

CoachThem

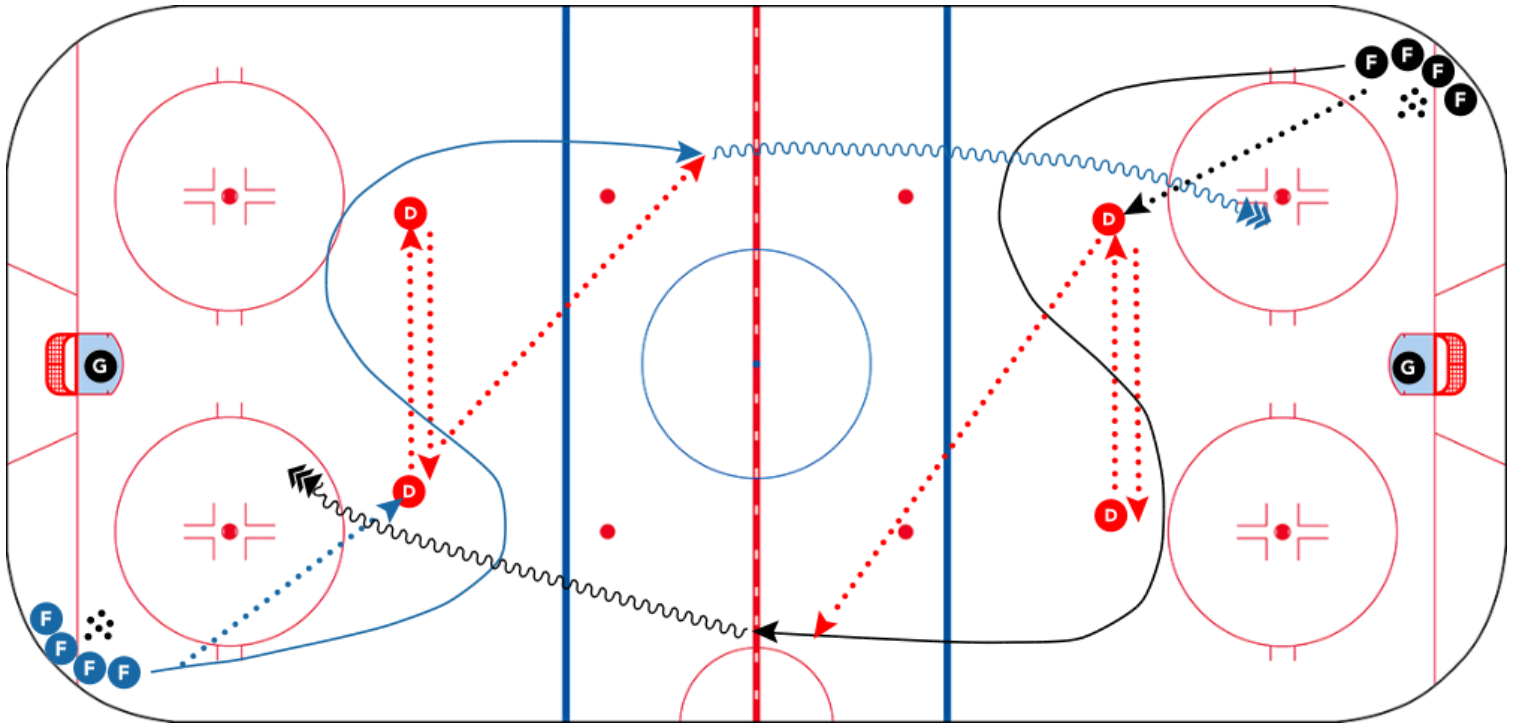
Name: U11 Covid #5

Practice No:

