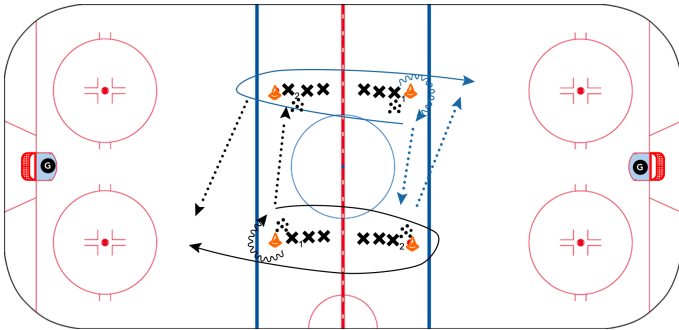


U13/15 Free Skate Plan Session #2

Forward Flow Eval Drill#2

7 mins



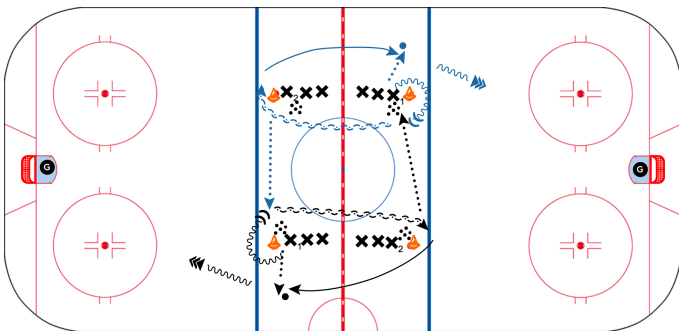
The drill starts with one player, X1 leaving with the puck and then passing along the blue line to the opposite player X2
 X1 continues pattern around pylons to comes back along the wall and receives a pass from the same X2 and carries on to take a shot
 Drill will be occurring with both X1's passing 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.

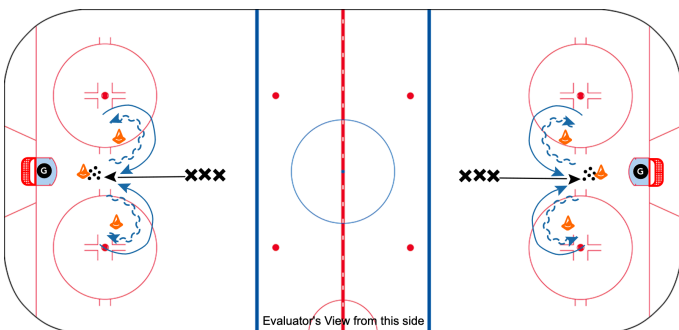
Key Points

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

4 Shots of Agility please Eval Drill #4

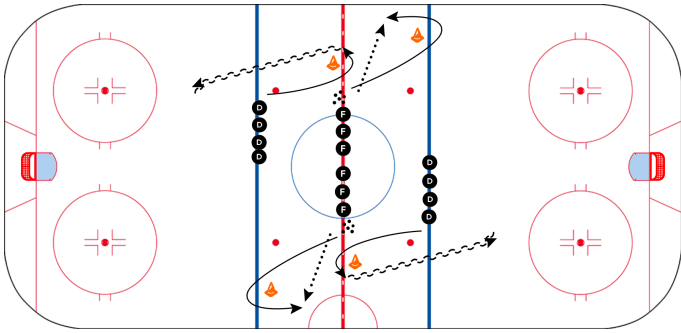
15 mins



A 4 shot drill where player enters the center to pick up a puck.
 They will skate backwards between the 2 hashmark pylons and transition to one side to take shot #1
 Then will head back between the 2 high pylons to pick up their second puck, pulling it backwards and around the other side.
 This will repeat 2 more times for a 4 shot total

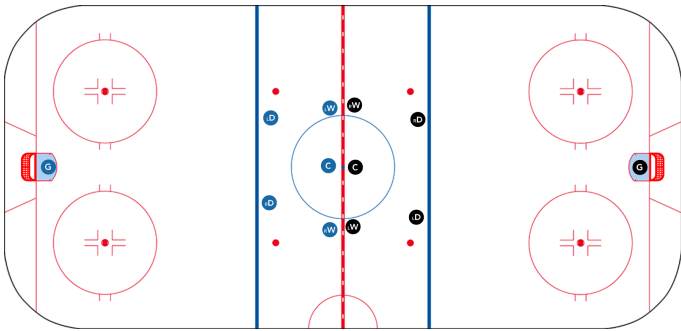
Key Points

Usually we set up the 4 pucks for each skater in front of the goalie pylon that they are to grab vs a large pile.
 Speed and release around the pylons are being evaluated
 Please switch ends after 6-7 min so that evaluators get views of each player



- 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 tomohawk 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

Scrimmage



Full ice scrimmage
Emphasize Non-Contact !!

Key Points

Try and split teams into opposite coloured jerseys for clarity