



8U Hitmen Weekly Skills Structure

At Hull Hockey, we believe the foundation built at the 8U level shapes a player's entire hockey journey. That's why we've designed our program to maximize development during these critical years, providing three hours of focused, high-quality instruction each week to build skills, confidence, and a lifelong love for the game.

And because development doesn't happen through practice alone, players also compete in a **full-ice scrimmage every Saturday and Sunday throughout the spring**, giving them the game experience every young hockey player craves.

See below for more details!

✦ Elite Skating Development

Every week begins with the most important skill in hockey: skating. Our first session is dedicated to building world-class skating mechanics through elite coaching and proven teaching methods. We create an energetic, positive environment where players develop proper technique while having fun. Strong skating is the foundation for everything else in hockey, and we make sure every player builds that foundation the right way.

✦ Skill Development with the Puck

Our second weekly session focuses on puck control, puck possession, passing, and individual skill development. Players learn to handle the puck with confidence, and become more comfortable in game situations through purposeful, age-appropriate drills.

✦ Competition, Battles & FUN

The third practice of the week is all about competing. Players learn body positioning, puck protection, and battle skills that are often overlooked at the 8U level but make a tremendous difference as they grow. These practices are fast-paced, competitive, and fun...because young players love to compete, and competition accelerates development.

Why Scrimmages?

I say, why not?!

For starters, what's one thing that's always in short supply during the spring season, and something every player wants more of? You guessed it... scrimmages!

Kids, no matter their age, absolutely **love** scrimmages because they're the purest expression of why they fell in love with the game in the first place. It's real hockey to them. Even greater is when they are in an environment that fosters the love of the game! I have been running scrimmages now for about 11 years, and one thing is 100% true...when kids feel no pressure and are able to just go play hockey without having to deal with external factors, it creates this incredibly deep connection with the heartbeat of hockey. It's fun to watch them have so much fun.

While I still believe a full sheet of ice is too much for most 8U players, more and more programs are introducing full-ice play much earlier in the 8U Advanced season than the old standard allowed. And honestly, there are real benefits to becoming familiar with the full sheet early on. They'll start to learn things on their own through experience which also kickstarts the process of creativity.

From 8U all the way to beer league, the full sheet of ice is ultimately where we experience the game in its complete form. It's where spacing, transition, teamwork, and the rhythm of hockey all come together. As the game evolves, 8U players deserve the opportunity to experience that too.

So, if someone is going to introduce them to full-ice hockey, it might as well be us, doing it the right way, with the right structure, and with the players' development and love for hockey always coming first.

Each player receives 20 hours of our signature 8U development paired with a whopping TEN full ice scrimmages! We chose 10, one on Saturday and one on Sunday throughout spring, because only scrimmaging once per week just didn't excite us enough, honestly. And besides, if someone had to miss one, then I would feel bad. But at least now, if someone must miss a scrimmage, there's still PLENTY more!

Each week, we will draft new teams and send out the roster prior to the scrimmages. Those two teams will stay together for both games over the weekend. Once the weekend ends, we will mix the kids up and draft different teams. It's going to be awesome!

**HULL HOCKEY
HITMEN**