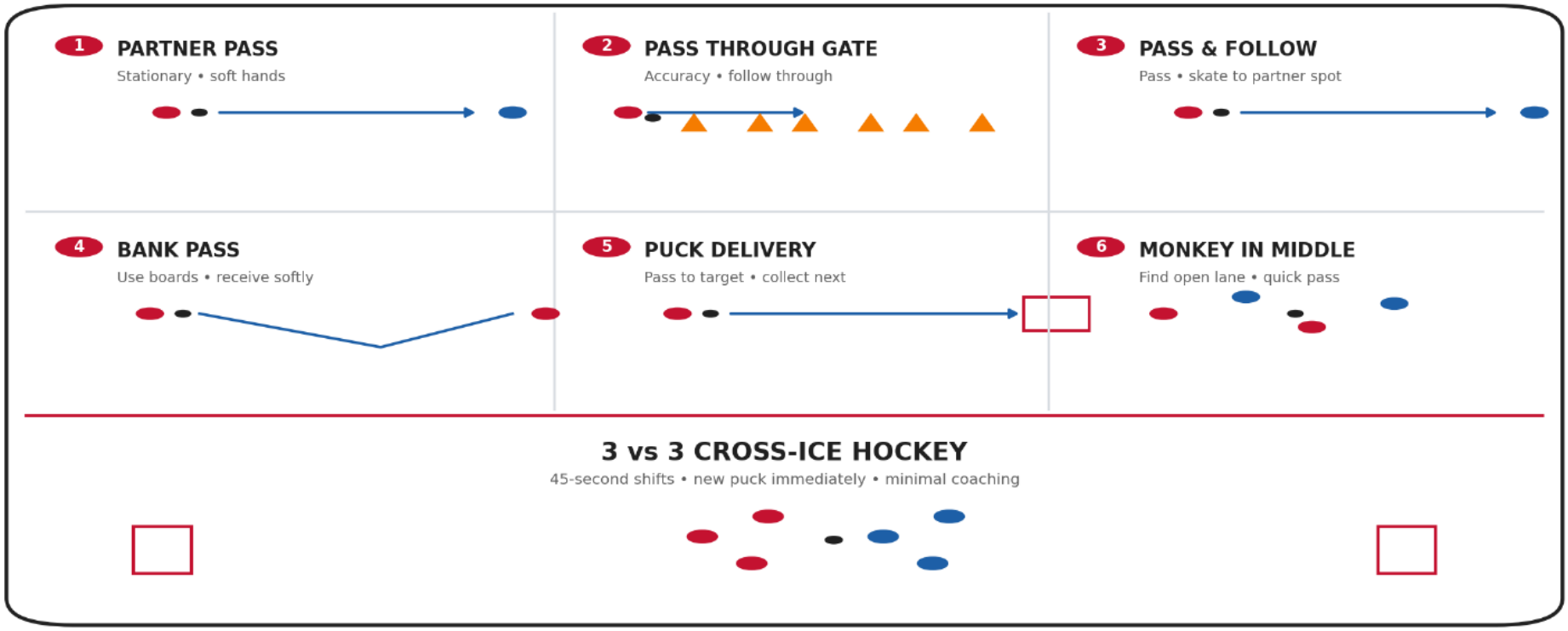
60 MINUTES • HALF ICE

## PASSING | Theme: Push the Puck

**OBJECTIVE**
Introduce forehand passing with a quiet puck, open blade, and target awareness.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Point the blade at your partner."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
- ☐ Players moved almost constantly
- ☐ Every player had frequent puck touches
- ☐ Coaches corrected one simple idea
- ☐ Players finished with 3 vs 3 play
- ☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 10

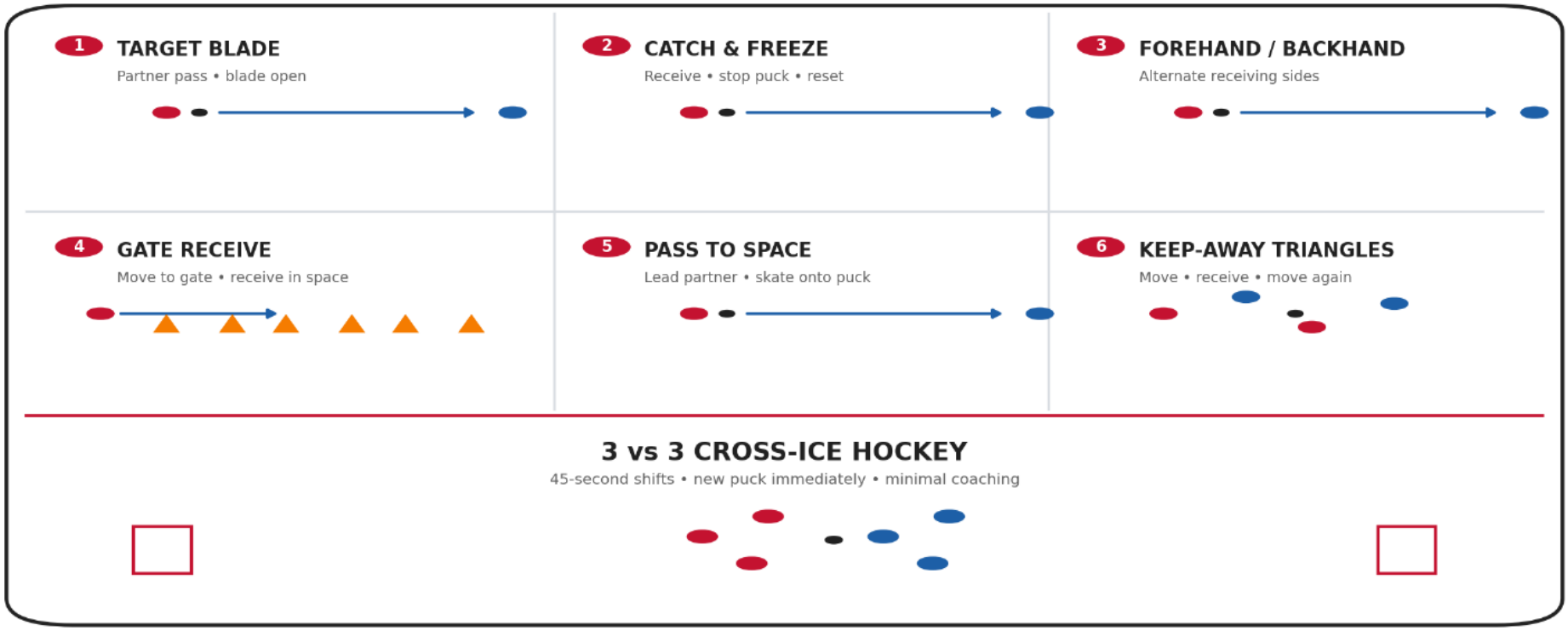
60 MINUTES • HALF ICE

## RECEIVING | Theme: Cushion the Puck

**OBJECTIVE**
Teach players to present a target and softly receive passes on forehand and backhand.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
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0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Show your blade and give with the puck."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
☐ Players moved almost constantly
☐ Every player had frequent puck touches
☐ Coaches corrected one simple idea
☐ Players finished with 3 vs 3 play
☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 11

