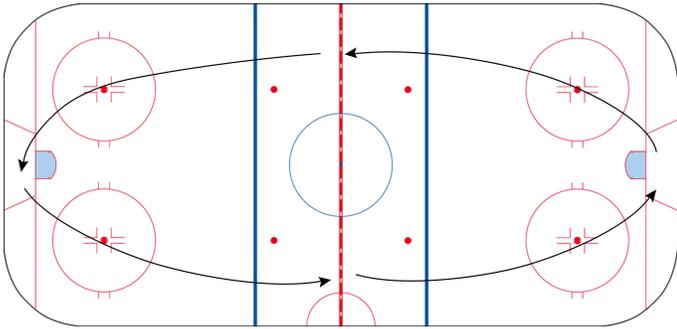


U13/15 Free Skate Plan Session #1

Basic Warm up

5 mins



Initial 5 min skate in circle, players spread out, no pucks

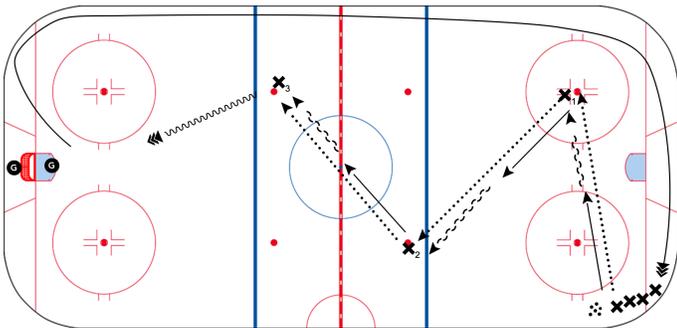
Instruction is 1 whistle is a speed up 2 whistles is a stop (either to change instructions with what they are doing between the blues or change direction)

Start with forward skating and progress through some of the following warm up

- Arms above the head holding stick to reach down to skates
- Skating fast between the blues
- Pivot and backwards skating between the Blue lines
- Down and Ups @ the Blue and Center Ice lines - with 1 knee and both knees
- On the whistle, sharp turn towards the boards and change of skating direction

Follow the dot Pass

10 mins



Follow the pass is a continuous flow drill where 3 players (X1,2,3) are all set on the dots

X passes to player X1 and skates to the dot turning around waiting for the next pass to come from the next in line

X1 passes to X2 and skates to X2's dot

X2 passes to X3 and skates to X3's dot

X3 receives pass and skates in to take a shot and skates along the boards to get back in line

Key Points

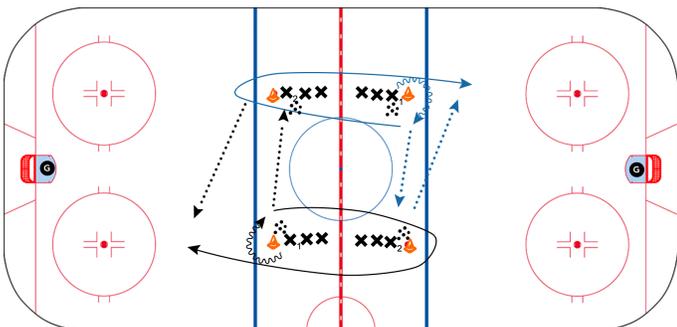
Make sure the players pivot half way, skating backwards to receive the upcoming pass from the previous dot

May need to reset if the players get scrambled or passes get messy, should be continuous though.

Switch Goalies every 3-5 shots and switch sides halfway through the drill

Forward Flow Eval Drill#2

6 mins



The drill starts with one player, X1 leaving with the puck and then passing along the blue line to the opposite player X2

X1 continues pattern around pylons to come back along the wall and receives a pass from the same X2 and carries on to take a shot

Drill will be occurring with both X1's passing and leaving at the same time from opposite corners.

