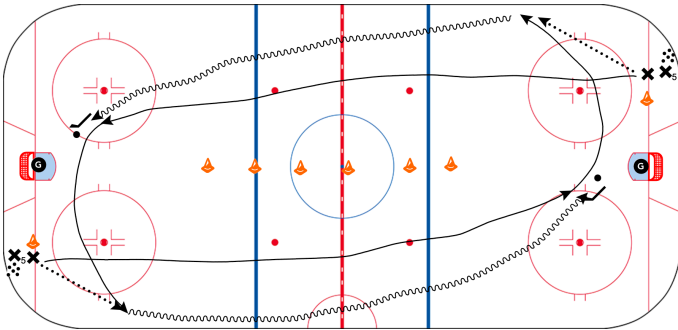


U13/15 Free Skate Plan Session #6

Outlet Flow Continuous

10 mins



The first two players in line skate down to the other end of the rink and loop both face off dots. The second players make a pass to the skaters looping. They then chase down the ice trying to disrupt the shooter. After the shot is taken they loop around the far side faceoff dot, receive a pass, and then are chased down the ice as they try to take a shot.

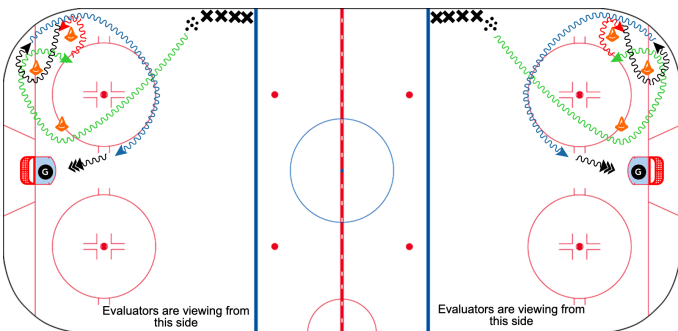
Key Points

Lead the pass.

Receiver needs to open to the pass and not take their eyes off the passer.

Figure 8 + Half Wall Walk off Eval Drill #3

12 mins



Puck carry from the start of the drill where player cuts around the first two pylons (green skate line)

Starts a figure 8 with the second and third pylons (red to black skate lines)

And "walks up the half wall" to the top of the circle to take a shot from the hash marks.

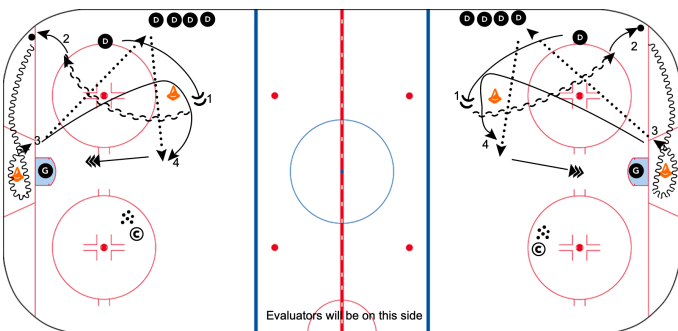
Second player leaves when first crosses in front at the top of the circle.

Key Points

Switch sides half way through @ the 6-7 min mark

D Escape Move Pass and Shoot Drill #3

12 mins



Defensemen will start at the outside hashmarks without the puck and do a typical D maneuver by skating up to the pylon pivoting and backwards skating to the corner, then turning forward to pick up a pre-placed puck. (1, 2)

The D will then skate with the puck doing an evade manoever around the pylon that is behind the net, coming out the same side and giving an breakout pass to the next D2 in line on the wall (3).

The D will then skate out and curl around the high pylon to receive a return pass from the D2 and go in and take a shot on the goalie

Key Points

Demonstrate and correct patterns as the D are being evaluated on their D skating Agility.

Coach stays in center and places the puck for the next D in line

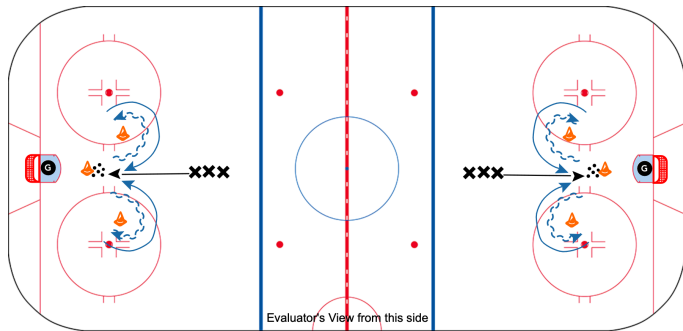
Please switch ends half way through the allotted time so that the opposite turn can be observed by the evaluators

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

4 Shots of Agility please Eval Drill #4

12 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

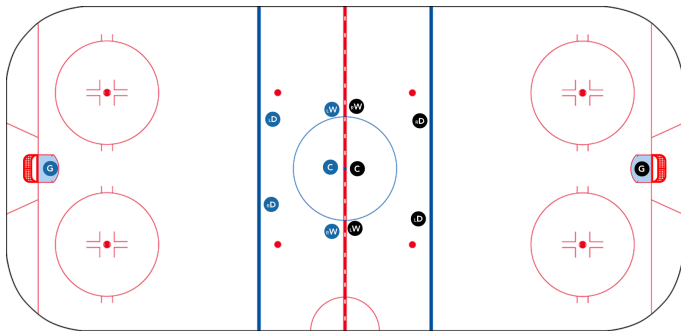
Usually we set up the 4 pucks for each skater in front of the goalie pylon that they are to grab vs a large pile.

Speed and release around the pylons are being evaluated.

Please switch ends after 6-7 min so that evaluators get views of each player.

Scrimmage

25 mins



Full ice scrimmage

Emphasize Non-Contact !!

Key Points

Try and split teams into opposite coloured jerseys for clarity.