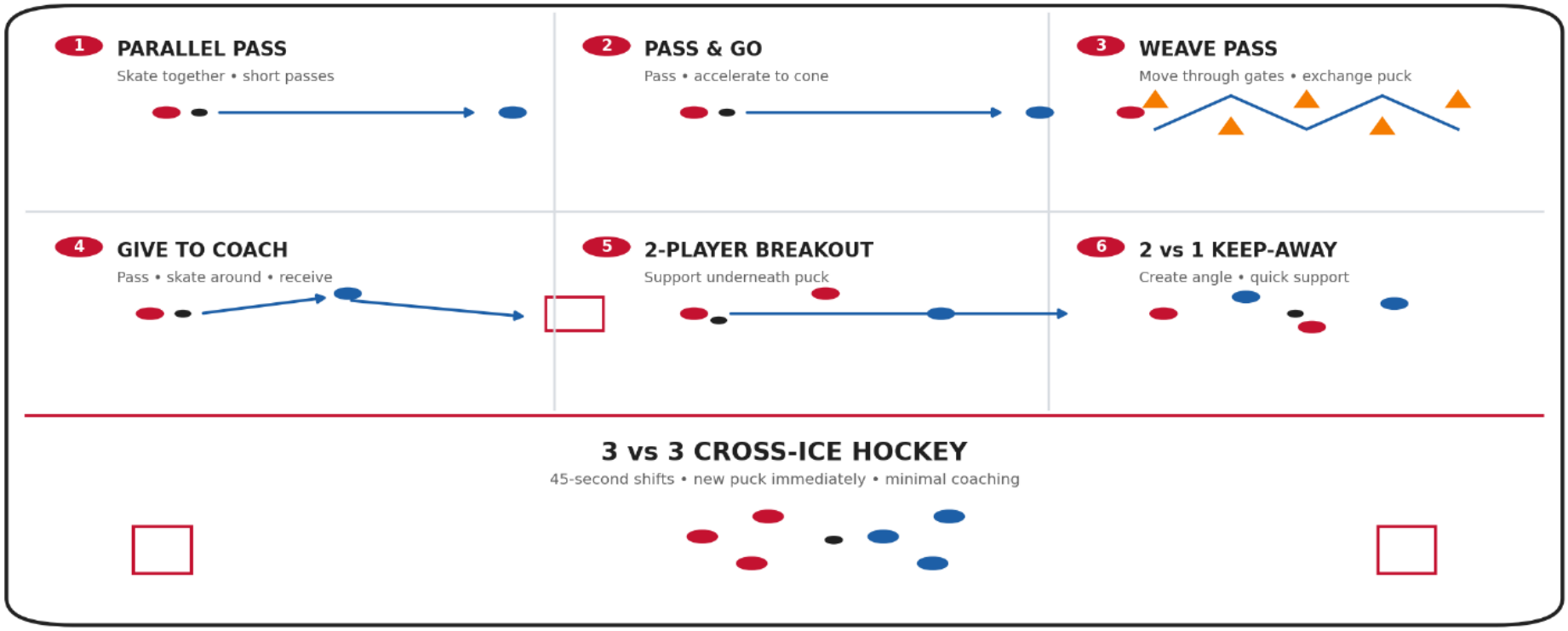
60 MINUTES • HALF ICE

## PASSING WHILE MOVING | Theme: Move the Puck, Move Your Feet

**OBJECTIVE**
Connect skating and passing so players can pass and receive without stopping.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Feet moving before and after the pass."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
☐ Players moved almost constantly
☐ Every player had frequent puck touches
☐ Coaches corrected one simple idea
☐ Players finished with 3 vs 3 play
☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 12

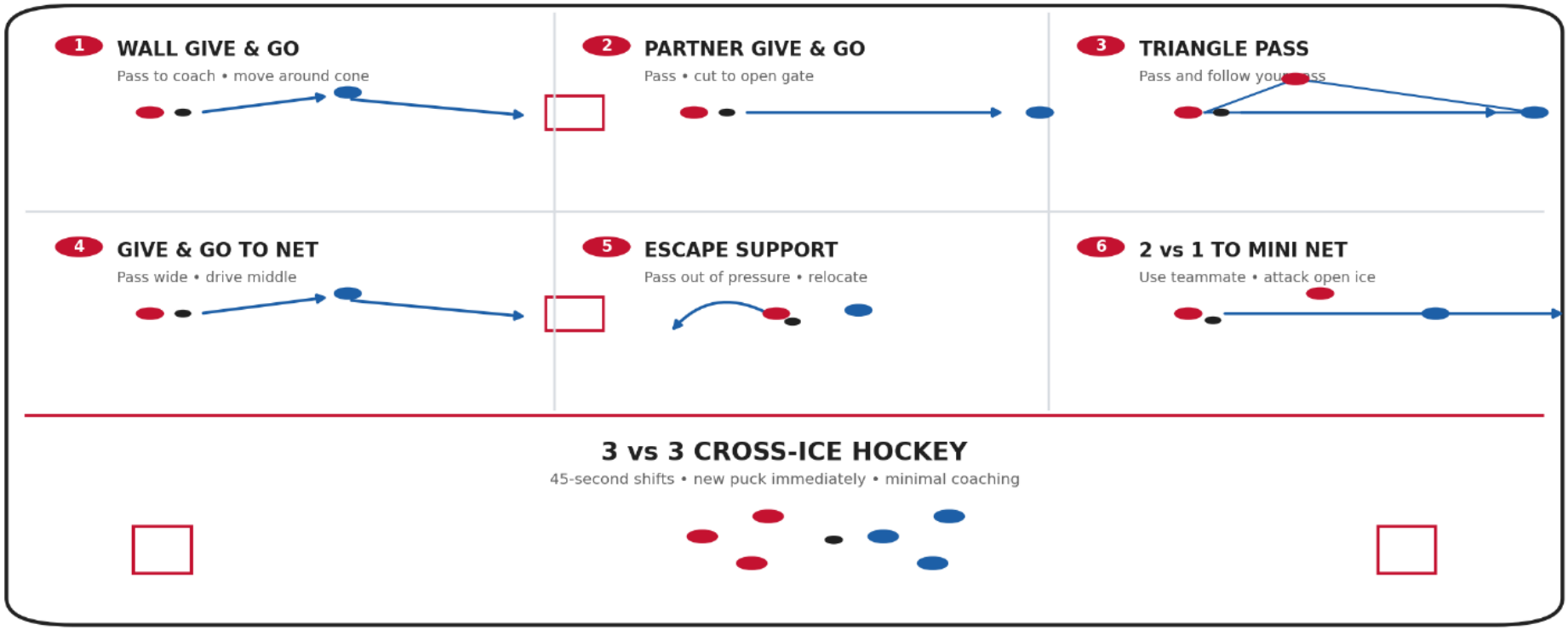
60 MINUTES • HALF ICE

## GIVE & GO | Theme: Pass Then Find Space

**OBJECTIVE**
Introduce the habit of passing and immediately moving to become available again.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Pass, move, get it back."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
- ☐ Players moved almost constantly
- ☐ Every player had frequent puck touches
- ☐ Coaches corrected one simple idea
- ☐ Players finished with 3 vs 3 play
- ☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 13

