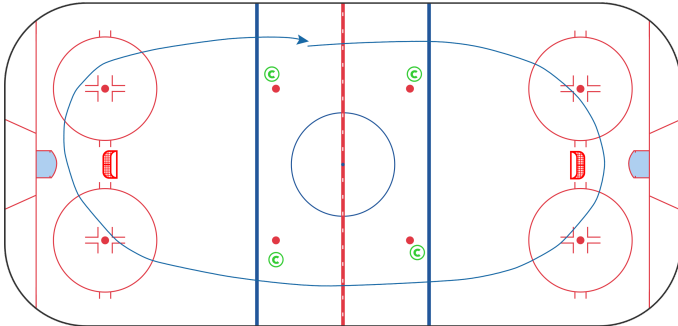


Evaluations - warm up

3 mins



1st Minute - Simple stretches between blue lines. Go around the nets. Lead Coach will have players do

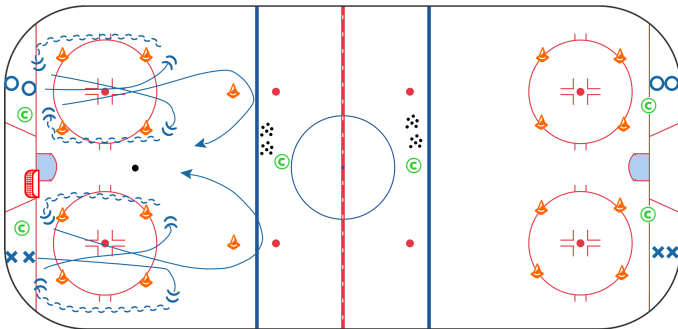
- Bubbles
- Crossovers
- Jump Over Lines
- 360's
- Belly down/ups

2nd Minute - Hard between blue lines or on coaches whistle.

3rd Minute - Backwards between the blue lines.

Evaluations - Box transition skating

12 mins



Box Transitions Puck race:

Puck race between players. X races O to the puck spotted by coach. Change matchups frequently to allow players to race against their skill level.

Players start in between cones, behind the line. FWD skate to first cone, pivot and skate backwards to the next cone. Pivot forward and skate diagonal across to next cone. Pivot and skate straight backwards to 4th cone. Pivot and skate forwards around the top cone and race for the puck.

Key Points

Accelerate forward and identify a players speed.

Transitions FWD's to BWD's and if they can use their edges on both feet. Heels show going around cone.

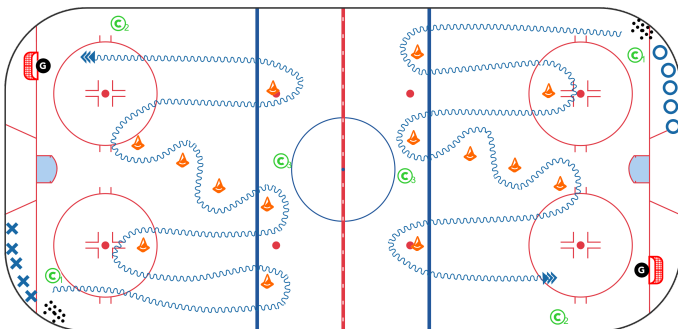
Shoulders square while controlling your stick as you make pivots around cones.

Water break, set up & explain next drill

3 mins

Evaluations - Puck Control Weave

10 mins



Drill will run out of both ends of the ice.

Have the players skate through without a puck first then move with a puck. Puck control weave through pylons with a shot on net. - Shoot to Score! Next skater starts when the first player is around cone 1.

Key Points

Knees bent, Head up!!

Lead with the inside skate and turn with your shoulders and head.

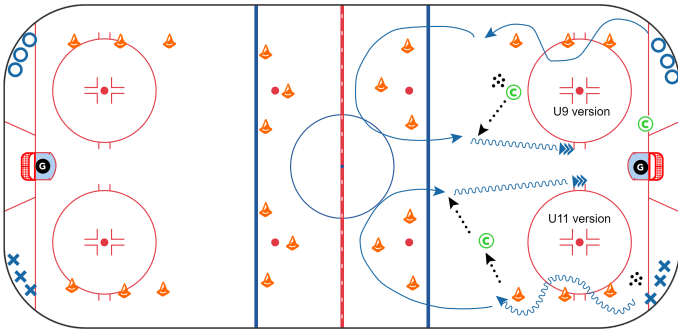
Puck in front but protected while going around cones.

Water break, set up & explain next drill

3 mins

Evaluations - Weave and Pass

10 mins



Run drill in both corners. Halfway through, players switch sides so all players get a chance to use forehand and backhand.

U9 - player weaves through without a puck player skates crossovers around the three cones outside the blueline. Coach passes to player, and player goes in to shoot on goalie - Shown in top example

U11 - Players weave with puck through Pylons then passes to coach. Player skates crossovers around the three cones outside the blueline. Coach passes back to player, and player goes in to shoot on goalie - Shown in bottom example

Key Points

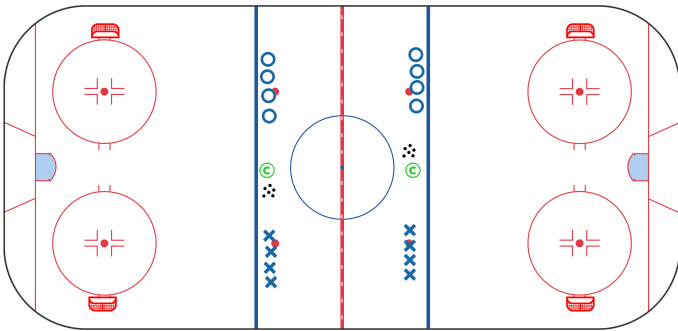
Skating edges
Cross overs & Acceleration
Stick position for pass,
Shot on goal- Shoot To score

Water break

2 mins

Evaluations - SAG U9 & U11

15 mins



Same drill both ends.

Encourage players to: share the puck, get open, communicate, "shoot to score", hustle

On ice coach has discretion so try to split groups and change pairing so like skilled are together and they also play with different groups.

U9 - 3v3, 2v2 -One pass before a shot on goal!

U11 - 2v2, 3v3, 3v2, 4v3 -Odd man games as well be sure everyone gets a chance to play in all scenarios - start 2v2, 3v3, 3v2, 4v3

Key Points

Get open, share puck, take puck to net and Shoot!
Hockey IQ, defensive awareness, battle/compete.

Bring players in - Positive words and let them know next practice will be similar.

1 mins