



# Preparation Sessions

## U11

### CANADIAN PLAYER PATHWAY



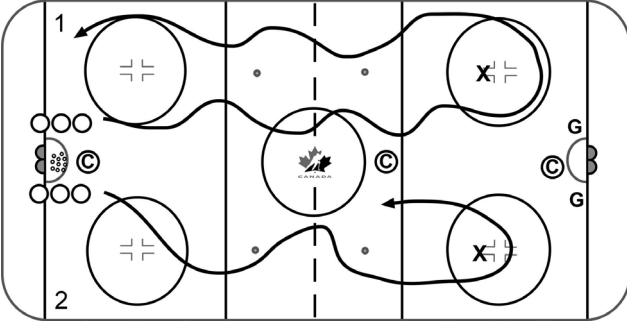
The drills in this practice plan are designed to give coaches some ideas on getting their players ready for player selection / tryouts by incorporating a multitude of skills required to play the game. There are 4 practice plans in this series that include key teaching points as well as key evaluation points to provide insight on the details within the drills.

The plan is based on 50 minutes so depending on the length of the ice time, the suggested time to run each drill can be adapted to fit the ice time. Where longer ice times are provided coaches can add drills / games of their own.



## Canadian Player Pathways U11 Preparation Plan #2

### Preparation Plan #2 – 50 minutes

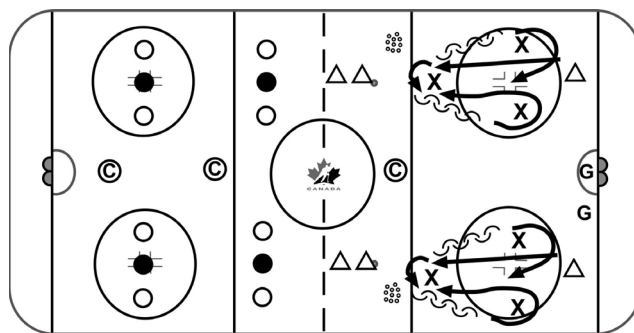
Drill Name & Description	
<b>8 mins - Skating Warm Up – Speed Progression</b>	
<ul style="list-style-type: none"><li>-Player's lineup at one end of the ice and perform various skills down the center of the ice.</li><li>-Perform progressions to maximize speed and power.</li><li>-Players go one after another</li><li>-Forwards and Defence do the same skills</li><li>-Goalie Coach works with Goalies at far end</li></ul>	
<b>Speed skills to be done:</b>	
Pattern 1 – Skate down middle of ice and return along boards	
<ol style="list-style-type: none"><li>1. Crossunders left foot / Crossunders right foot</li><li>2. Alternating crossunders</li><li>3. Ride inside edge each direction</li><li>4. Inside Foot Drops</li><li>5. One crossover each way – quick feet</li><li>6. Two crossovers each way – quick feet</li></ol>	
Pattern 2 – Skate along dot line outside and return down the middle	
<ol style="list-style-type: none"><li>7. Crossovers to inside fake / outside acceleration</li></ol>	
	
Key Teaching Points	Key Evaluation Points
<ul style="list-style-type: none"><li>-Technique is important for the first 4 skills in this progression. Perform repetitions of each skill before opening it up to full speed freestyle skating.</li></ul>	<ul style="list-style-type: none"><li>-Eyes up, scan the ice</li><li>-Stay low, keep legs loaded</li><li>-Look for equal ability with both legs</li><li>-Quickness, acceleration both ways</li><li>-Deceptive skating (change of direction and speed)</li></ul>

Drill Name & Description	
<b>8 mins – 3 Line Deception</b>	
<ul style="list-style-type: none"><li>-Put players in 2 or 3 lines in each end zone. (Goalies / goalie coach can use NZ zone for skating skills)</li><li>-Players will start near hashmarks and skate to blueline to perform move and then skate back to the back of the line</li><li>-Maximize repetitions and use progressions that players will use to create deception, quick hands and puck control skills</li><li>-Coaches are encouraged to be creative with this template</li><li>-Forwards and Defence perform same skills</li></ul>	
<b>Deception skills involved:</b>	
<ol style="list-style-type: none"><li>1. Head fakes</li><li>2. Stick Fakes</li><li>3. Feet fakes - Ride an Edge - Half Turns - Stop and Go's</li><li>4. Add chaser and read and react appropriately to the applied pressure of the situation</li></ol>	
-Shoulder check / scan needs to be done with all 4 progressions	
Key Teaching Points	Key Evaluation Points
<ul style="list-style-type: none"><li>-Shoulder checking</li><li>-Movements should be under control</li><li>-Set up pay off mentality – sell bad information</li><li>-Puck placements, carry vs retrieval</li><li>-Speed changes (slow and quick movements)</li></ul>	<ul style="list-style-type: none"><li>-Efficient execution</li><li>-Strong hockey position</li><li>-Look for deception - Sell fake, manipulate</li><li>-Reading the pressure</li></ul>