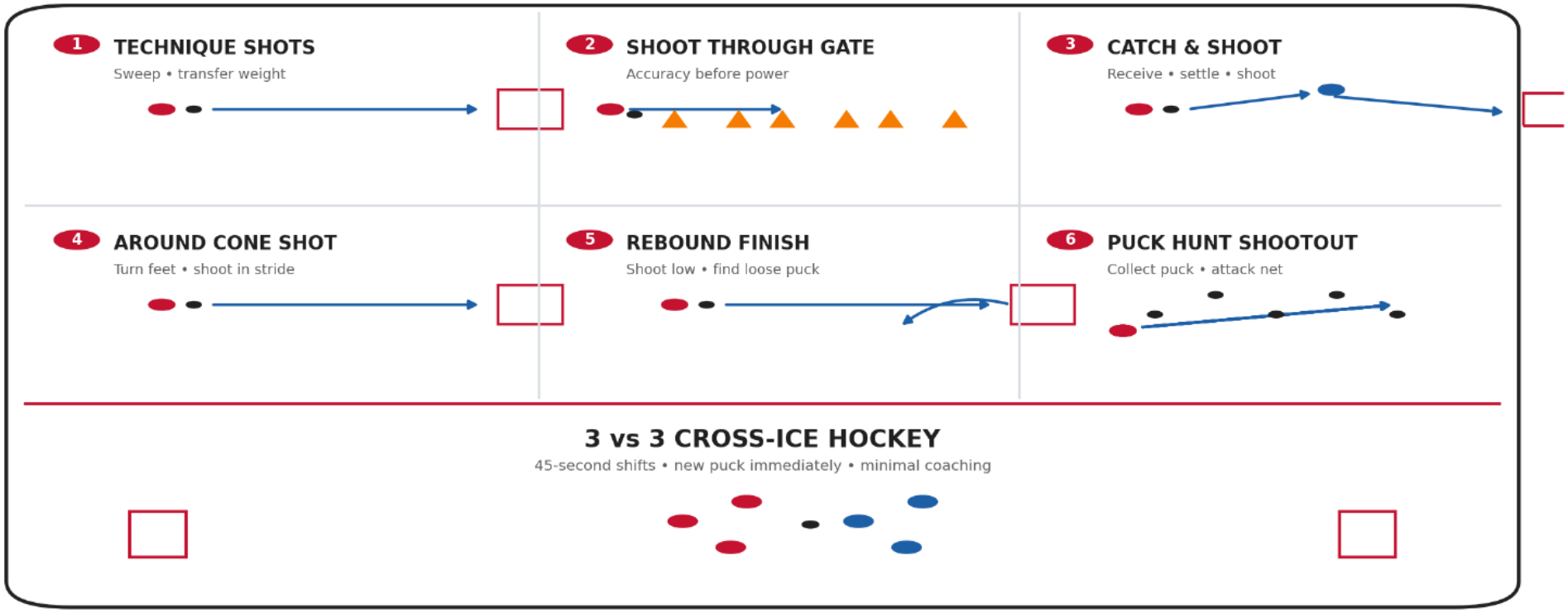
60 MINUTES • HALF ICE

## WRIST SHOT | Theme: Sweep and Point

**OBJECTIVE**
Introduce a controlled wrist shot with puck beside the body and a follow-through to the target.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Sweep the puck and point at the net."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
☐ Players moved almost constantly
☐ Every player had frequent puck touches
☐ Coaches corrected one simple idea
☐ Players finished with 3 vs 3 play
☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 14

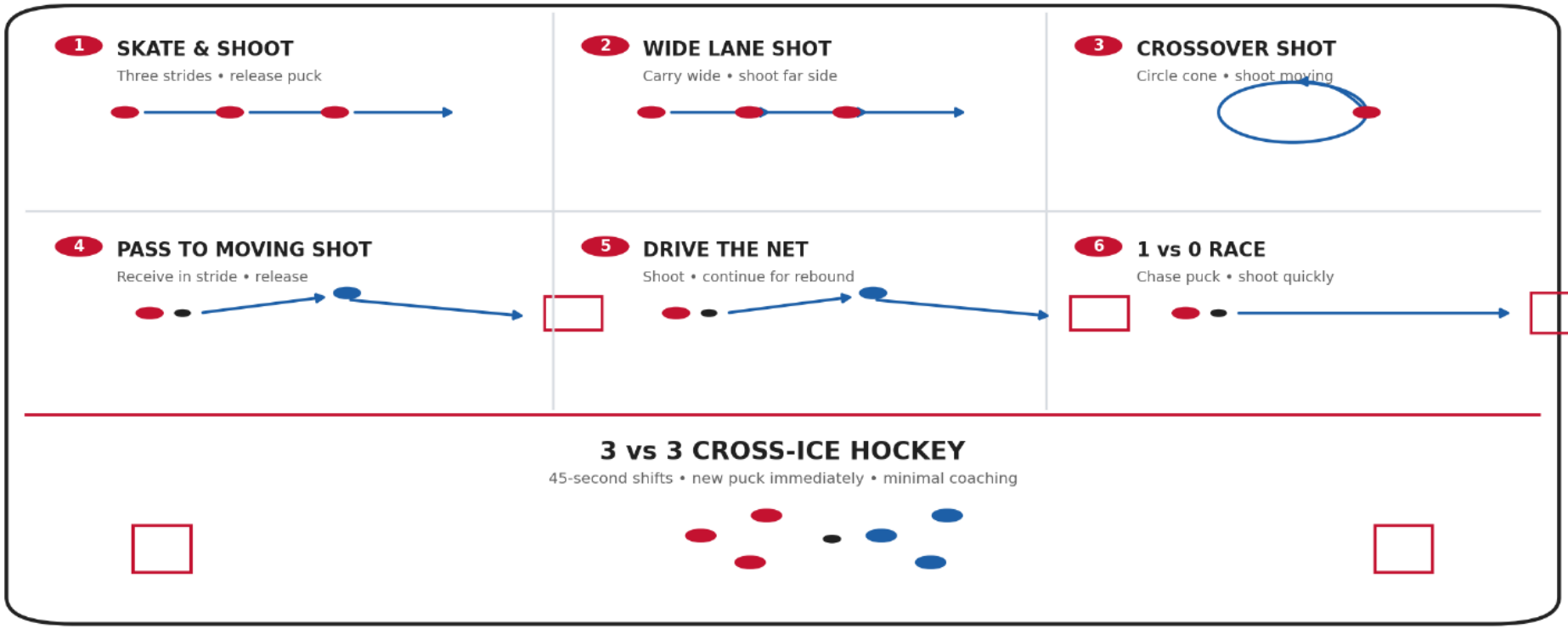
60 MINUTES • HALF ICE

## SHOOTING IN MOTION | Theme: Feet Moving to the Net

**OBJECTIVE**
Teach players to shoot without stopping and to keep skating through the play.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Move your feet and shoot in stride."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
☐ Players moved almost constantly
☐ Every player had frequent puck touches
☐ Coaches corrected one simple idea
☐ Players finished with 3 vs 3 play
☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 15

