



# 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.



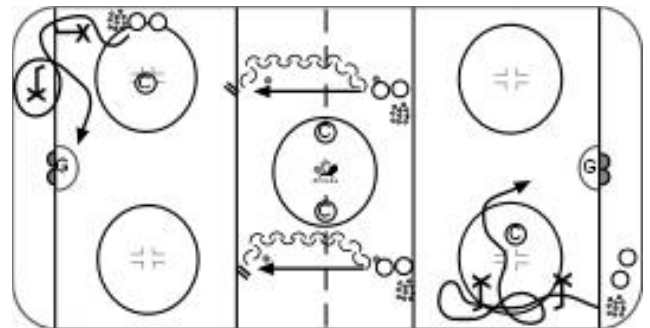
# Canadian Player Pathways U11 Preparation Plan #1

## Preparation Plan #1 – 50 Minutes

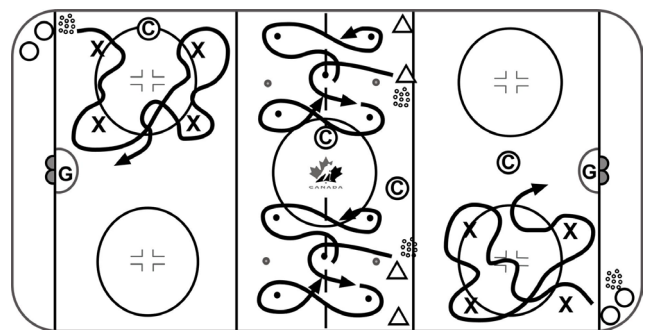
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|---|---|---|---|
| <b>Drill Name &amp; Description</b><br><b>14 mins – Skating / Puck Control Agility Combinations</b><br>-Form two lines at hash marks in one end, players perform skills down the middle of the ice and back along the boards.<br><br>-Players go one after another<br><br>-Forwards and Defence do the same skills<br><br>-Goalie Coach works with goalies at far end<br><br><b>Forward Skating skills to be done: NO PUCK</b> <ol style="list-style-type: none"> <li>1. Heel skate</li> <li>2. Heel skate / stride combination</li> <li>3. Heel skate / 1 crossover combination</li> <li>4. Stride / 1 crossover combination</li> <li>5. Continuous Crossovers</li> </ol> <b>Puck control skills to be done: Same as above</b> |   |   |   |
| <b>Key Teaching Points</b><br><b>Skating</b><br>-Encourage creativity / deceptive skating<br>-Change direction / Lateral Movements<br>-Quick feet<br>-Head up<br>-Technique is important in the warm-up to give the players lots of repetition on technical aspects of skating  | <b>Puck Control</b><br>-Focus on the blending skills with a puck<br>-Progress to crossovers<br>-Progress to Mohawks<br>-Deceptive skating moves with puck<br>-Don't rush through the blended skills | <b>Key Evaluation Points</b><br><b>Skating</b><br>-Eyes up, scan the ice<br>-Look for equal ability with both feet<br>-Look for agility, quickness, speed change<br>-Puck Placement | <b>Puck Control</b><br>-Eyes up, scan the ice<br>-Range of motion to forehand and backhand<br>-Separation of upper and lower body<br>-Agility, creativity, deception<br>-Puck Management – puck not exposed |

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|--|---|--|
| <b>Drill Name &amp; Description</b><br><b>8 mins – Skating Warm Up – Backward Skating</b><br>-Players line up in two lines on the hashmarks.<br>-Both lines can go at the same time, or each line can alternate, skating down the middle to the pylon and then back along the boards.<br><br>-Players go one after another<br>-Forwards and Defence do the same skills<br>-Goalie Coach works with Goalies at far end<br><br><b>Backward Skating skills to be done:</b><br>Pattern 1 <ol style="list-style-type: none"> <li>1. Backwards, alternating c-cut holds</li> <li>2. Backwards, one crossover reach</li> <li>3. First player bwds, Second Player fwds – mirror / contain</li> </ol> Pattern 2 <ol style="list-style-type: none"> <li>4. Backwards, Scull to wall at blue line</li> <li>5. Backwards, open hips, pivot to wall at blue line</li> </ol> |   |  |
| <b>Key Teaching Points</b><br>-Good knee bend – stay low<br>-Strong push and recover<br>-Efficiency (feet under control) over speed<br>-Technique is important in the warm-up to give the players lots of repetition on technical aspects of skating   | <b>Key Evaluation Points</b><br>-One hand on stick, out in front<br>-Eyes up, scan the ice<br>-Minimize unnecessary crossovers<br>-Efficient feet, quiet upper body |  |

| Drill Name & Description  |  |
|---|--|
| <b>10 mins – Skill Splits</b>   |  |
| <b>1) Forwards – Small Area Puck Control (Use both ends zones)</b>  |  |
| <ul style="list-style-type: none"> <li>-Place two 'danglers' in corner at one end and parallel to boards at the other end</li> <li>-One side attacks goal line (down) / Other side attacks seam (up)</li> <li>-On the whistle, players leave the corner with a puck skating around the danglers in a figure 8 pattern working on different skills.</li> <li>-Manage puck, use vision, stick / feet fakes to perform cutbacks, jams etc..</li> </ul> |  |
| <b>Puck Control Skills to be done:</b>  |  |
| <ol style="list-style-type: none"> <li>1. Random Moves</li> <li>2. Start play with rim</li> <li>3. Random Moves - Add Chaser</li> <li>4. Random Moves - No Pylons – Add Chaser</li> </ol>   |  |
| <b>2) Defence – Transition Pivots (Use Neutral Zone)</b>  |  |
| <b>Transition Skills to be done: 2 or 3 reps without puck, then add puck</b>  |  |
| <ol style="list-style-type: none"> <li>1. Toes first</li> <li>2. Heels first</li> <li>3. Ride inside edge</li> <li>4. Repeat each sequence above with give and go pass from coach</li> </ol>  |  |
| Key Teaching Points   |  |
| <b>Forwards</b><br>- Try to keep your head up as much as possible.<br>-Speed is not important, do the drill correctly and work on technique before increasing speed.  | <b>Defence</b><br>-Players need to have a good knee bend for balance<br>-Keep eyes up, chest up, shoulders back<br>-Limit the crossing of the feet as much as possible coming out of transition<br>-Heels first then, toes first, ride edge at bottom of pivot |



