



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 #3

Preparation Plan #3 – 50 Mins

Drill Name & Description

8 mins - Passing Warm Up

1) Forwards – Rabbit / Coyote

- Players grab a partner and spread out across half of the ice.
- One puck between two players.

Progressions:

1. Forehand pass – on 1st whistle pass, 2nd whistle play keep away 1 on 1. Player with puck on whistle protects it
2. Backhand pass - on 1st whistle pass, 2nd whistle play keep away 1 on 1. Player with puck on whistle protects it
3. 1 touch forehand pass - on 1st whistle pass, 2nd whistle play keep away 1 on 1. Player with puck on whistle protects it

-2 – 3 reps on each sequence

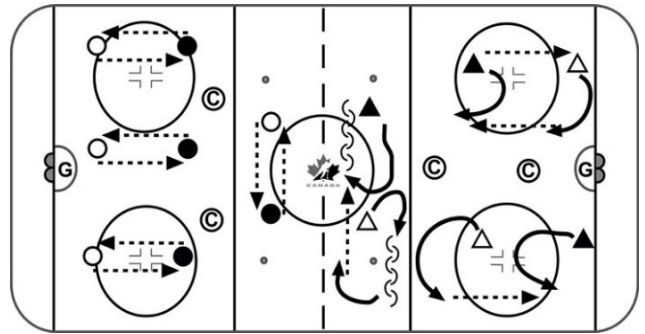
2) Defence – Skating / Passing Warm Up (Head up, Move Feet, Keep Puck Loaded)

- Defenseman will pass with a partner.
- Players can go anywhere but the key is when you receive a pass you need to get your head up to see the ice, move your feet and get it loaded which means be ready to pass the puck preferably on your forehand.
- Coaches whistle will control the pace.

Progressions:

1. Forehand Pass
2. Backhand Pass
3. Receive pass – Escape to backhand
4. Receive pass – Escape to backhand – slide stop

-2 - 3 reps on each sequence



Key Teaching Points

Forwards

- Passes on the tape.
- Focus on clean reception.
- Protect puck on 1 on 1.
- Defensive player stick on puck.

Defence

- Head up to see ice as soon as you receive the puck..Move your feet.
- Get it loaded. Get the puck in a "triple threat" position where you can pass, shoot or carry.
- Quick feet and good puck control.

Key Evaluation Points

Forwards

- Passing control – active wrists
- Flat accurate pass
- Puck protect off a pass
- Ability to adjust to pass

Defence

- Lateral skating
- Don't overhandle puck, get on forehand
- Head up, move feet
- Hard, flat pass

Drill Name & Description

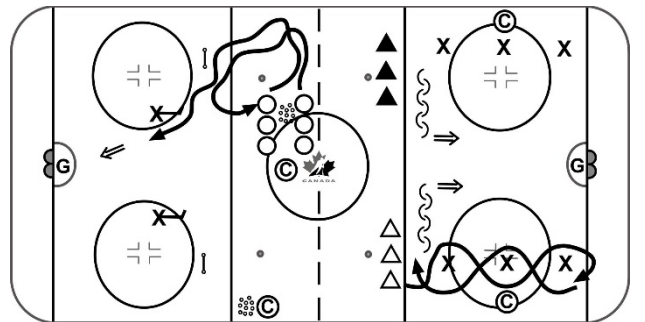
10 mins - Skills Splits

1) Forwards – Entries

- Players line up at centre ice in two lines (Left line – Offence / Right line – Defence)
- Offensive player spots puck to boards
- Players race to wall, offensive player to get lane (position B4 possession) enters the offensive zone, fakes the obstacle (can also use coach for player to make read) and finishes with a shot on net.
- Chaser turns at blue line and releases, becomes the next offensive player
- Progression – After shot – shooter can skate to other side to provide pressure on opposite side

2) Defence – Puck on Forehand Pivots

- Players line up outside blueline, carry puck through pylons
- Players always face the middle pylon (open up)
- Keep puck on forehand
- Escape at bottom pylon (progress to escape / half turn), skate back through pylons to blue line for shot on net
- Good shooting principles at blue line – fakes / deception / eyes up



Key Teaching Points

Forwards

- Spot puck, get in lane of defensive player
- Take away stick to get possession of puck
- Protect puck on entry
- Eyes up to make move on obstacle or coach

Defence

- Keep the puck on forehand
- Keep speed in both backward-forward and forward-backward pivots
- Try to keep crossing feet to a minimum

Key Evaluation Points

Forwards

- Position before possession
- Angle, stick position on puck steal
- Escape, quick transition
- Fakes, deception upon entry to get shot on net

Defence

- Open up to middle both ways
- Pivot from fwd to bwd, bwd to fwd
- Keep puck on forehand
- Limit crossing of feet
- Get puck to middle of ice



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Drill Name & Description

10 mins - Skill Splits

1) Forwards – 1 on 1 – Loose Puck Race x 2

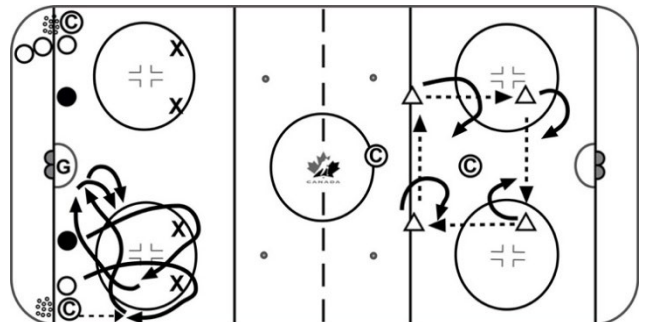
- Set up 2 pylons inside the blue line.
- Players start in the corner and race to the pylons, performing a quick turn around the pylon.
- Coach spots a puck and the players battle for possession and a shot on net.
- Coach spots a second puck for a second battle.