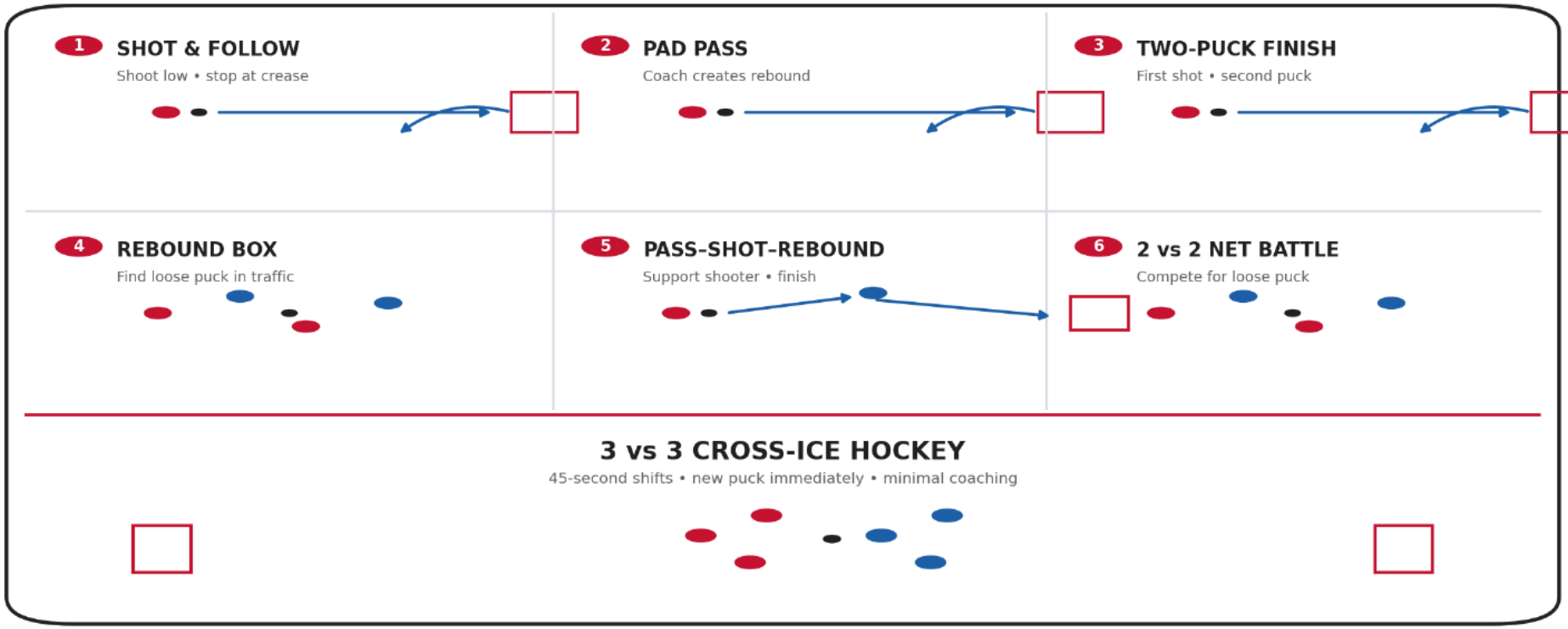
60 MINUTES • HALF ICE

## REBOUNDS | Theme: Follow Every Shot

**OBJECTIVE**
Build the habit of driving the net, stopping near the crease, and finishing loose pucks.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Shoot, stop at the net, find the rebound."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
☐ Players moved almost constantly
☐ Every player had frequent puck touches
☐ Coaches corrected one simple idea
☐ Players finished with 3 vs 3 play
☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 16

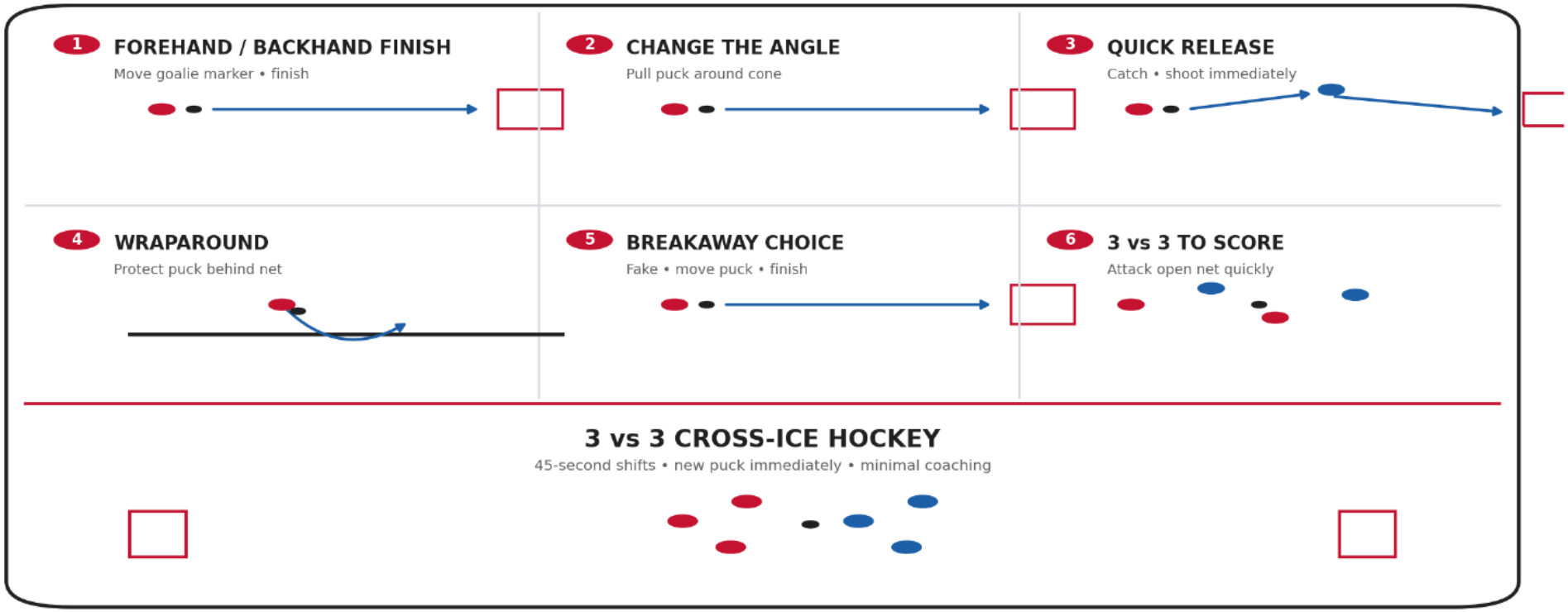
60 MINUTES • HALF ICE

## SCORING | Theme: Attack Open Ice

**OBJECTIVE**
Combine puck control, deception, and quick finishing near the net.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Eyes up: find the open space."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
☐ Players moved almost constantly
☐ Every player had frequent puck touches
☐ Coaches corrected one simple idea
☐ Players finished with 3 vs 3 play
☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 17

