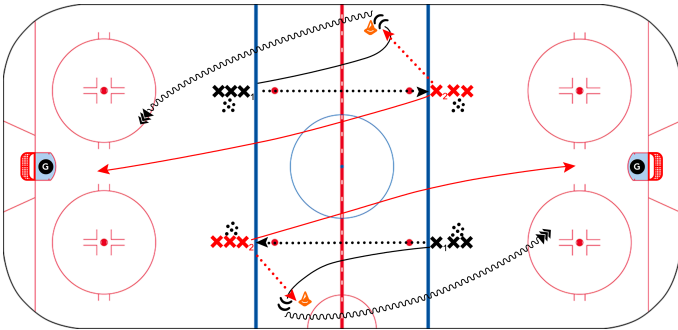


U18 Free Skate Plan Session #2 & #4

NZ 4 Dots - 2 vs 0

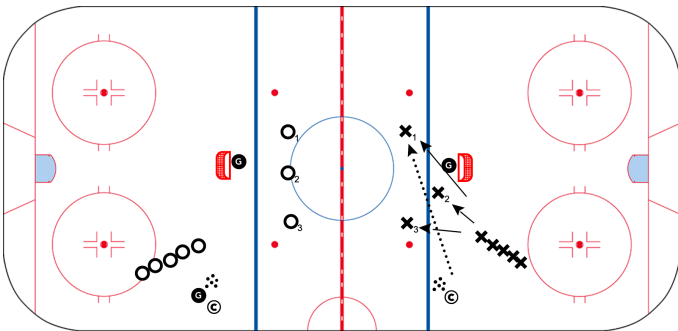
10 mins



- X 1 skates to center ice, stops, pivots and gets pass from 2
- Players attack down ice, with X 2 driving the center lane looking for rebound
- After play, X 2 goes to opposite side and the drill becomes continuous
- Both sides go at same time

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.

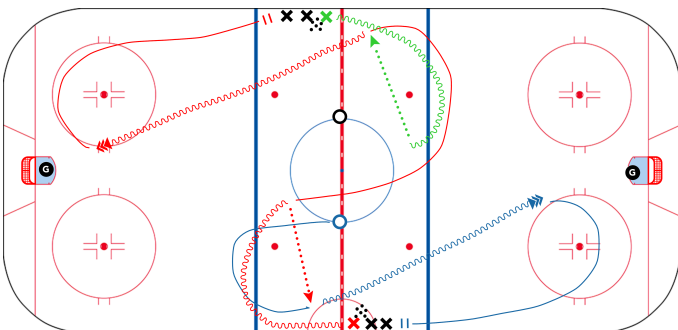
Key Points

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.

Continuous Full Ice Transition

10 mins

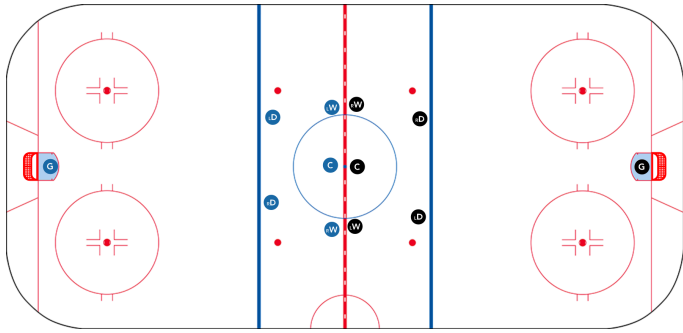


This drill runs out of both sides at once, X starts with the puck

O and X start the drill by crossing and turning back up ice (X crosses to the inside and O to the outside)

X passes to O, and O goes in for a shot

X then crosses to the outside with X from the other side of the ice



Full ice scrimmage
Emphasize Non-Contact !!

Key Points

Try and split teams into opposite coloured jerseys for clarity