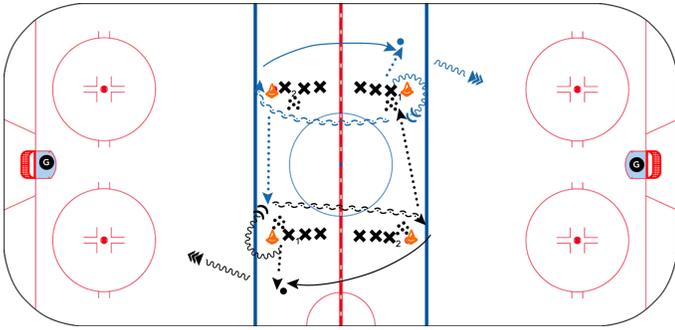
Coach whistle starts the next 2 leaving which would be X2 making the initial pass to the X1 line and skating around the pylons.

Key Points

Keep the pace moving and try and keep the awaiting players to the inside so the lanes are clear.

Defence Flow Drill

6 mins



2 opposite corners are leaving at the same time X1 with pucks
They will curl out and pivot to backwards skating with the puck and pass across the ice to the opposite X1 line when they pass the second pylon.
They will then skate forwards picking up a neutral ice drop pass from the other X1 and proceed over the blue line taking a point shot or high circle shot.

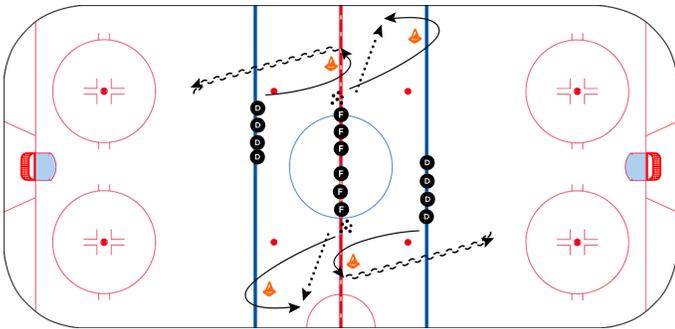
Key Points

Drill will have both X1's go at once on the coaches go signal and then the opposite X2 corners will go next.

For the above 2 drills split the time equally and make the D's do the F's drill and F's do the D's Eval@rills

U13 / 15 / 18 Danger zone drill practice session 1 to 6 - U 13 - Drill #4 - Day 1 to 4

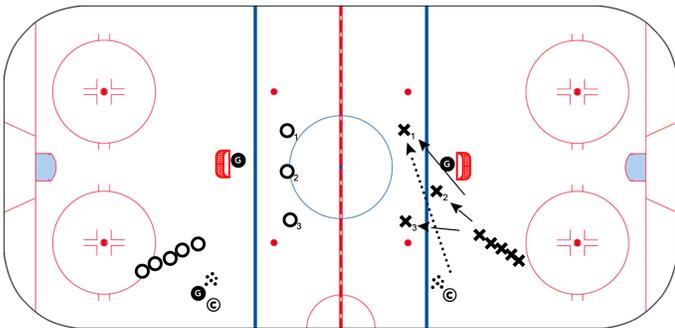
12 mins



- On the whistle one defenseman and one forward will race around the pylon on a 1 on 1 battle drill.
- The defenseman will turn and pivot going backwards to close the gap and cut the forward off from driving to the net.
- The forward will perform a tomahawk turn around the pylon and receive a pass from the coach and attempt to drive the net and score.
- If only half ice is available have both drills can be performed on the same half alternating

In Close 3 v 3 (or 2v2)

20 mins



Continuous game where the puck comes out of the offense side (coach pass) Eg. X side
3 vs 3 quick Games

If puck is turned over, then just like a regular game, you head down and shoot on the other goalie.

If you miss the net / score or the goalie traps it, the Defensive team leaves the ice and a new 3 come on with a coach pass to become the 3 new players making up the offensive team.

The players that had just taken the shot / missed the net / scored skate back and become the Defensive team.

Key Points

Teaches the players to keep the active play in the neutral zone as if the puck goes past the net, they automatically become the D players.
Your shifts can be very short if you are always on the D side of the game
Obviously passing and puck control are encouraged.