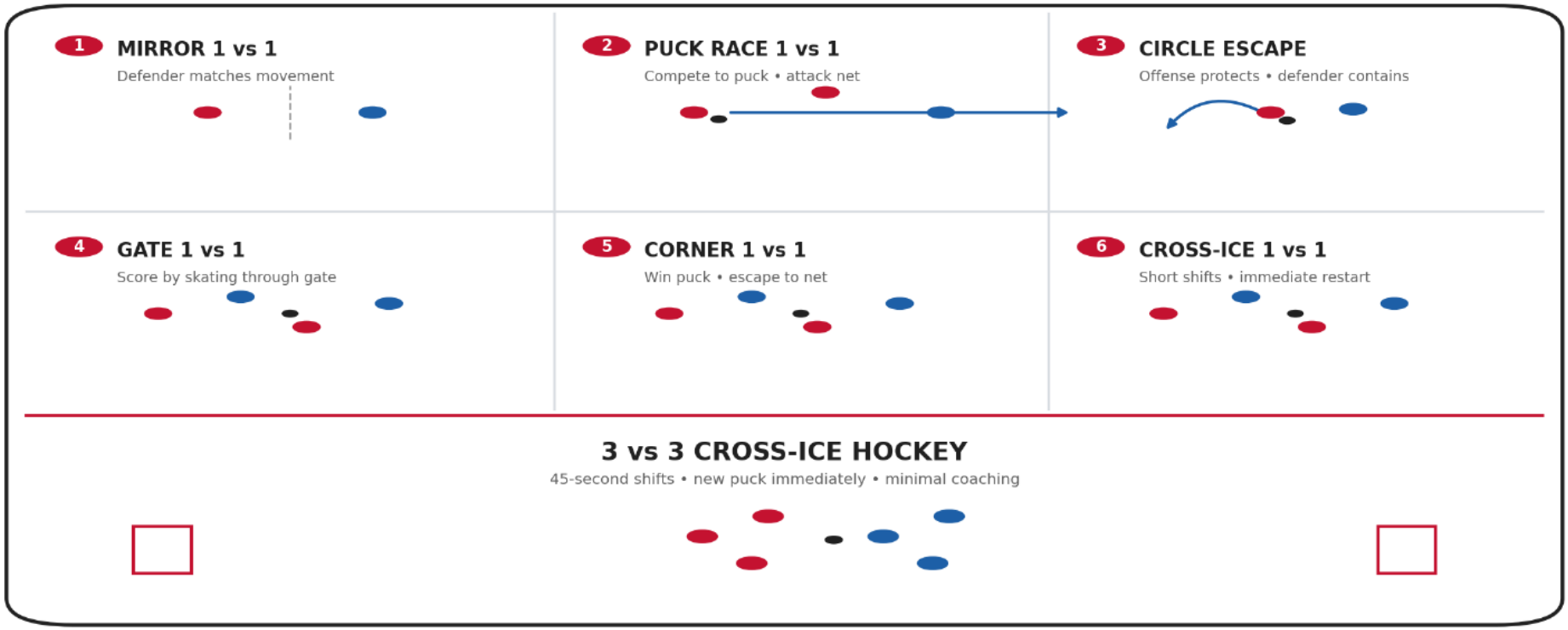
60 MINUTES • HALF ICE

## 1 vs 1 | Theme: Compete With Control

**OBJECTIVE**
Introduce simple attacking and defending habits in short, safe one-on-one games.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Attack space; defend with your stick on the ice."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
☐ Players moved almost constantly
☐ Every player had frequent puck touches
☐ Coaches corrected one simple idea
☐ Players finished with 3 vs 3 play
☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 18

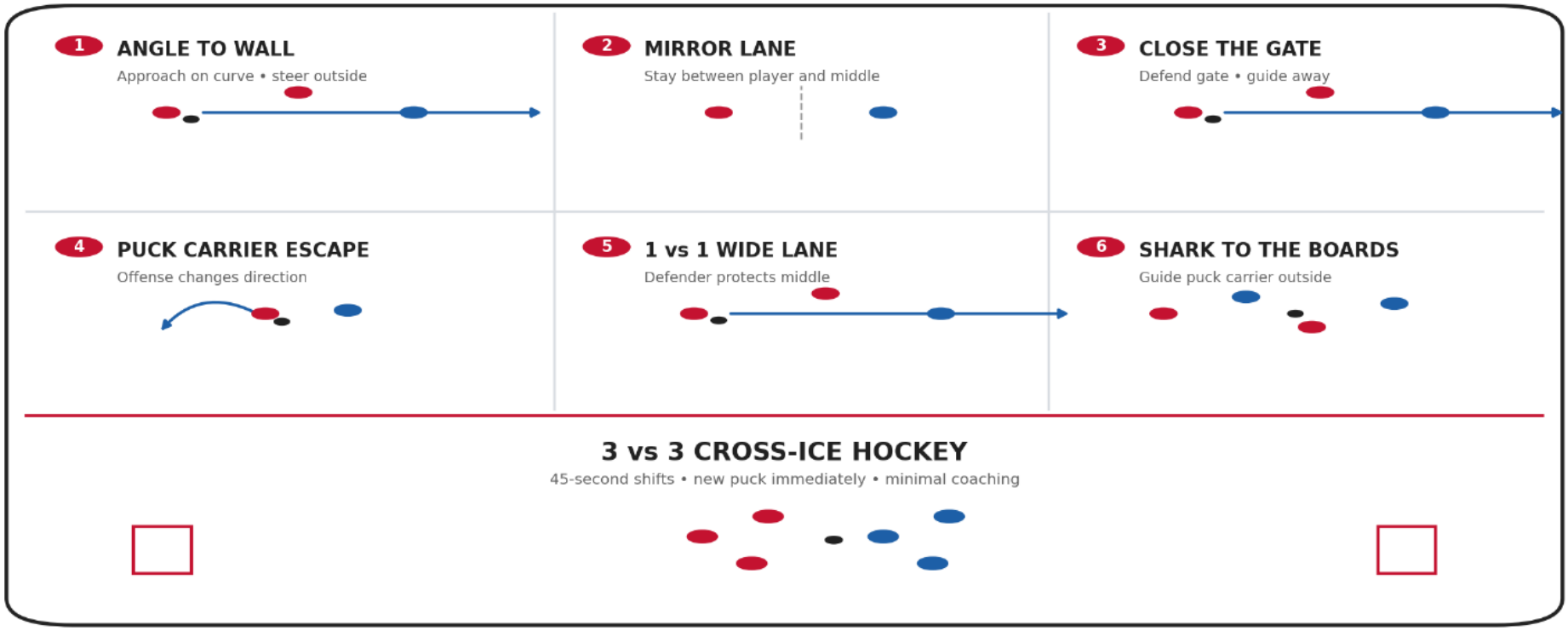
60 MINUTES • HALF ICE

## ANGLING | Theme: Guide, Don't Chase

**OBJECTIVE**
Teach defenders to approach under control and guide the puck carrier toward the boards.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Inside shoulder, stick on ice, steer wide."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
☐ Players moved almost constantly
☐ Every player had frequent puck touches
☐ Coaches corrected one simple idea
☐ Players finished with 3 vs 3 play
☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 19