## Canadian Player Pathways U11 Preparation Plan #2

Drill Name & Description	
8 mins - Skills Splits	
<b>1) Forwards – Puck Protection – (Vision Sequence)</b> <b>Progression A</b> <ul style="list-style-type: none"> <li>- Find a dot and a partner</li> <li>- Position yourself two stick lengths away for each other</li> <li>- One player turns and protect puck from partner</li> <li>- Non protecting player shows a number on their hand and moves in a circular motion around puck protector.</li> <li>- Protecting player must keep back side to partner and shoulder check for changing numbers on hand held up in the air by partner</li> <li>- Protector calls out number as partner moves around</li> </ul> <b>Progression B</b> <ul style="list-style-type: none"> <li>- Add new player to the group (3)</li> <li>- Execute same puck protection sequence as above on and off coach's whistle</li> <li>- New player to the group adds stress to situation and hinders the protector's use of vision and ease of puck protecting</li> </ul> <b>Progression C</b> <ul style="list-style-type: none"> <li>- Still in your group of 3 we remove the number calling and make the player a passing outlet, see the pass before you make it against very passive pressure</li> </ul>	
<b>2) Defence – Escape Triangle</b> <ul style="list-style-type: none"> <li>-Place 3 pylons in a triangle – set up on each side of the ice</li> <li>-Transition at top pylon (heels first / toes first) turn away from each of the bottom pylons</li> <li>-Teach skating first, then add a puck</li> </ul> <b>Skill Progressions at the bottom of the triangle</b> <ol style="list-style-type: none"> <li>1. Ride inside edge – toes up ice</li> <li>2. Escape turns</li> <li>3. Half escape turns</li> <li>4. Random escapes add touch passes with coach</li> </ol>	
Key Teaching Points	
<b>Forwards</b> <ul style="list-style-type: none"> <li>-Head is up</li> <li>-Good knee bend for protection and balance</li> <li>-Always maintain positioning (puck, body, opposition)</li> <li>-See the pass before you make it</li> </ul>	<b>Defence</b> <ul style="list-style-type: none"> <li>-Turn away from the pylons, stick on the ice, turn your head and shoulders first</li> <li>-Don't cross hands on forehand spin</li> </ul>



Key Evaluation Points	
<b>Forwards</b> <ul style="list-style-type: none"> <li>-Balance, posture, strength</li> <li>-Puck placement relative to pressure</li> <li>-Bracing and pressing against pressure</li> <li>-Adjusting and reacting to pressure</li> </ul>	<b>Defence</b> <ul style="list-style-type: none"> <li>-Turn upper body and head</li> <li>-Eyes Up</li> <li>-Heels first / Toes first</li> <li>-Spin out with control and speed on forehand and backhand</li> </ul>



## Canadian Player Pathways U11 Preparation Plan #2

### Drill Name & Description

#### 10 mins - Skill Splits

##### 1) Forwards – Puck Protection Progression

- Players start on goal line. Set up Pylon - Player - Pylon
- Weave up and back attacking stationary player in the middle – finish with shot on net
- Alternate sides so goaltender has time to get set for next shot

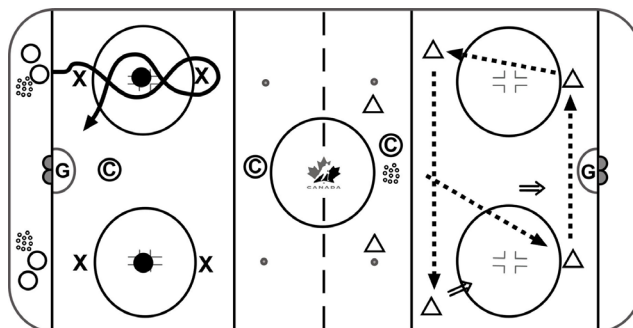
##### Progressions:

