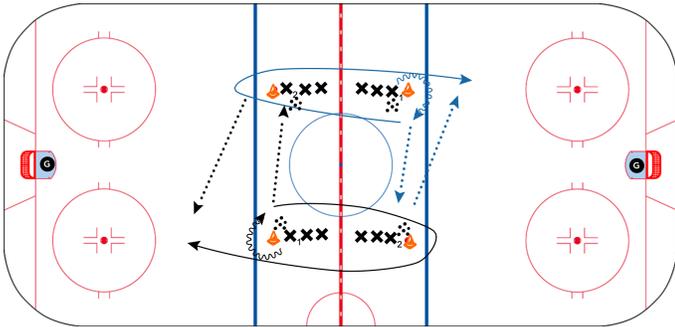


U13/15 Free Skate Plan Session #5

Forward Flow Eval Drill#2

6 mins



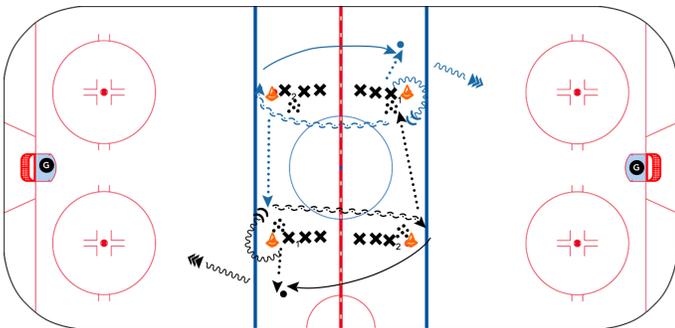
The drill starts with one player, X1 leaving with the puck and then passing along the blue line to the opposite player X2
 X1 continues pattern around pylons to comes back along the wall and receives a pass from the same X2 and carries on to take a shot
 Drill will be occurring with both X1's passing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

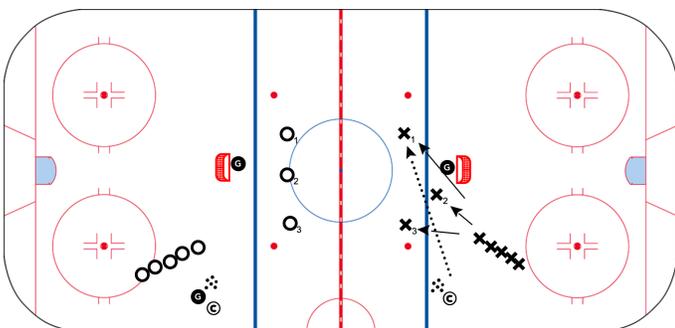
Key Points

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

In Close 3 v 3 (or 2v2)

12 mins



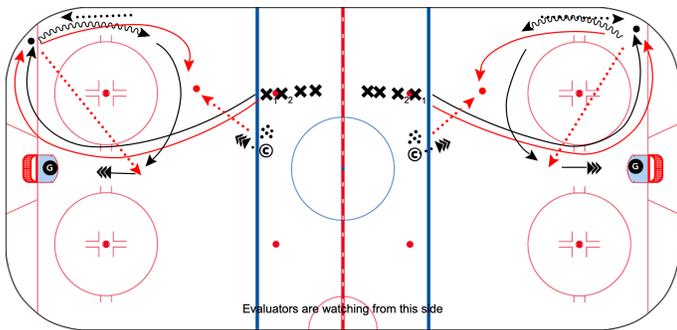
Continuous game where the puck comes out of the offense side (coach pass) Eg. X side
 3 vs 3 quick Games
 If puck is turned over, then just like a regular game, you head down and shoot on the other goalie.
 If you miss the net / score or the goalie traps it, the Defensive team leaves the ice and a new 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.

Quick Cycle and shots Sequence Drill#5

12 mins



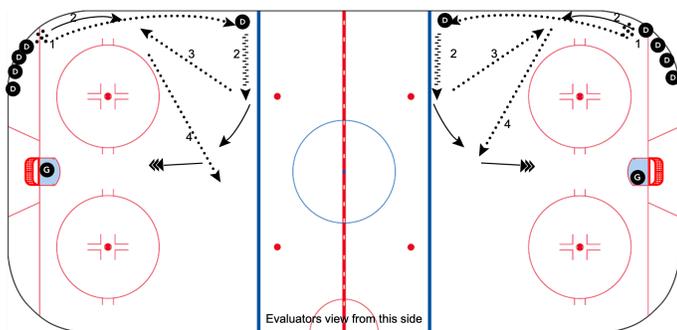
Coach starts with a puck and a line of players on each half
The Coach dumps the first puck in the corner and 2 players leave at the same time
The player X1 curls into the corner picking up the puck and skates up the wall dropping it to X2 and continues around the circle opening up for a shot.
X2 picks up the wall pass and waits and passes it out to the slot for a continuing X1 skater.
X1 takes a shot and remains in front for a deflection of the second shot
The Coach places a second puck for X2 that swings up to get it off the wall and then curls for a high slot shot with X1 screening the Goalie

Key Points

Players will change ends half way through the drills time 6-7 min and do the drill at the other end which involves the opposite direction of drill.
We are looking for pace in this drill, game simulation

Walk the Line - Give and Go Drill #5

12 mins



D starts on the "point" and receives a wall pass (ring/bounce or straight) from the first D1 in line
"Point" D walks across the line with the puck as the D1 skates up to the wall hashmarks to receive a pass back
D1 passes back to the "Point" D and keeps going to the line to become the next Blue line D
Point D moves into slot and takes a shot on goal after receiving touch pass back

Key Points

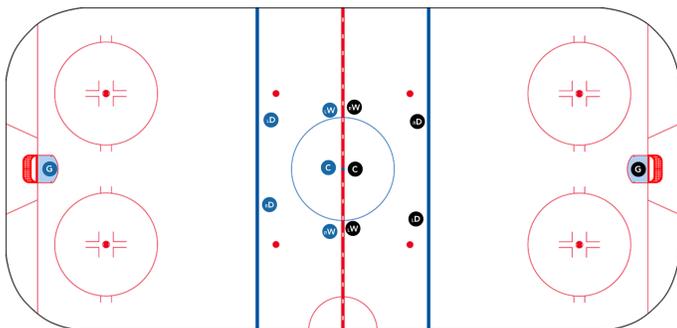
Continuous drill once the "Point" D gets set on the blue line
Coaches to switch players ends 6 min after starting for the evaluators to see both ways of walking

For the above 2 drills, please run one at each end of the ice, separating the D's from the F's....these are eval drills for the players to get used to

0 mins

Scrimmage

20 mins



Full ice scrimmage
Emphasize Non-Contact !!

Key Points

Try and split teams into opposite coloured jerseys for clarity