Duration: 55 min

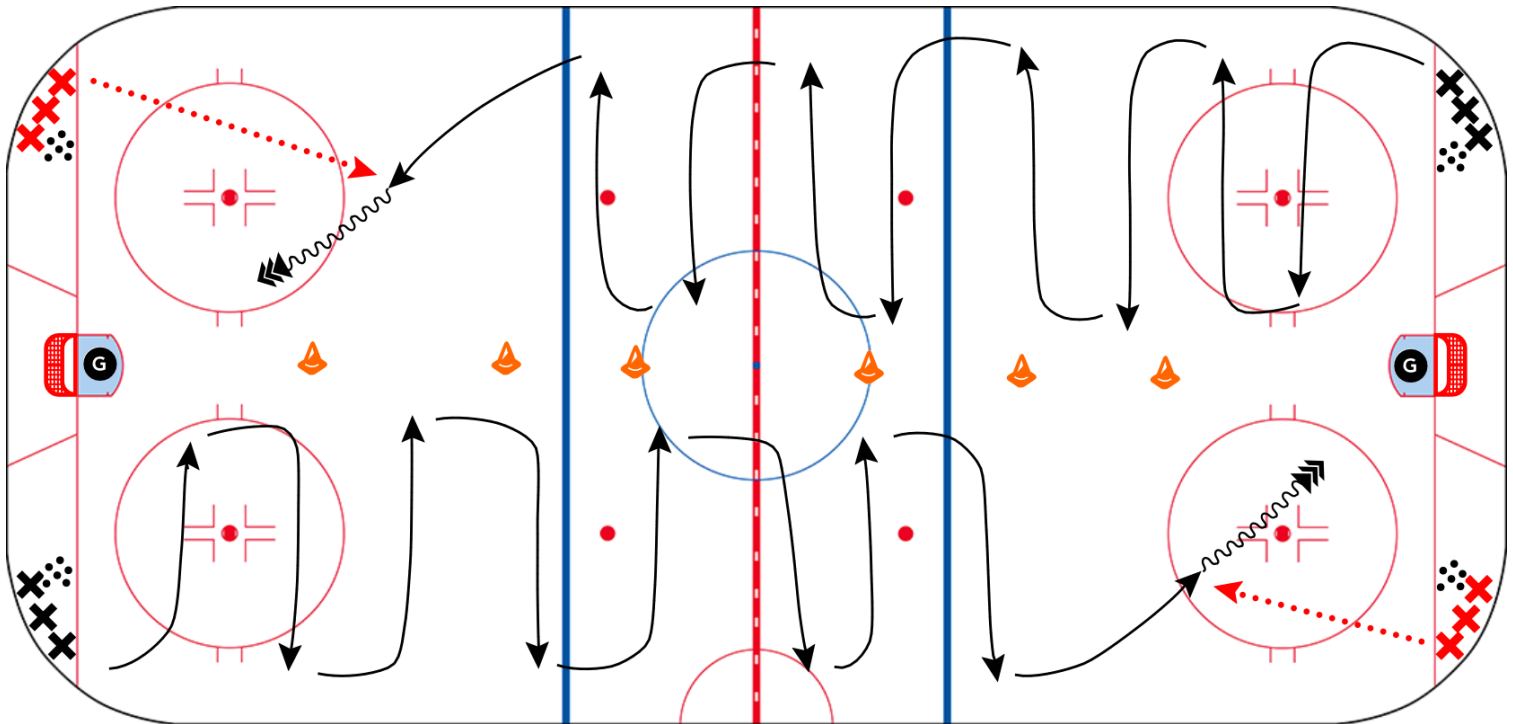
Snake warm up

5 mins



Description:

- **F** and **F** start at the same time, pass a puck up to the **D** for a **D** pass
- **D** passes back to the forward for a wide cross ice pass
- Forward receives pass and goes down for a shot on goal

