



# 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 #4

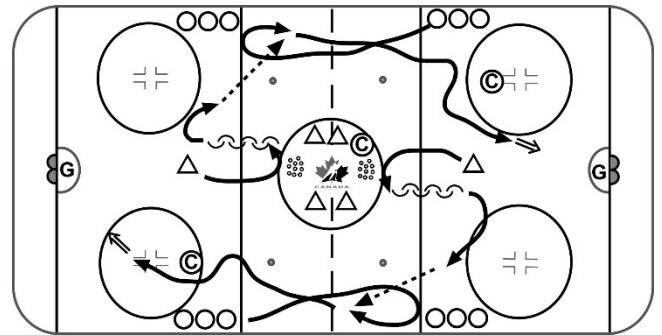
## Preparation Plan #4 – 50 Mins

### Drill Name & Description

#### 8 mins - Mobility Warm-up

Go both ends at same time, Sequence is Pass Left, Pass Right, Skate

- 1) Forwards start on 4 corners of Blue lines
- 2) All the pucks are in the center circle.
- 3) D start inside blueline in center of ice
- 4) D picks up puck, backpeddles, Fwd from left side skates down to tag blueline, opens up for pass from D.
- 5) D then skates to center circle to get another puck, backpeddles to blue line and hits Fwd from the right side with pass.
- 6) D skates forward to center circle, picks up third puck backpeddles to blue line, then transitions to forward to skate to far end for shot



### Key Teaching Points

- Forwards sprint to blueline, open up present target, call for pass
- D pass while skating forward.
- Hard, flat pass
- Forwards skate hard to net for shot – no dekes – stop at net after shot looking for tip or rebound

### Key Evaluation Points

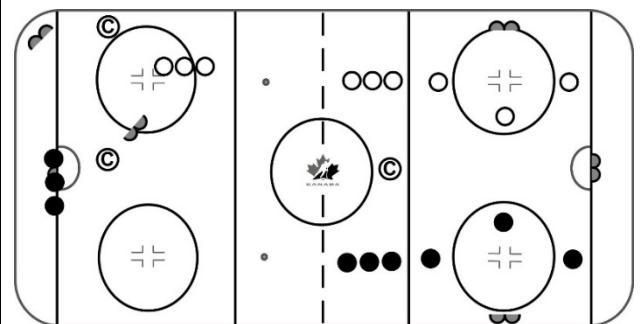
- Forwards**
- Open up to receive pass, scan up ice
  - Present target, call for pass
  - Stop at net after shot
- Defence**
- Drag puck skating backwards, transition to forward to make pass
  - Hard, accurate pass
  - Eyes up when retrieving pucks, know where pass is going to

### Drill Name & Description

#### 20 mins – Small Area Games

Small Area Games – 10 minutes each game then players swap ends

- 1) **2 on 2 in Corner**
  - Place 2 nets in a corner
  - Players can be divided into 2 groups
  - Play 2 on 2
  - Looking for skills in a tight space, compete level, hockey sense
- 2) **3 on 3 Cross Ice**
  - Place 2 nets on each side of the ice
  - Players can be divided into 2 groups
  - Play 3 on 3 cross ice
  - Looking for skills in a tight space, compete level, hockey sense



### Key Teaching Points

- 30 – 40 second shifts
- If puck leaves playing area, Coach passes new puck into play
- If goaltender freezes puck, opposing players back off, and allow goalie to get puck to teammates to begin play again
- If goal is scored, goalie pulls puck out of net and gives to teammates to resume play

### Key Evaluation Points

- Small space skating ability
- Small space puck control and passing
- Read and react skills
- Compete level
- Puck Support



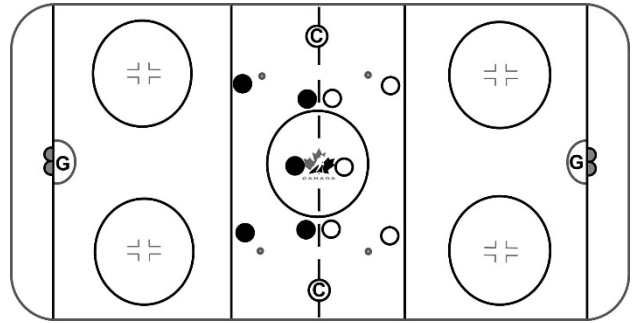
## Canadian Player Pathways U11 Preparation Plan #4

### Drill Name & Description

22 mins – 5 on 5 – Full Ice Scrimmage

#### 1) 5 on 5 Full ice

- Divide into 2 groups
- Recommend forwards play all 3 forward positions
- Recommend defence play both left D and right D
- Looking for skills in a tight space, compete level, hockey sense



### Key Teaching Points

- Play 5 on 5 – 45 – 60 second shifts ( Coach can act as referee )
- Opportunity to teach game rules such as off side / icing / faceoff alignment
- Penalties can be served or option for penalty shot given

### Key Evaluation Points

#### Forwards / Defence

- Skating / puck handling / passing - receiving
- Play making ability
- Hockey sense
- Compete level

#### Goaltenders

- Angles / depth
- Ability to stop pucks
- Rebound control