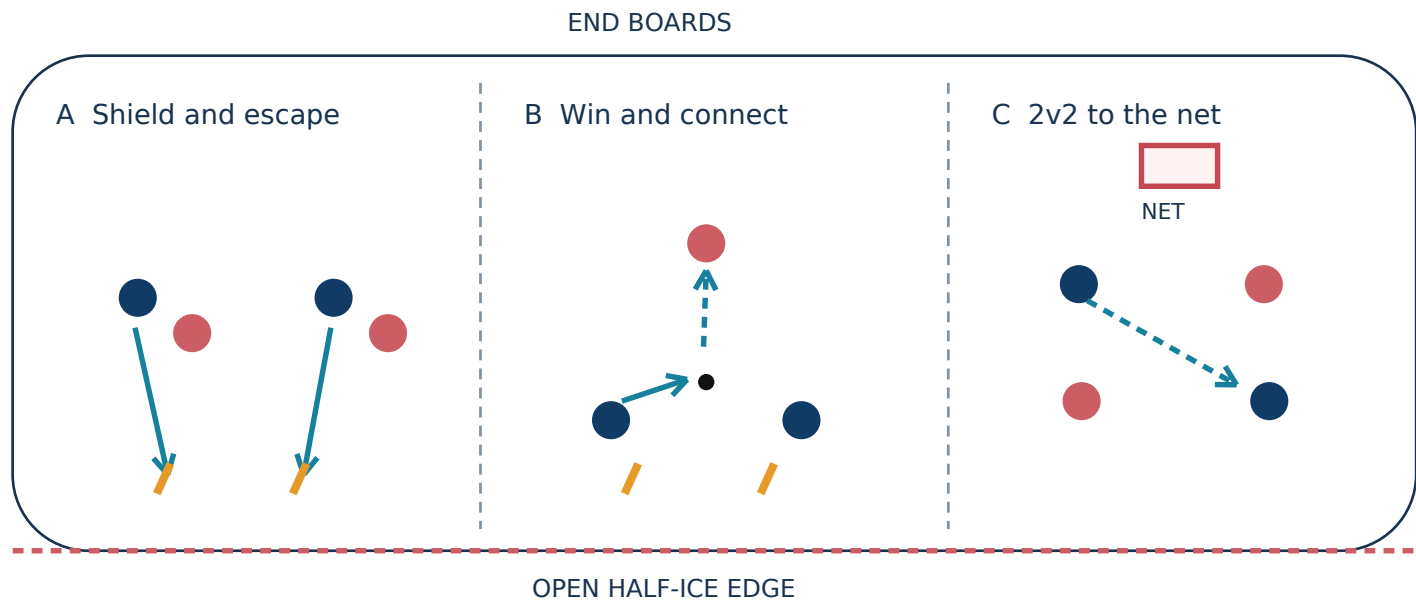


10U Half-Ice: Puck Protection & Compete

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.

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