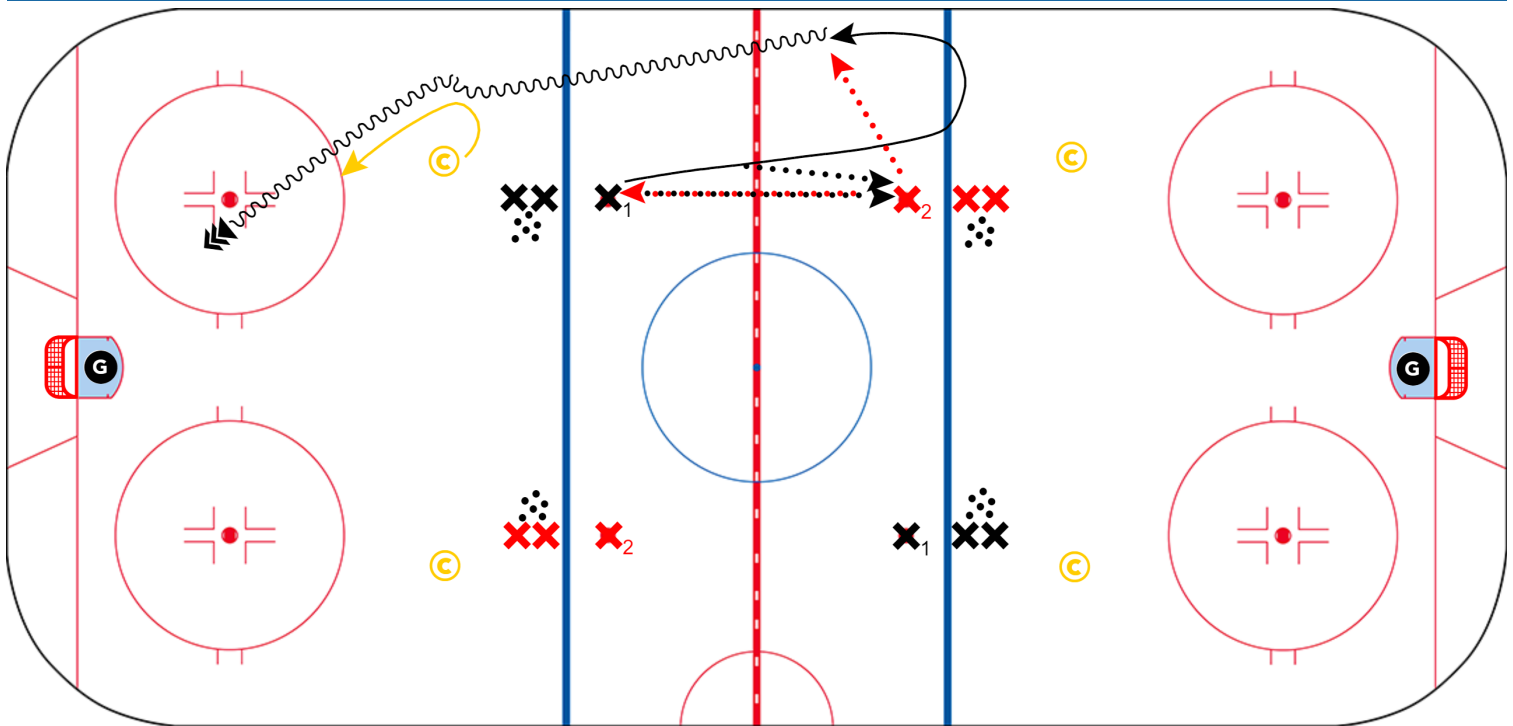


Description:

- Opposite corners run at the same time
- Players start drill, using only their inside edge. Rotate the upper body (head) first and the bottom will follow
- While the player is turning, they're only using the inside edge of their outside foot (one leg). Shoulders square to the board
- Run 6-7 turns down the ice. Option to add a pass at the end for a shot

Outside edge

- Same as previous sequence, but player uses their inside skate and outside edge to turn

