

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

Warm up

Skating

Drill Title : Warm-up

Components : _____

Content elements :

Description

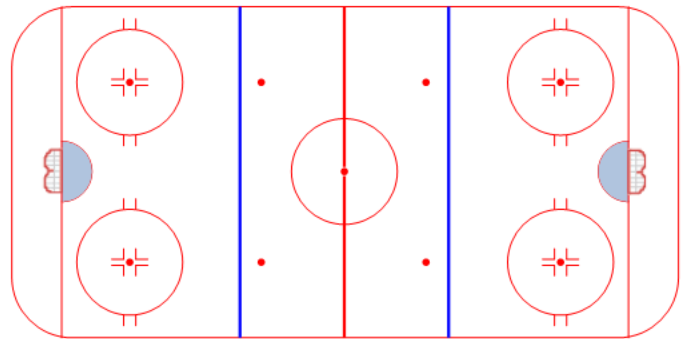
hard between blue lines then backwards between blue lines. other way same thing then a 2 minute stretch at center

NO PUCKS ASSISTANT PUT ON TUTORS OR TAKE SHOTS ON GOALIES

Need to be done in 6/7 minutes.

Key Points

Four empty rectangular boxes for key points.



Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Categories

Puck Handling

turning

Drill Title : puck control shooting

Components : _____

Content elements :

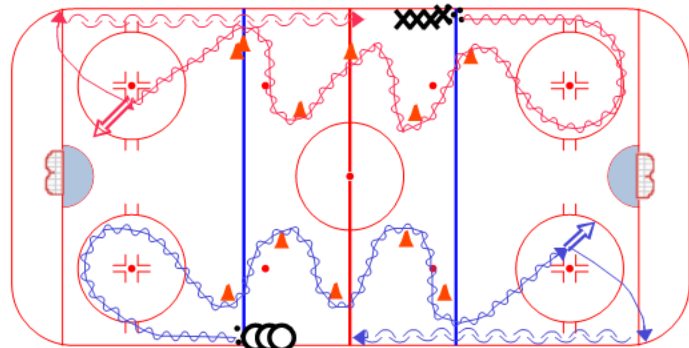
Description

Skate pattern as shown and then hurry to corner and skate backwards to center and return to line. gets lots of kids going and works on lots of skills

10 MINUTES including explanation

Key Points

Four empty rectangular boxes for key points.



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

passing

skills evals

Drill Title : passing skills

Components : _____

Content elements :

Description

one end. 1st player goes around pylon to outside with puck. 2nd player goes around pylon and drives net. one pass for sure, encourage 2 passes. swap sides

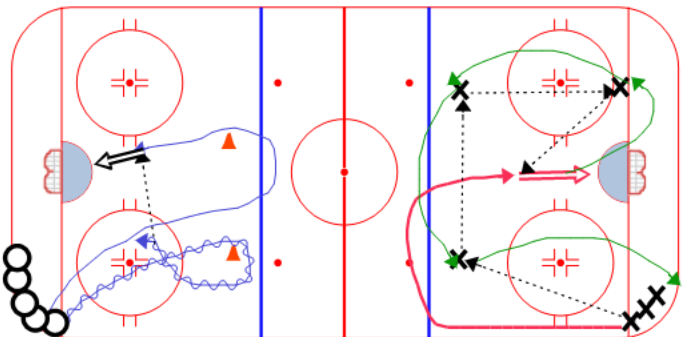
other end, pass/shoot then take a spot. as shown swap sides half way

7 minutes each end swap sides half way

15 MINUTES including explanation

Key Points

Four empty rectangular boxes for key points.



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

1 on 1's

Drill Title : 1 on 1's

1 on 1's

Components : _____

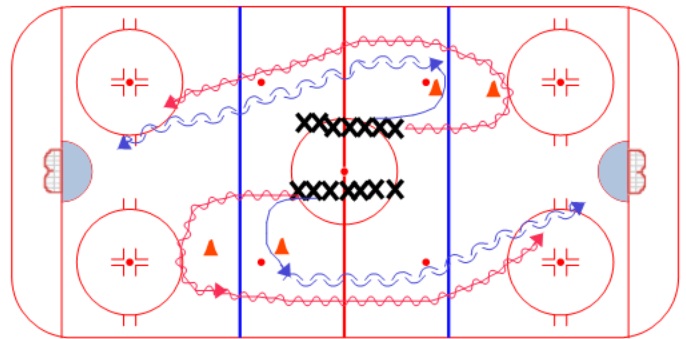
Content elements :

Description

U 11 ONLY.
1st player in line is forward and 2nd player is defense. first player takes puck and goes around far pylon, second player takes near pylon and plays 1 on 1. we are looking for players to try both whether they think they are Defenseman or forward
5 MINUTES each side.
10 MINUTES TOTAL

Key Points

Four empty rectangular boxes for key points.