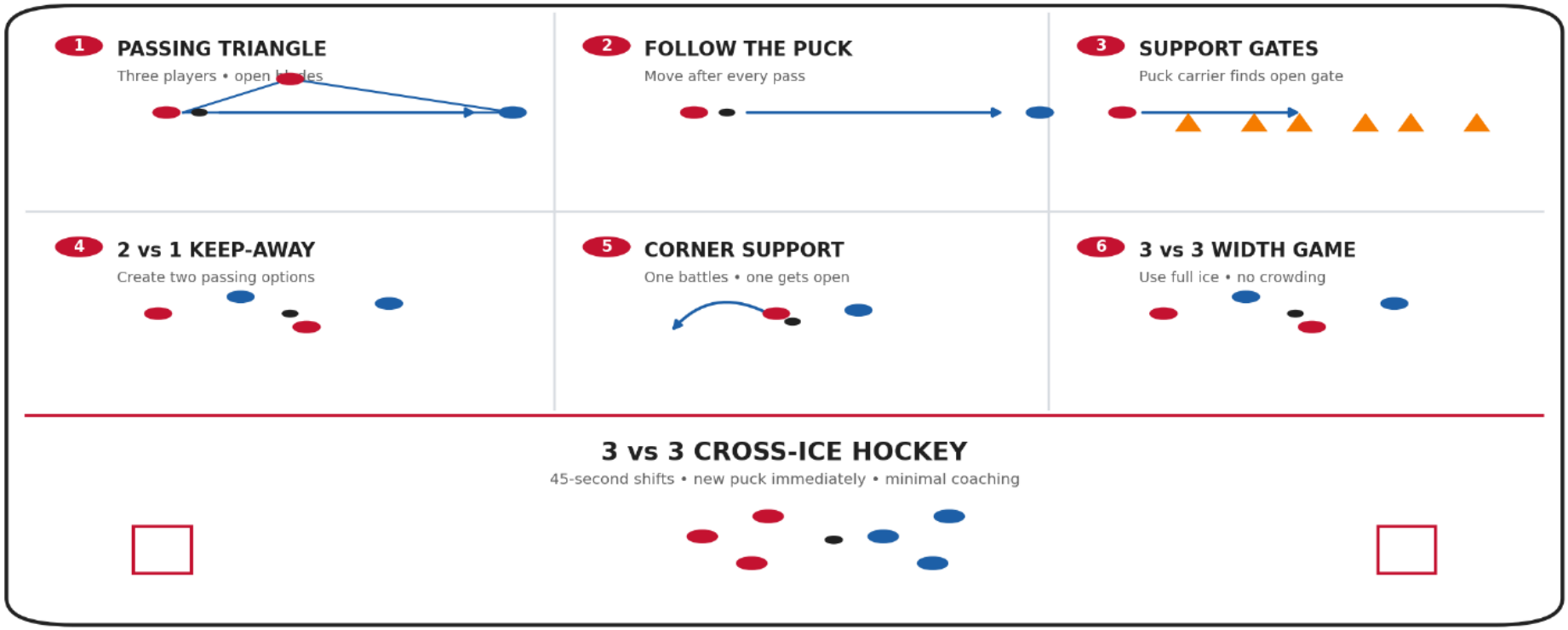
60 MINUTES • HALF ICE

## SUPPORT | Theme: Be an Easy Pass

**OBJECTIVE**
Help players spread out, create passing angles, and stay close enough to support the puck.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Find open ice where your teammate can see you."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
- ☐ Players moved almost constantly
- ☐ Every player had frequent puck touches
- ☐ Coaches corrected one simple idea
- ☐ Players finished with 3 vs 3 play
- ☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 20

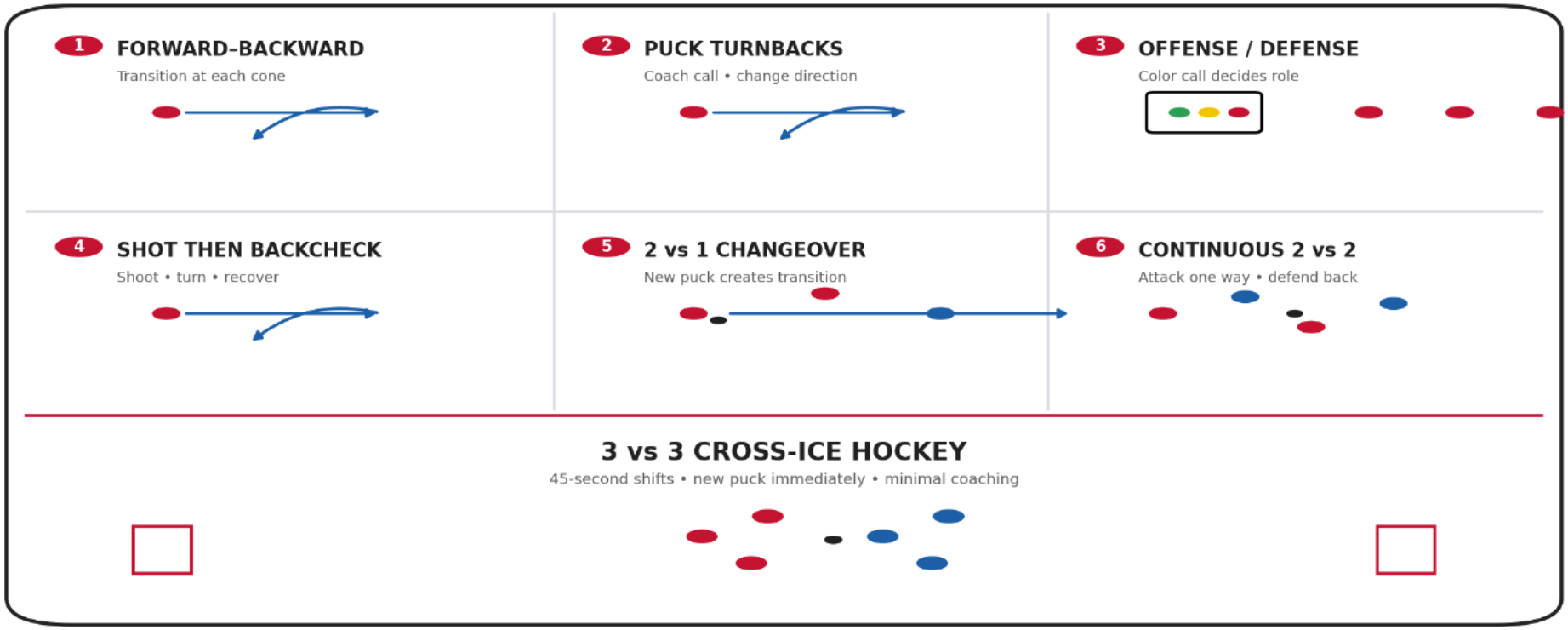
60 MINUTES • HALF ICE

## TRANSITION | Theme: Change Direction Quickly

**OBJECTIVE**
Practice switching from offense to defense and from forward to backward movement.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "React, turn, and get back into the play."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
- ☐ Players moved almost constantly
- ☐ Every player had frequent puck touches
- ☐ Coaches corrected one simple idea
- ☐ Players finished with 3 vs 3 play
- ☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 21

