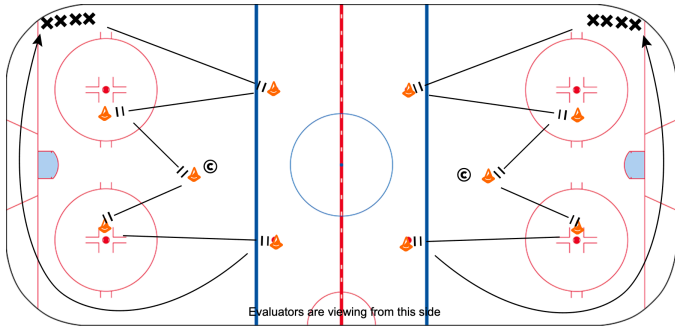


U7 Free Skate #1

Start and Stop it U7 Drill#1

12 mins



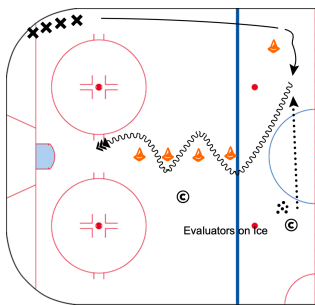
Players line up on one side of the rink and are completing a "W" pattern of straight line skating and stops;
Coaches should arrange themselves with the drill to encourage stopping

Key Points

Switch the ends after 5 min to enable the evaluators to see all the players.

Weave It U7 Eval Drill #2

12 mins



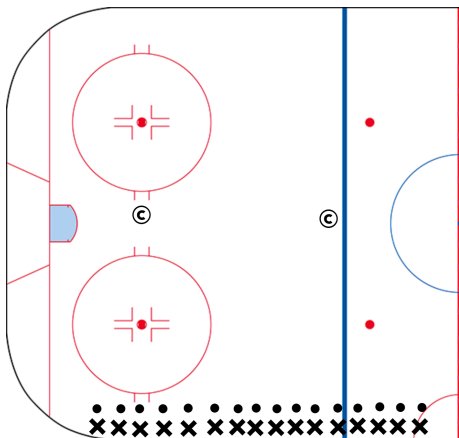
1/2 Ice drill where the players without the puck and skates hard around the top pylon, then receives a pass from the coach and heads into the 4 pylons with the puck, stick handling and taking a shot at the end.
Other end has same 1/2 ice drill going on

Key Points

Coaches support and encourage the players and switch ends half way through the drill to help with evaluator viewing

U7 British Bulldog - MJL

10 mins

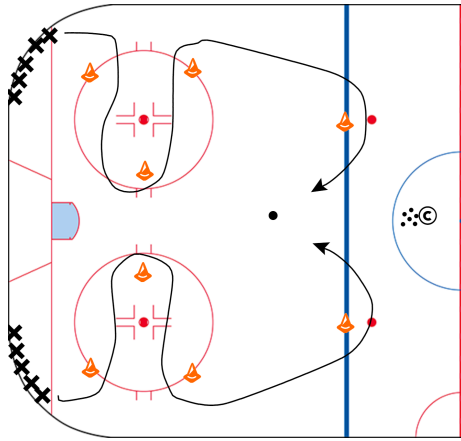


- Every player will have a puck and must stick handle by the 2 coaches without having the puck taken from them.

- 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.

U7- Relay Race Drill #3 - day 1

10 mins



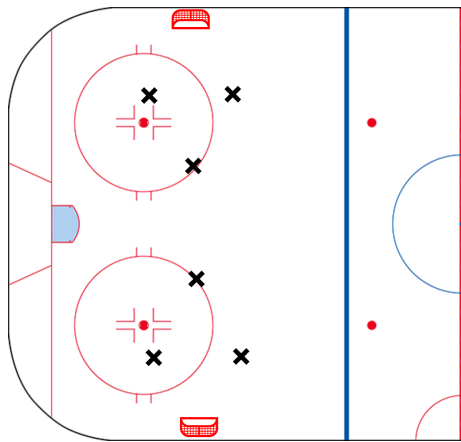
- On the whistle one player from each side will race around the pylons for the puck in the middle of the ice that the coach will provide.
- Once in possession of the puck the player will shoot on net and try to score on the goalie.
- Once the drill is run through twice by each player the drill can be switched to going backwards through the pylons and pivoting on the last to finish the race.

Key Points

- emphasize quick feet and tight turns.
- coaches keep score for each team to determine a winner.

U11 - 3 v 3 Scrimmage - Day 1 to 4 - Last Drill

15 mins



- 3 v 3 scrimmage
- Coaches blow the whistle to change lines.