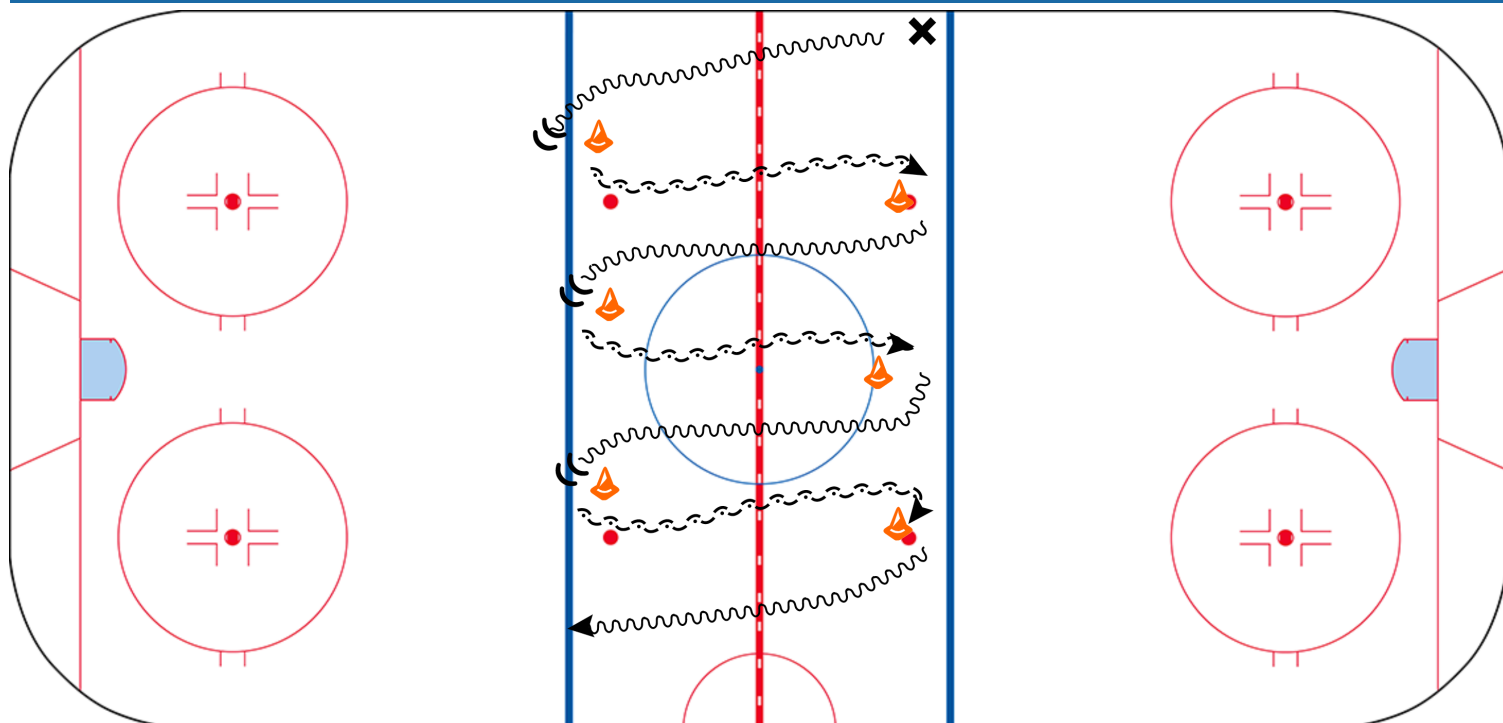


Description:

- X 1 pass to X 2, they pass back and forth and X 2 ends up with puck
- X 1 opens up to receive the pass on the wall
- X 1 builds speed into the zone and get's entry pressure from the coach
- Attack the coach with the power push (high speed) and go in for a shot on net
- Opposite sides run drill at the same time

Key Points:

- Use body to shield puck from the coach
- Coach should vary the depth and length of pressure. Sometimes quick and high in zone, others low all the way to the net.

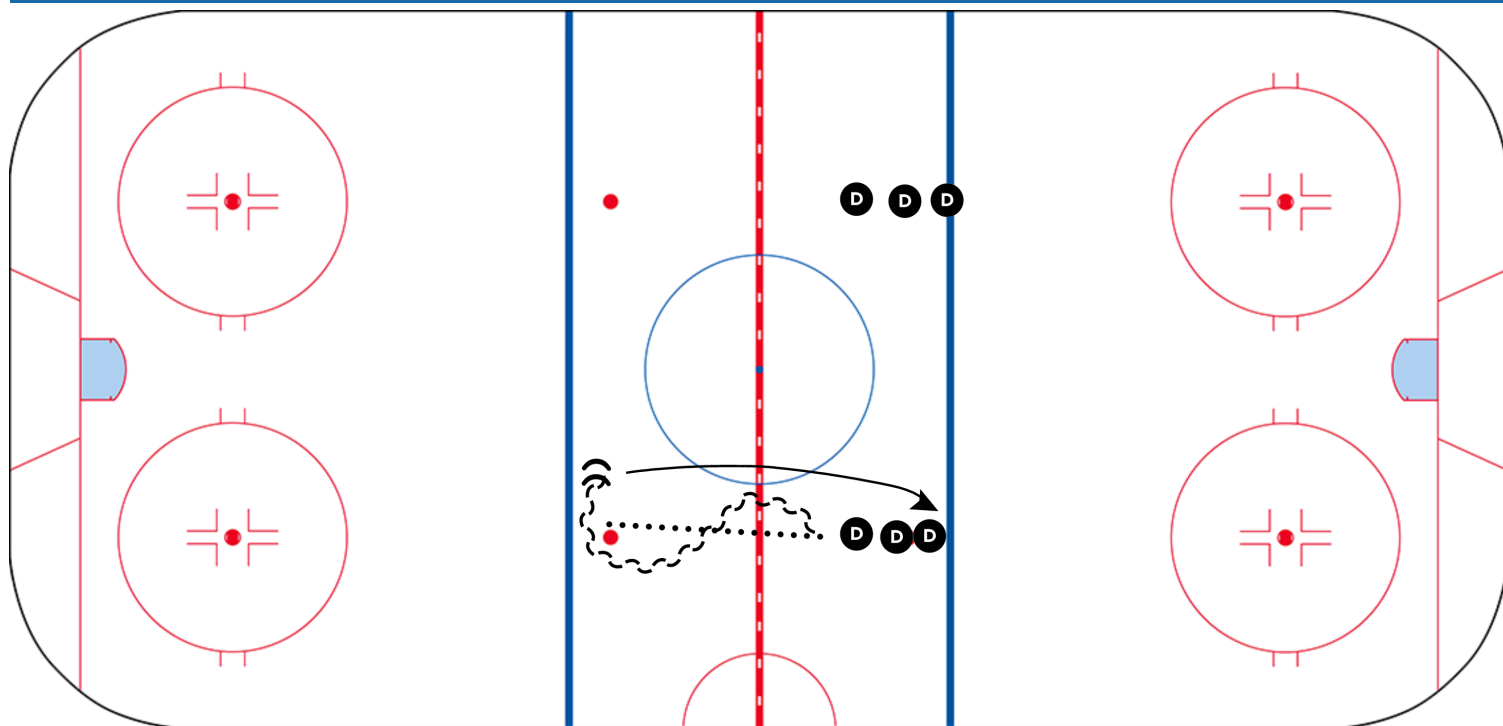


Description:

Pivot forward to backwards and backwards to forward around each cone.