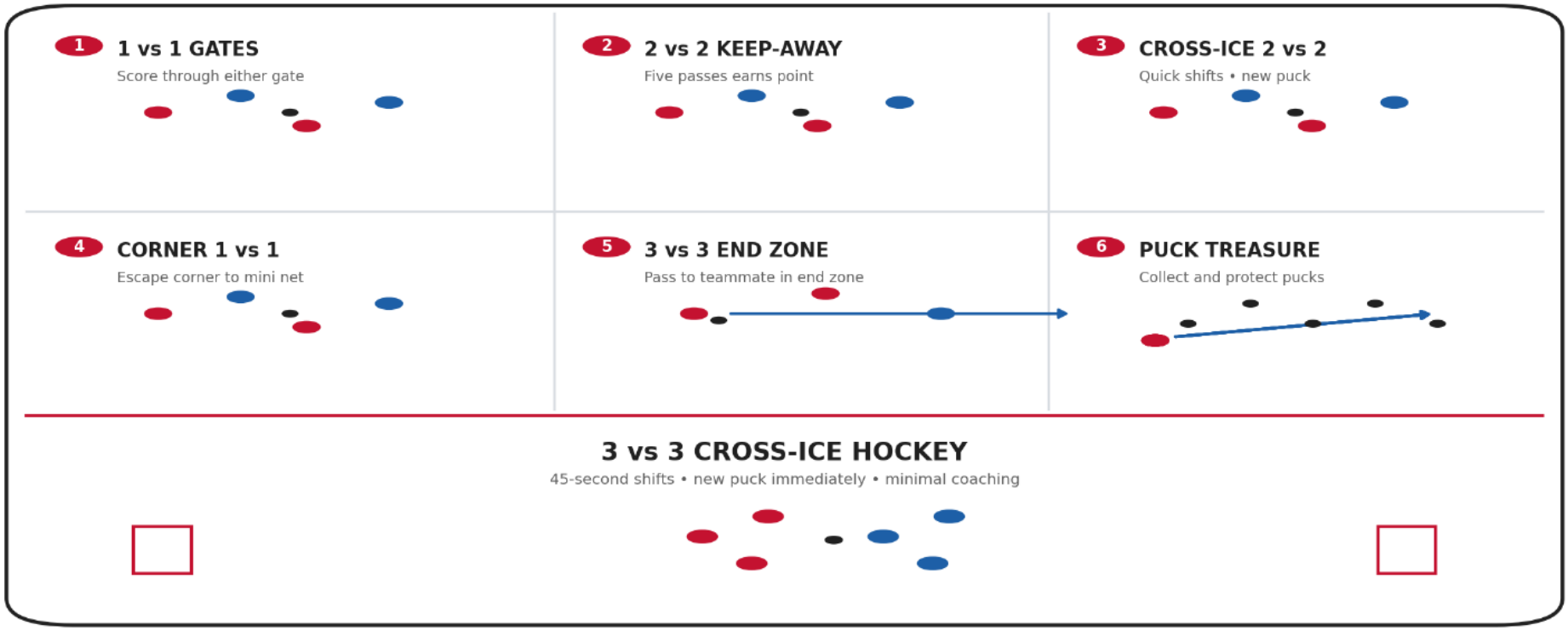
60 MINUTES • HALF ICE

## SMALL-AREA GAMES | Theme: Learn Through Play

**OBJECTIVE**
Use simple games to reinforce skating, puck skills, teamwork, and decision-making.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Set the game, then let the players solve it."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
- ☐ Players moved almost constantly
- ☐ Every player had frequent puck touches
- ☐ Coaches corrected one simple idea
- ☐ Players finished with 3 vs 3 play
- ☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 22

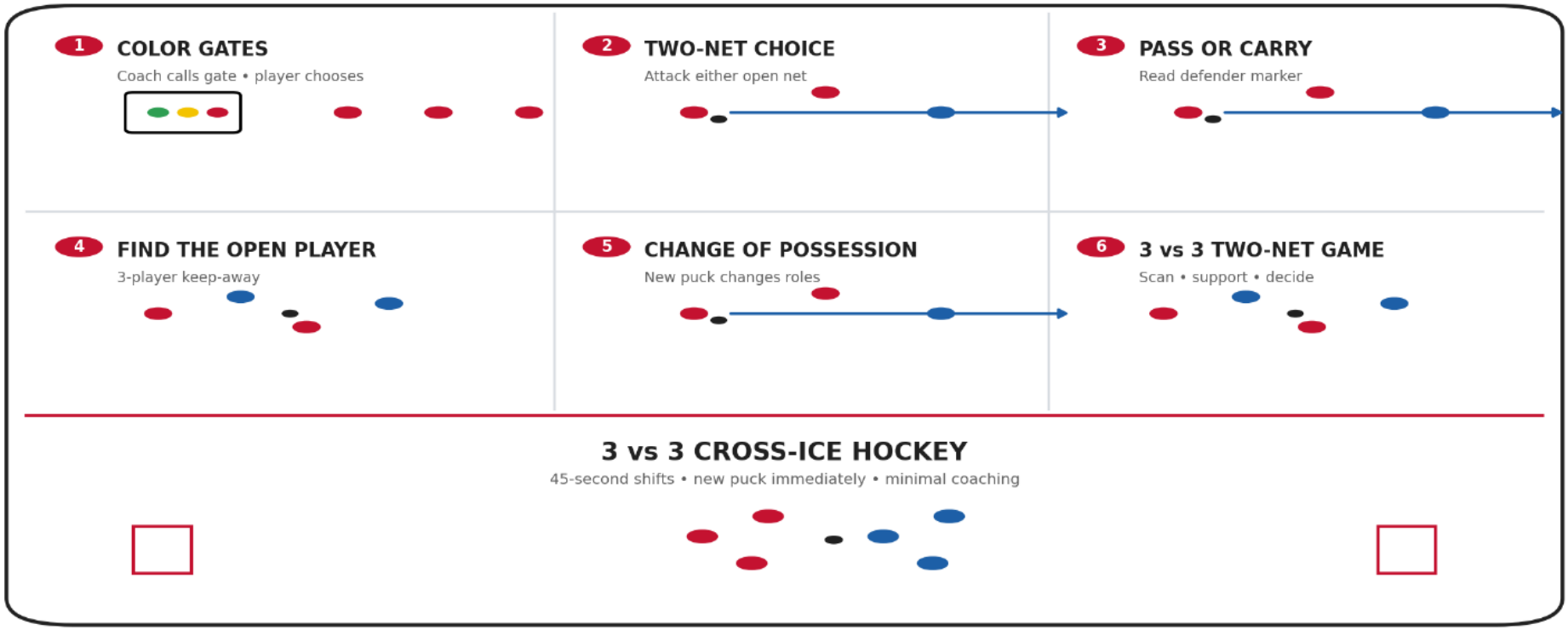
60 MINUTES • HALF ICE

## HOCKEY SENSE | Theme: See, Decide, Play

**OBJECTIVE**
Create simple choices that encourage players to scan, recognize space, and make decisions.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Look before the puck arrives."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
- ☐ Players moved almost constantly
- ☐ Every player had frequent puck touches
- ☐ Coaches corrected one simple idea
- ☐ Players finished with 3 vs 3 play
- ☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 23

