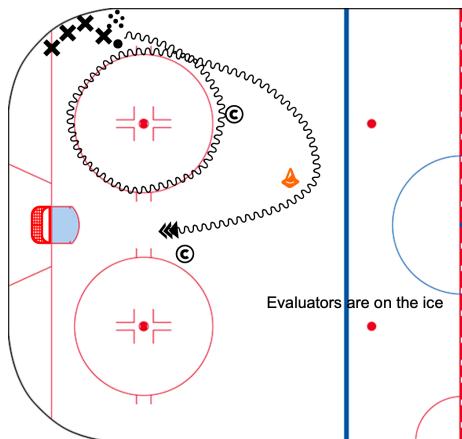


U7 Free Skate #3

Circle Shot U7 Eval Drill #3

12 mins



Player X starts with the puck and circles fully around the Circle and finishes by skating a turn around the high pylon then skating in for a shot

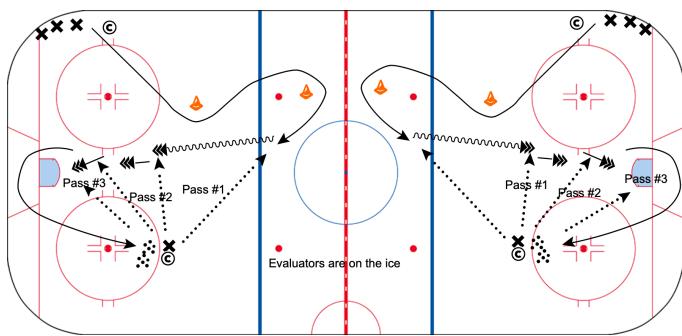
Second player goes after the first one passes from their full circle
Emphasize skating with control in the tight space of the circle

Key Points

Not drawn in but switch the ends after 6 min to see turns from other directions
and encourage the kids as they are doing the drill.

3 Pass Sally Drill #4

12 mins



Evaluation Drill for the "Pass and Receive"

One Passer will complete 3 passes to one player who will in turn receive and shoot at the net

The shooter quickly goes and becomes the passer for the next skater in line.

Passer heads off and gets in line

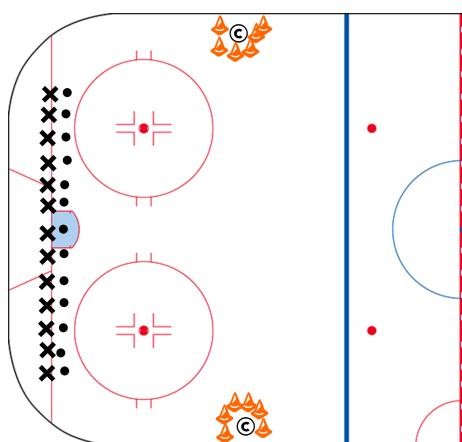
Key Points

Coaches hold back the skaters until the last of the 3 shots have been taken

One coach should be helping the passer "pass one at teh Blue line, high slot and cross net pass.

U7 Torpedo - MJL

10 mins



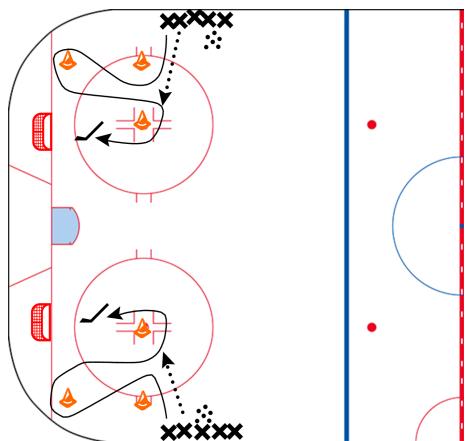
- The coaches will have pylons beside them at the start of the game.

- On the whistle players will skate with a puck to the red line and the coaches will shoot pylons to try and knock the pucks away from the players.

- If the player loses the puck they will join the coaches on the side and use their puck or a pylon to try and hit the puck off the rushing players stick.

U7 Shooting Drill - Drill #6 - day #1

10 mins



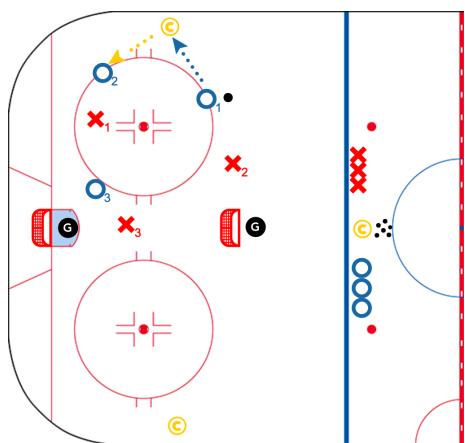
- First player in line weaves through the pylons.
- After the second pylon the player will turn and receive a pass from the next player in line.
- The player will then turn around the 3rd and final pylon and shoot on the net
- return to same line after drill is finished.
- Switch sides once every player has run through the drill 3 times.

Key Points

- emphasis on tape to tape passing
- Shoot to score

Small Area Game - High/Low 3 vs 3

15 mins



- 3 vs 3 game where either team can score on each net
- Teams can also use the coaches on the half walls as an outlet to help their attack

Key Points

- Utilize both levels of scoring, don't stay to one net
- Use coaches to open up space in the ice
- Players can not take puck off coaches