Key Points:

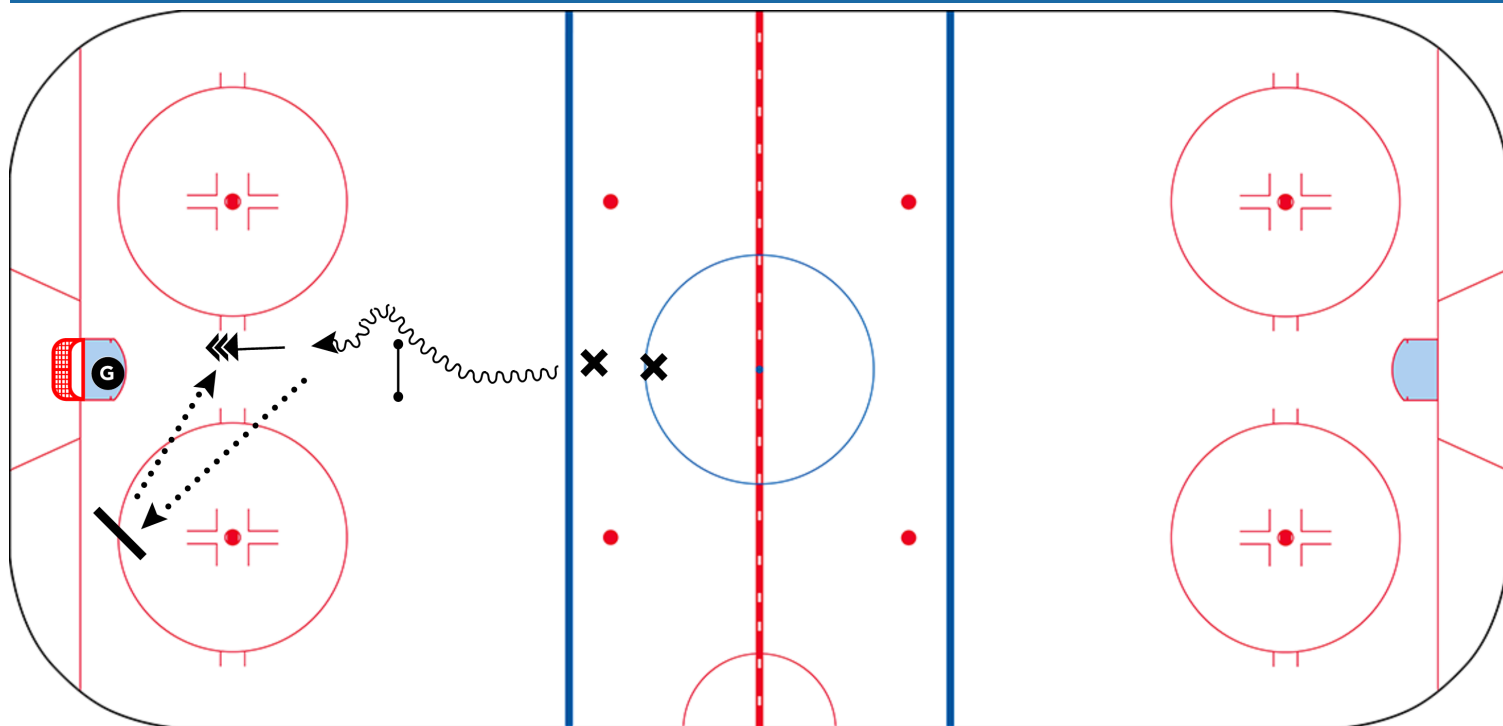
- face up ice on pivot
- immediately begin quick crossovers on pivot

**Description:**

- **D** Skates backwards using crossovers while giving and receiving passes with next player in line

Key Points:

- quick feet
- eyes up
- firm, accurate passes



Description:

Player makes move on deviator, passes to rebounder for one-timer or a catch & release.

Change sides.

Key Points:

- quick feet
- get low on stick for one-timer
- no dust on catch & release