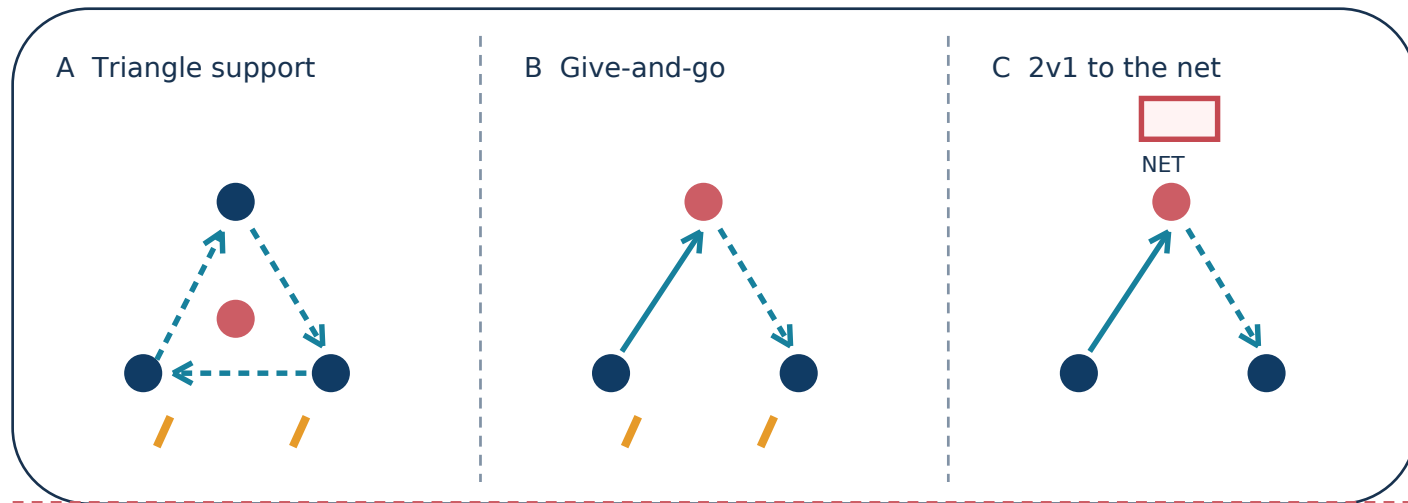


10U Half-Ice: Passing & Support

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.

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|--------------|---|
| 0-8 | Puck warmup. Everyone carries a puck, changes direction and looks up before moving into space. |
| 8-12 | Show and organize. Show pass-and-move and safe station borders. Divide into three groups. |
| 12-36 | Three stations. A triangle support; B give-and-go; C 2v1. Three rounds of eight minutes. |
| 36-48 | 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. |
| 48-56 | Game progression. Award a bonus point for a completed pass followed by a scoring chance. Keep normal goals valid. |
| 56-60 | 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.