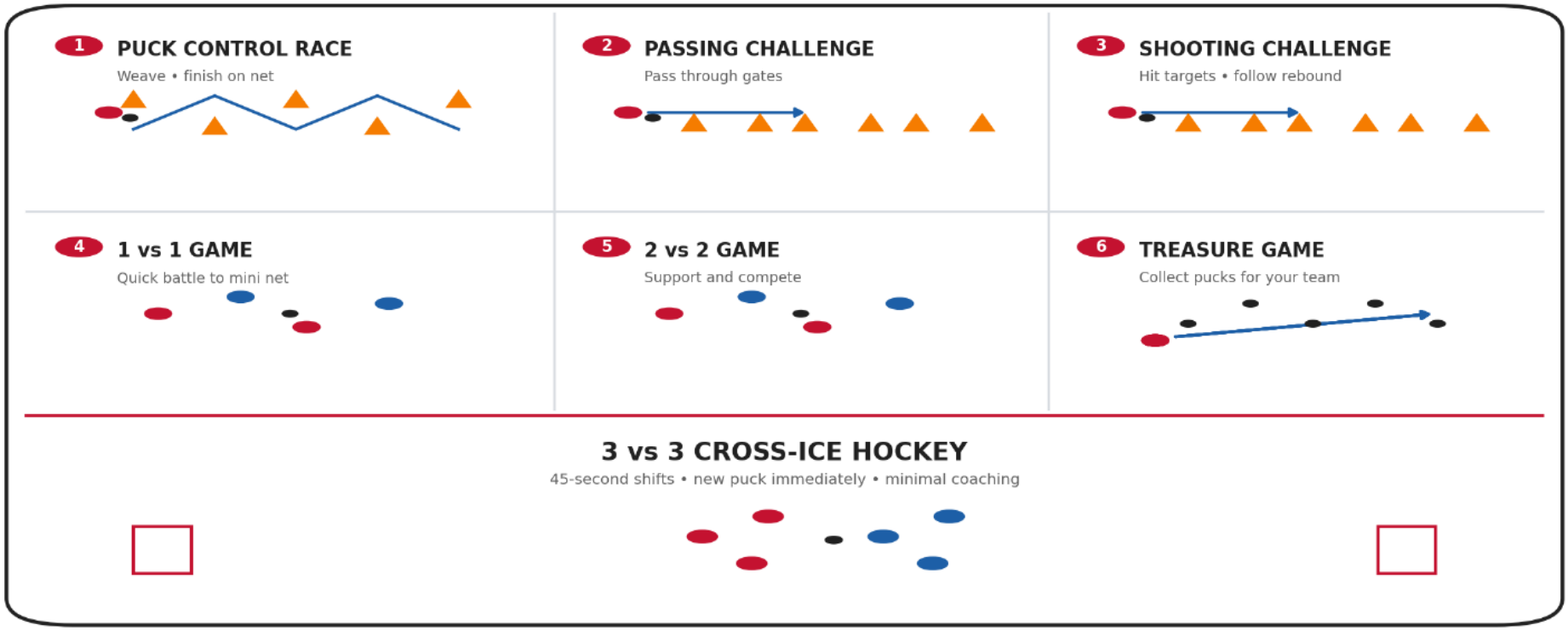
60 MINUTES • HALF ICE

## CROSS-ICE FESTIVAL | Theme: Compete, Rotate, Celebrate

**OBJECTIVE**
Review season skills through fast rotations of small games and skill challenges.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
0:00-0:05 Free Play
0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Short games, lots of pucks, lots of smiles."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
☐ Players moved almost constantly
☐ Every player had frequent puck touches
☐ Coaches corrected one simple idea
☐ Players finished with 3 vs 3 play
☐ Every player left smiling

CAROLINA JUNIOR HURRICANES

# 8U COACH PLAYBOOK | PRACTICE 24

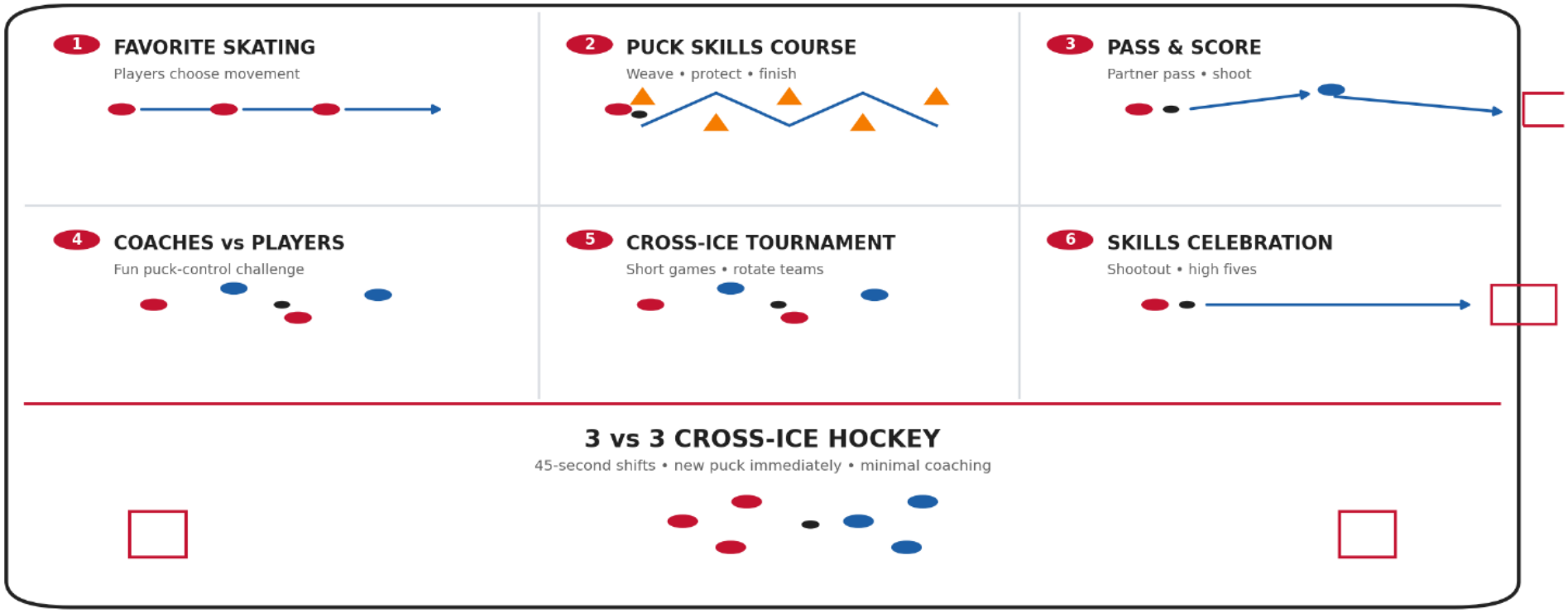
60 MINUTES • HALF ICE

## SEASON FINALE | Theme: Show What You Learned

**OBJECTIVE**
Celebrate development with favorite stations, team games, and a positive finish to the season.

**SIMPLE PHILOSOPHY**
Keep players moving. Teach one idea at a time. Praise effort and let the game teach.

**EQUIPMENT**
50 pucks | 24 cones | 4 tires | 2 mini nets | divider borders




**TIMELINE**
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0:05-0:13 Station 1
0:13-0:21 Station 2
0:21-0:29 Station 3
0:29-0:37 Station 4
0:37-0:45 Station 5
0:45-0:53 Station 6
0:53-1:00 Cross-Ice Hockey

**COACH FOCUS**
**Today's only correction: "Celebrate effort, improvement, and love of the game."**
- Short explanations; quick demonstrations
- Keep lines short and players moving
- Use praise more than correction
- New puck immediately after every whistle

**SUCCESS CHECK**
- ☐ Players moved almost constantly
- ☐ Every player had frequent puck touches
- ☐ Coaches corrected one simple idea
- ☐ Players finished with 3 vs 3 play
- ☐ Every player left smiling