1. Attack triangle
2. Open up to backhand to protect – cut hands
3. Disrupt stick (stick lift / stick swipe)
4. Add chaser
5. Player in middle turns and gaps up on puck carrier to play 1 on 1
6. Chaser and regroup 1 on 1 (Front and Back pressure)

##### 2) Defence – D to D Passing with Blue line shot

- 4 Defence inside zone
- 2 low D are breaking out of zone, 2 high D are passing for shot on net
- Coach dumps or passes puck to low D, they go D to D then pass up to hi D
- Hi D pass D to D across blue line for shot on net

1. D-D front of net, low to high shot
2. D-D back of net, low to high shot
3. D-D reverse, low to high shot



### Key Teaching Points

#### Forwards

- Attack defender w speed
- Head always on a swivel scanning front and behind
- Cut hands after moves

#### Defence

- Defensive players need to shoulder check, decide what they will do then approach the loose puck at an angle to deceive F1
- Turning the toes, leaning and “selling” a deceptive move will create time and space for the breakout
- It is important to give the fore-checker time to react to your move

### Key Evaluation Points

#### Forwards

- Balance, posture, surround puck
- Body position remains between defender and puck
- Read pressure
- Ride energy of defender, lean into defender
- Control puck zone

#### Defence

- Shoulder check, cut the net
- Accelerate, get to middle of ice
- Provide target, move feet, eyes up
- Push or pull puck, find a lane

### Drill Name & Description

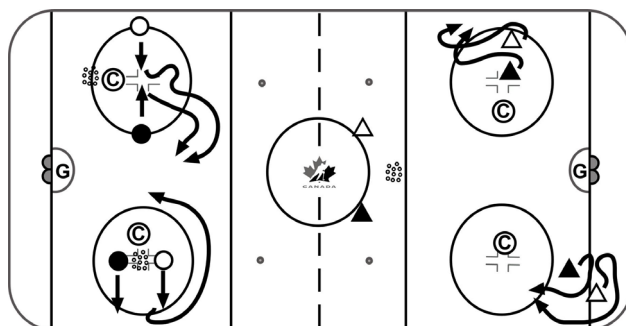
#### 8 mins - Skill Splits

##### 1) Forwards – Small Area Game – Loose Puck Races (SAG)

- A.
- Two players stand on hash marks to simulate faceoff
  - When the coach drops the puck both players race to gain possession.
  - The drill immediately turns into a 1 on 1 with the puck carrier trying to score
- B.
- Coach drops puck on face off dot for race to wall, then play out the 1 on 1 with winner of puck race trying to score.

##### 2) Defence – 1 on 1 – Stick on Puck (SAG)

- Two players will start inside the end zone
- One will have the puck while the other is the defender.
- Player with puck will protect puck, and try to take it to net to score
- Defensive player will work to dislodge puck by having stick on puck.
- Use a series of poke checks.
- Move starting point around zone to simulate varying game situations



### Key Teaching Points

#### Forwards

- Explosive starts
- Gain position before possession
- Protect puck on offence
- D Side positioning on defence

#### Defence

- Body position
- Puck protection
- Stick on puck

### Key Evaluation Points

#### Forwards

- Mentality to be first
- Position before possession
- Acceleration, explosiveness
- Physicality, puck protection

#### Defence

- 1 hand on stick, stick on ice, free hand ready to push
- Poke and recover, stay balanced
- Stay on defensive side of puck



## Canadian Player Pathways U11 Preparation Plan #2

Drill Name & Description			
<b>8 mins – SAG - Angling</b>			
<b>1) 1 Up / 1 Down</b>  -Gap and angling drill – Can split into 4 groups using each corner of ice. Alternate sides -Coach starts play with “Go” -Defensive player must touch goal line -Forward must touch blue line. -Defensive player tries to clear puck or skate it past ringette line if they steal it. -Forward tries to score – 1 shot / 1 rebound allowed			
<b>Key Teaching Points</b> -Offensive players attack the net and defensive players compete to strip the puck.		<b>Key Evaluation Points</b> <div> <b>Forwards</b>            -Look before turning to attack            -Evasiveness, creativity            -Attack vulnerability            -Protect puck, get it to net         </div> <div> <b>Defence</b>            -Turn head, before turning up ice            -Gap up            -Use stick to steer then stick on puck         </div>	

