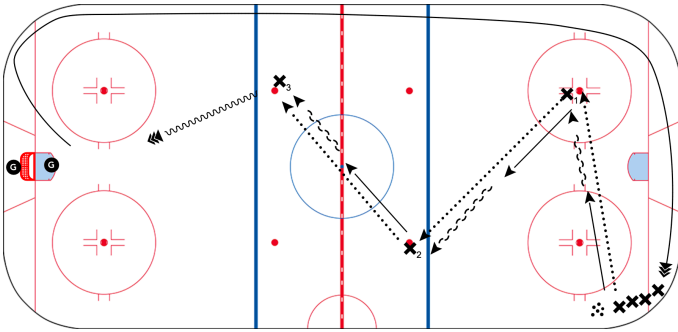


U18 Free Skate Plan Session #1 & #3

Follow the dot Pass

7 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

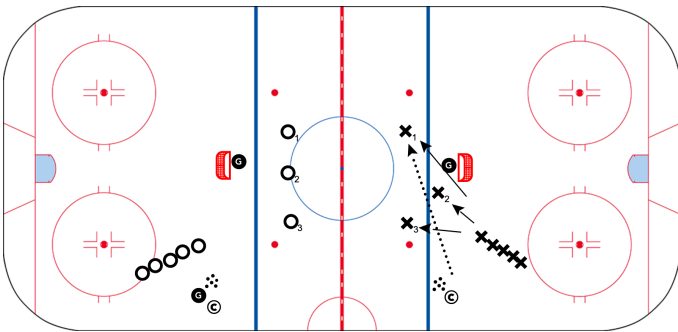
Make sure the players pivot half way, skating backwards to receive the upcoming pass from the previous dot

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

In Close 3 v 3 (or 2v2)

15 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.

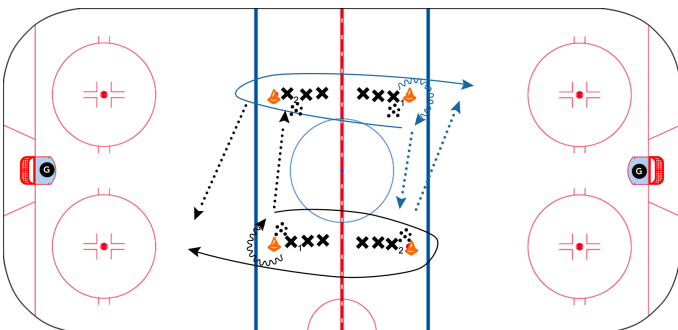
Key Points

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.

Forward Flow Eval Drill#2

8 mins



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

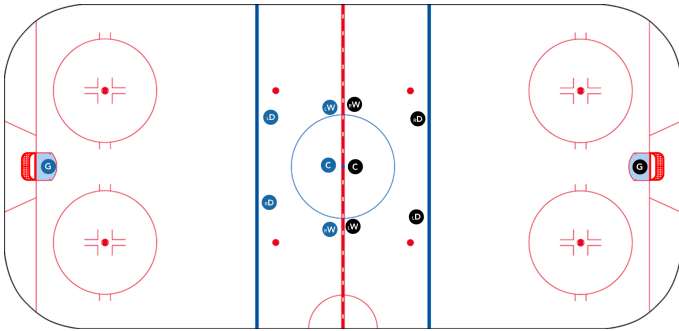
X1 continues pattern around pylons to come back along the wall and receives a pass from the same X2 and carries on to take a shot

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.



Full ice scrimmage
Emphasize Non-Contact !!

Key Points

Try and split teams into opposite coloured jerseys for clarity