



Professional Team Chemistry Activities with Brightside Fit!

At Hull Hockey, we believe developing great hockey players starts with developing great teammates. That's why, once each week following practice, our entire 8U group participates in professionally designed team chemistry activities that build confidence, friendships, communication, and a love for being part of a team.

At the 8U level, players are learning much more than skating and puck skills. They're learning how to encourage one another, solve problems together, listen, communicate, and celebrate each other's successes. These social skills become the foundation for strong teams and confident young athletes both on and off the ice.

Our team-building activities are extremely fun, engaging, and age-appropriate, allowing players to step away from structured drills and connect with teammates in a different environment. Whether they're working together to complete a challenge, competing in small groups, or participating in interactive games, every activity is designed to strengthen trust, teamwork, and positive relationships.

When players feel connected to their teammates, they become more confident, more willing to try new skills, and more excited to come to the rink. That positive environment accelerates development, creates lasting friendships, and helps every player feel like they belong.

It's an experience that goes far beyond hockey, and one that families won't find in a traditional 8U program.