| Drill Name & Description   |   |
|--|---|
| <b>10 mins – Skill Splits</b>  |   |
| <b>1) Forwards – 4 Pylon Agility</b>   |   |
| <ul style="list-style-type: none"> <li>-Place 4 pylons on the circle (use both end zones to maximize player activity)</li> <li>1. Player starts by going around the pylons in a random fashion.</li> <li>2. Two players one puck – give and go passing</li> <li>3. One puck carrier, one chaser trying to steal puck</li> <li>4. Progress to no pylons / keep away</li> </ul>  |   |
| <ul style="list-style-type: none"> <li>-Alternate sides - finish with shot on net (can use two nets on goal line if more than 2 goalies in the group and do drill from both sides)</li> </ul>  |   |
| <b>2) Defence – 5 Puck Agility - (Use Neutral Zone)</b>  |   |
| <ul style="list-style-type: none"> <li>-Place 5 pucks in NZ as shown.</li> <li>-Player must skate around each of the outside pucks, and always come back to the middle before skating around one of the outside pucks again, toes always pointing forward during transitions</li> <li>1. No Puck</li> <li>2. Add Puck</li> <li>3. Add pass to coach in front</li> <li>4. Remove pucks used as markers - Progress to pressure from coach</li> </ul> |   |
| Key Teaching Points  |   |
| <b>Forwards</b><br>-Keep the feet moving<br>-Creativity / Change of direction<br>-Quick hands and feet<br>-Scan the ice front and behind   | <b>Defence</b><br>-Quick feet, stay low for balance<br>-Efficient movements ie try to do only 1 crossover to get back to middle<br>-Scan the ice front and behind |



| Key Evaluation Points   |   |
|---|---|
| <b>Forwards</b><br>-Skating edgework (Fakes / Jams)<br>-Creativity, puck placement<br>-Scan ice, eyes up, see the next play<br>-Attack for quick move or shot | <b>Defence</b><br>-Turn heels and hips, 1 x-over out, then start striding<br>-Head up and shoulders square<br>-Toes around apex before turning to go bwds<br>-Watch for equal ability to each side<br>-Open hip, ride inside edge to fwds – no x-over |

| Key Evaluation Points   |   |
|---|---|
| <b>Forwards</b><br>-Deception, fakes<br>-Eyes up<br>-Make turns with both edges<br>-Accelerate out with puck protection | <b>Defence</b><br>-Turn heels and hips, 1 crossover out<br>-Head and shoulders up ice - square<br>-Toes around apex before turning to go bwds<br>-Look for equal ability both ways<br>-Open hip, ride inside edge to fwd-no x-over<br>-Keep bottom hand on stick, load puck |



# Canadian Player Pathways U11 Preparation Plan #1

## Drill Name & Description

### 8 mins – Skill Splits

#### 1) Forwards – Entries – Overspeed Moves

- Players start along the boards inside the blue line.
- Skate out from the boards into NZ and then perform a few quick crossovers to turn back. Can also pass puck off boards to self prior to entering zone
- Turn head, scan before turning toward offensive zone

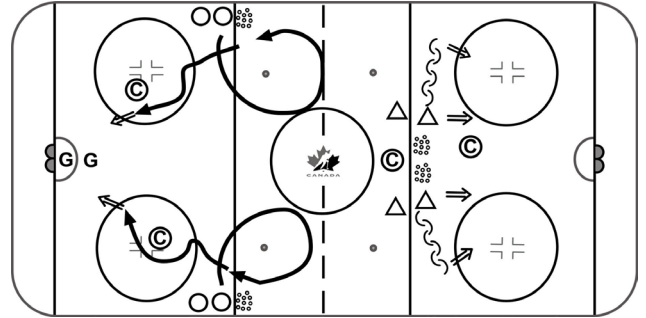
#### Forward Entry sequences involved:

1. Heel skating across blueline - navigate
2. Net drive – forehand / backhand
3. Progress to 2 on 1 against coach

#### 2) Defence – Shooting Sequence

- Place 2 or 3 piles of pucks inside blue line near the top of the circle (Shoot 3 - 5 pucks for each skill)

1. Stationary quick release pulls (drag)
2. Stationary quick release pushes
3. Pull to inside, push back to outside for shot
4. Push to outside, stop bhd drag back to inside shot



## Key Teaching Points

### Forwards

- Use crossovers to turn quickly
- Pick up the puck in stride to quickly enter the offensive zone – Eyes up
- Sell the fake on the obstacle or coach with the head and shoulders

### Defence

- Eyes, up, look at target
- No Dust, Quick release

## Key Evaluation Points

### Forwards

- Accelerate out of turn in NZ
- Eyes up, loading puck
- Spatial awareness, (gap on coach)
- Evasiveness and separation to create shot lane

### Defence

- Ability to move laterally - Push or Pull
- Ability to shoot with eyes / head up
- Ability to find open lane
- Look for overhandling the puck.
- Clean / efficient handling of puck