



Spartacats Girls Hockey

8U Coach Playbook

Learning Through Play. Building a Love for Hockey.

Welcome to the Spartacats Way

Mission: Create a fun, safe, and encouraging environment where every player develops confidence, fundamental hockey skills, friendships, and a lifelong love of the game.

- Good Attitude
- Fun
- Confidence
- Teamwork
- Respect
- Effort

The Spartacats Coach Promise

- Smile often and create an environment where every child feels welcome.
- Teach through encouragement and demonstration.
- Keep every player moving and engaged.
- Celebrate effort more than results.
- Make hockey the best hour of every player's week.

Understanding 8U Players

- Short attention spans mean quick explanations.
- Every player should touch a puck often.
- Games are the best teachers.
- Keep drills simple and energetic.
- Equal participation builds confidence.

Recommended 60-Minute Practice

- 5 min - Fun warm-up
- 10 min - Skating fundamentals
- 20 min - Skill stations
- 14 min - Small-area games
- 10 min - Team competition
- 1 min - Character huddle

Additional Recommendations for practice:

- Skill stations and small area games
 - 3-4 girls per group
 - Group by skill level – ensures elevation of all players

Hey Coach!

At 8U, your greatest success is not measured by goals or wins. It is measured by smiles, confidence, and players who can't wait to come back next week. **Thank you for making Spartacats a place where young athletes fall in love with hockey.**

Weeks 1-2 | Having Fun on the Ice

Objectives

Develop confidence, movement, and enjoyment.

Skating

Marching starts, snowplow stops, C-cuts, obstacle courses.

Skill Stations

Station 1: Puck control

Station 2: Passing

Station 3: Shooting

Station 4: Balance games

Small Area Game

Sharks & Minnows, Freeze Tag, Cross-Ice 3v3, Treasure Hunt.

Competition

Relay races, obstacle course challenge, target shooting.

Coach's Corner

Keep explanations under 30 seconds. Demonstrate, then let them play.

Character Focus

Confidence

Weeks 3-4 | Balance & Skating

Objectives

Develop confidence, movement, and enjoyment.

Skating

Marching starts, snowplow stops, C-cuts, obstacle courses.

Skill Stations

Station 1: Puck control

Station 2: Passing

Station 3: Shooting

Station 4: Balance games

Small Area Game

Sharks & Minnows, Freeze Tag, Cross-Ice 3v3, Treasure Hunt.

Competition

Relay races, obstacle course challenge, target shooting.

Coach's Corner

Keep explanations under 30 seconds. Demonstrate, then let them play.

Character Focus

Respect

Weeks 5-6 | Edges & Turning

Objectives

Develop confidence, movement, and enjoyment.

Skating

Marching starts, snowplow stops, C-cuts, obstacle courses.

Skill Stations

Station 1: Puck control

Station 2: Passing

Station 3: Shooting

Station 4: Balance games

Small Area Game

Sharks & Minnows, Freeze Tag, Cross-Ice 3v3, Treasure Hunt.

Competition

Relay races, obstacle course challenge, target shooting.

Coach's Corner

Keep explanations under 30 seconds. Demonstrate, then let them play.

Character Focus

Teamwork

Weeks 7-8 | Stickhandling

Objectives

Develop confidence, movement, and enjoyment.

Skating

Marching starts, snowplow stops, C-cuts, obstacle courses.

Skill Stations

Station 1: Puck control

Station 2: Passing

Station 3: Shooting

Station 4: Balance games

Small Area Game

Sharks & Minnows, Freeze Tag, Cross-Ice 3v3, Treasure Hunt.

Competition

Relay races, obstacle course challenge, target shooting.

Coach's Corner

Keep explanations under 30 seconds. Demonstrate, then let them play.

Character Focus

Communication

Weeks 9-10 | Passing

Objectives

Develop confidence, movement, and enjoyment.

Skating

Marching starts, snowplow stops, C-cuts, obstacle courses.

Skill Stations

Station 1: Puck control

Station 2: Passing

Station 3: Shooting

Station 4: Balance games

Small Area Game

Sharks & Minnows, Freeze Tag, Cross-Ice 3v3, Treasure Hunt.

Competition

Relay races, obstacle course challenge, target shooting.

Coach's Corner

Keep explanations under 30 seconds. Demonstrate, then let them play.

Character Focus

Encouragement

Weeks 11-12 | Shooting

Objectives

Develop confidence, movement, and enjoyment.

Skating

Marching starts, snowplow stops, C-cuts, obstacle courses.

Skill Stations

Station 1: Puck control

Station 2: Passing

Station 3: Shooting

Station 4: Balance games

Small Area Game

Sharks & Minnows, Freeze Tag, Cross-Ice 3v3, Treasure Hunt.

Competition

Relay races, obstacle course challenge, target shooting.

Coach's Corner

Keep explanations under 30 seconds. Demonstrate, then let them play.

Character Focus

Courage

Weeks 13-14 | Puck Games

Objectives

Develop confidence, movement, and enjoyment.

Skating

Marching starts, snowplow stops, C-cuts, obstacle courses.

Skill Stations

Station 1: Puck control

Station 2: Passing

Station 3: Shooting

Station 4: Balance games

Small Area Game

Sharks & Minnows, Freeze Tag, Cross-Ice 3v3, Treasure Hunt.

Competition

Relay races, obstacle course challenge, target shooting.

Coach's Corner

Keep explanations under 30 seconds. Demonstrate, then let them play.

Character Focus

Sportsmanship

Weeks 15-16 | Team Play

Objectives

Develop confidence, movement, and enjoyment.

Skating

Marching starts, snowplow stops, C-cuts, obstacle courses.

Skill Stations

Station 1: Puck control

Station 2: Passing

Station 3: Shooting

Station 4: Balance games

Small Area Game

Sharks & Minnows, Freeze Tag, Cross-Ice 3v3, Treasure Hunt.

Competition

Relay races, obstacle course challenge, target shooting.

Coach's Corner

Keep explanations under 30 seconds. Demonstrate, then let them play.

Character Focus

Leadership

Weeks 17-18 | Mini Games

Objectives

Develop confidence, movement, and enjoyment.

Skating

Marching starts, snowplow stops, C-cuts, obstacle courses.

Skill Stations

Station 1: Puck control

Station 2: Passing

Station 3: Shooting

Station 4: Balance games

Small Area Game

Sharks & Minnows, Freeze Tag, Cross-Ice 3v3, Treasure Hunt.

Competition

Relay races, obstacle course challenge, target shooting.

Coach's Corner

Keep explanations under 30 seconds. Demonstrate, then let them play.

Character Focus

Resilience

Weeks 19-20 | Celebrate Progress

Objectives

Develop confidence, movement, and enjoyment.

Skating

Marching starts, snowplow stops, C-cuts, obstacle courses.

Skill Stations

Station 1: Puck control

Station 2: Passing

Station 3: Shooting

Station 4: Balance games

Small Area Game

Sharks & Minnows, Freeze Tag, Cross-Ice 3v3, Treasure Hunt.

Competition

Relay races, obstacle course challenge, target shooting.

Coach's Corner

Keep explanations under 30 seconds. Demonstrate, then let them play.

Character Focus

Love the Game