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

1 on 1

Drill Title : Circle 1 on 1

quick feet

Components : _____

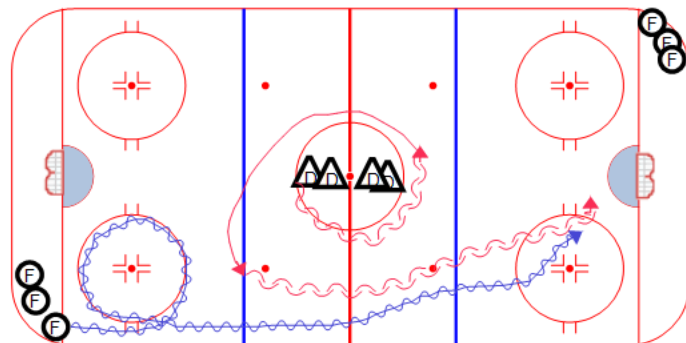
Content elements :

Description

U13 ONLY play your position
both corners. on whistle forward goes around circle with puck and heads on a 1 on 1. at the same time the Defense goes around the circle but always facing the forward. he then takes the forward on a 1 on 1.
5 MINUTES each side.
10 MINUTES TOTAL

Key Points

Four empty rectangular boxes for key points.



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

2 on 1

Drill Title : skills evaluation 2 on 1

passing

Components : _____

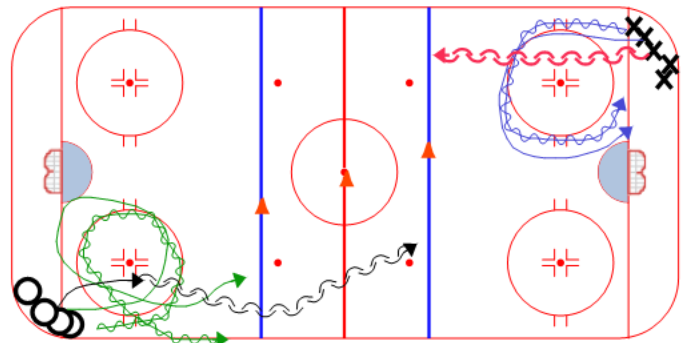
Content elements :

Description

U11 ONLY
Pretty simple, 1st 2 players are forwards, 1st player takes puck and goes around circle. when the players are 3/4 of the way around the 3rd player shoots out and plays Defense. Play all positions.
4 MINUTES each side
8 MINUTES TOTAL

Key Points

Four empty rectangular boxes for key points.



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

2 on 2

quick feet

Drill Title : quick 2 on 2 or 2 on 1

Components : _____

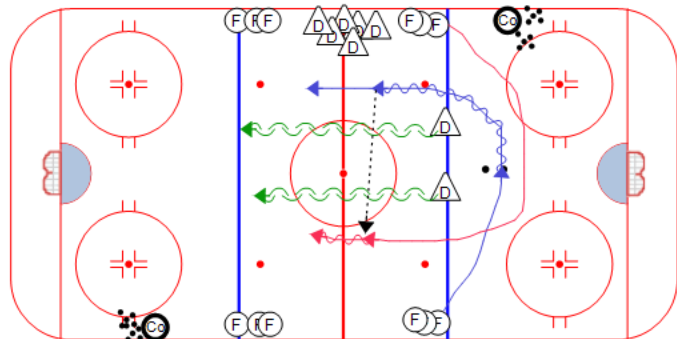
Content elements :

Description

U13 ONLY play your position
Forwards at 4 blue line spots. Defense in middle. Coach places puck 4 to 5 feet inside the Blue line. On whistle the forwards leave. the FIRST forward picks it up and the other goes behind. it is a 2 on 2 down the ice. Then the other end goes. Defense DON'T leave until puck is touched. If not enough D man in group it will be 2 on 1.
8 MINUTES

Key Points

Four empty rectangular boxes for key points.



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

3 on 3

2 on 2

Drill Title : one end battle

Components : _____

Content elements :

Description

White vs Black both ends. puck is dumped in and we will play 3 on 3 or 2 on 2 depending on numbers. play until coach makes switch. on a puck turnover one pass to a teammate changes you from defense to offense.
evaluators looking for give and go's, supporting of puck, defensive coverage and compete.
PLAY UNTIL 2 minutes left

Key Points

Four empty rectangular boxes for key points.