Progression

- Coach in corner passes to 2nd coach at blueline who spots puck back down wall for players to retrieve

2) Defence – 4 Man Box Puck Support

- 4 Defencemen start in a box formation with one puck.
- Puck is moved in one direction. After each pass, the defence must follow pass and recover back to middle for either support or next pass. Change directions.
- Progress to hinge passes
- Progress to random passes to any defenceman.
- Progress to a look away by looking at one defenceman and passing to another.



Key Teaching Points

Forwards

- Quick feet and turns around the pylons.
- Battle for the puck and compete.
- Use the body to protect the puck.
- Attack the net.

Defence

- Always follow pass and transition back to middle of ice.
- Always have stick in position to receive the pass.

Key Evaluation Points

Forwards

- Acceleration, quickness
- Position before possession
- Establish lane - puck protection
- Angling, defensive side
- Reacting to play

Defence

- Present target on forehand
- No dust
- Head up, move your feet
- Support underneath after pass
- Take ice in front upon receiving pass

Drill Name & Description

10 mins - Skill Splits

1) Forwards – Corner Retrieval / Protect with Shot

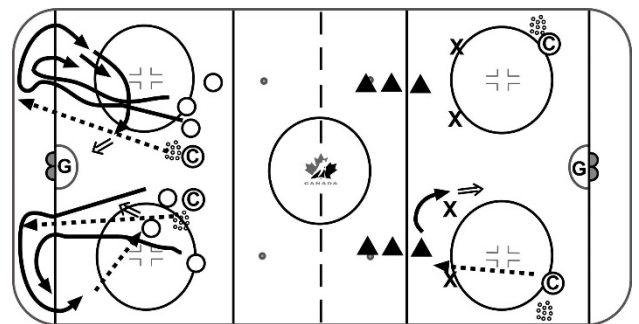
- Players line up in two lines near top of circle facing the net
- Coach spots loose puck into the corner

- F1 loose puck retrieval, quick fake then takes puck to net.
- After shot, coach spots second loose puck in same corner, F1 retrieves and passes to F2 in high slot
- Add defensive player where F1 has to pass through the defensive players' triangle to F2
- Defensive player pressures F1 from start, F1 has to find F2 in high slot

- After 2nd shot coach spots new puck in opposite corner

2) Defence – In and Out Shooting

- Place two pylons about 10 feet apart
- Coach passes through pylons, D pulls or pushes puck to outside of pylon and then shoots
- Coach passes to outside of pylon, D pulls puck inside pylons for shot



Key Teaching Points

Forwards

- Quick on puck retrieval
- Shoulder check / Scan for forward in high slot
- Quick pass / quick release
- F2 move around, find soft spot

Defence

- Provide a target with stick
- Receive pass, no stickhandle shoot quickly
- Goal is to get puck on net, not how hard the shot is

Key Evaluation Points

Forwards

- Quick to loose puck
- Scan
- Quick pass
- Pass through triangle
- Shooter quick release

Defence

- Receive on forehand, get feet moving
- Head up
- Push or pull puck, find the lane

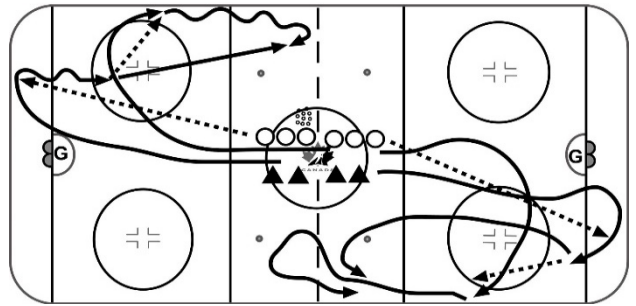


Canadian Player Pathways U11 Preparation Plan #3

Drill Name & Description

10 mins – Breakout – Regroup - 1 on 1 / 2 on 1

- Gap drill. Forward dumps puck and defenseman retrieves and breaks out the forward.
- On dump – alternate rims and dumps on goalie to set puck for D
- Forward skates up ice and turns back for a 1-1.
- Defenseman must close gap and play the 1-1.
- Coaches encourage D to challenge in the neutral zone and “jump” the forward.
- Progress to a 2 on 1



Key Teaching Points

Forwards

- Call for pass and present a target
- Shoulder check before receiving pass and heading up ice
- Should check in NZ before turning and attacking D 1 on 1

Defence

- Quick to the puck.
- Shoulder check; both shoulders if time.
- Pick puck up on a good skating angle, get it on your forehand and make a good pass.
- Follow pass up ice to close gap on forward

Key Evaluation Points

Forwards

- Talk to D on breakout,
- Shoulder check, present target
- Accelerate off wall into NZ
- Shoulder check before turning back to attack D

Defence

- Shoulder check, pick puck up on forehand
- No dust
- Head up, hard, flat first pass
- Get up ice quickly after pass to close gap
- Eliminate crossovers, good stick