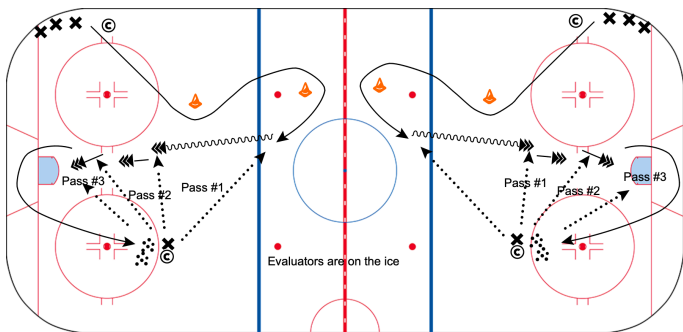


# U7 Free Skate #4

## 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

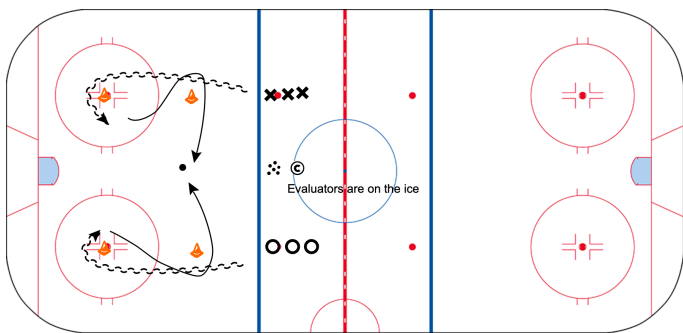
### Key Points

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 the Blue line, high slot and cross net pass.

## Race & Compete Drill #5

12 mins



Coach starts drill on whistle or stick slap.

Blue line is the start line and player starts off by skating backwards to the far pylon and then forwards around the high pylon and tries to get to the puck first

Coach place the puck and starts the next 2 skaters when the first 2 are out of the way

Same drill going on at both ends

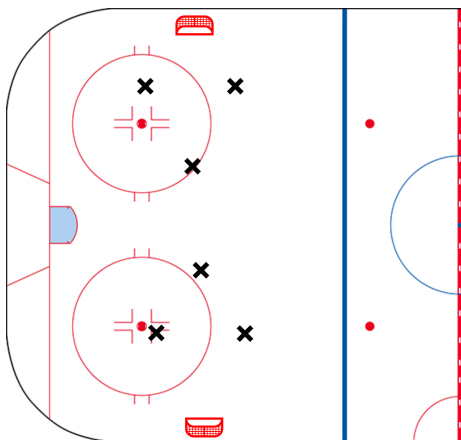
### Key Points

If too hard for some players, try and switch up so the fast are against the fast.

Trying to gauge the Compete of the players at the end of the skate

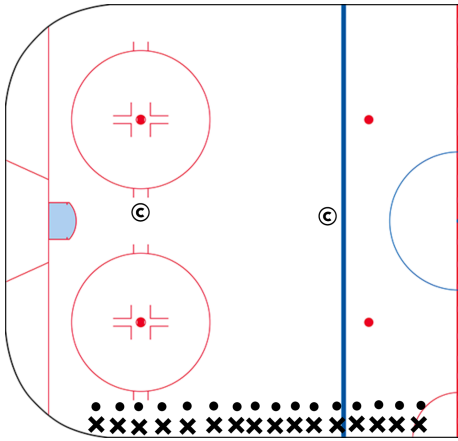
## U13 - 3 v 3 Scrimmage - Final drill - Day 1 to 4

15 mins



- Coaches blow the whistle to change lines

- Institute 3 pass rule or having to pass to coaches before scoring.



- Every player will have a puck and must stick handle by the 2 coaches without having the puck taken from them.
- If the player gets the puck taken from them they join the coaches at center ice and try to take the puck off the remaining players.