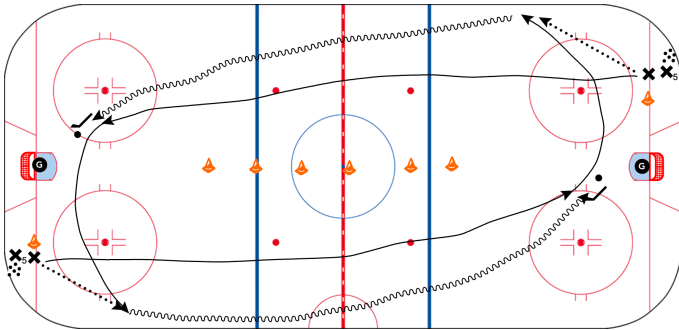


# U13/15 Free Skate Plan Session #4

## 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.

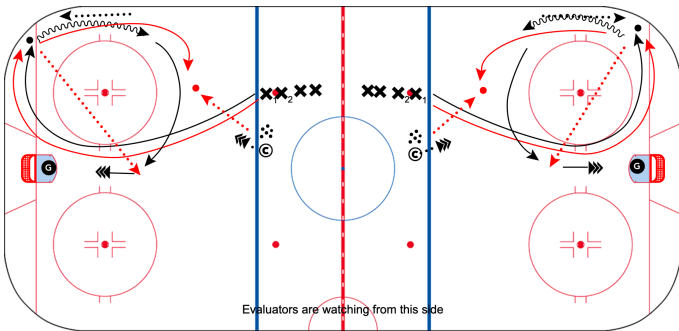
### Key Points

Lead the pass.

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

## 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

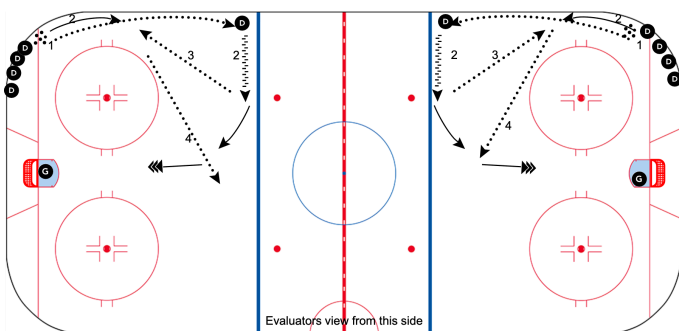
### Key Points

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

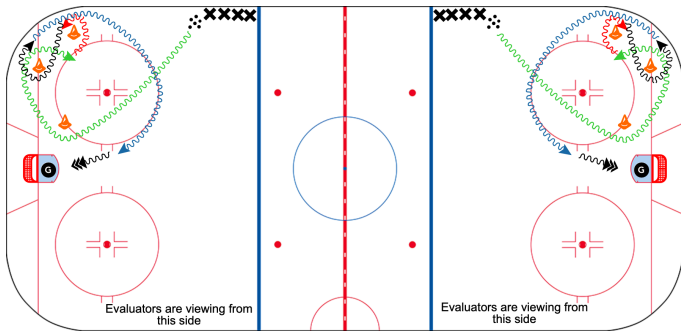
Coaches to switch players ends 6 min after starting for the evaluators to see both ways of walking

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

## 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 halfwall" to the top of the circle to take a shot from the hash marks.

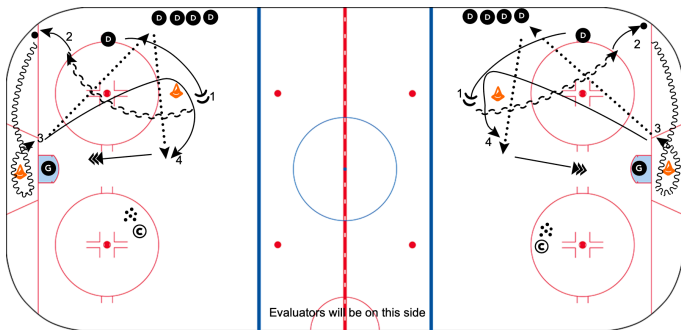
Second player leaves when first crosses in front at the top of the circle.

### 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 manoeuvre 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

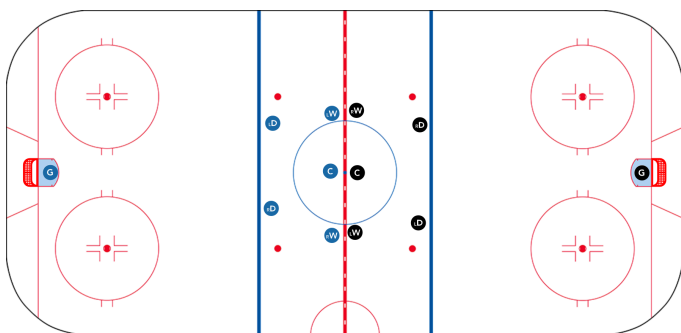
Please switch ends half way through the allotted time so that the opposite turn can be observed by the evaluators

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

## Scrimmage

25 mins



Full ice scrimmage

Emphasize Non-Contact !!

### Key Points

Try and split teams into opposite coloured jerseys for clarity