

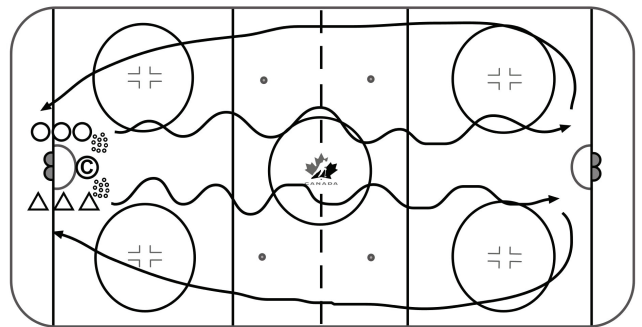
SESSION #3

U11 Pre-Tryout Sessions

Note: For any of the skating drills, add a puck to make it more difficult, depending on the skill level of the players.
 Station-based drills can be adapted to use the entire ice surface, depending on the number of players.
 Where there are four goaltenders, stations can be adapted for the players to finish with a shot.

Skating Warm-Up – Forwards 10 MINS

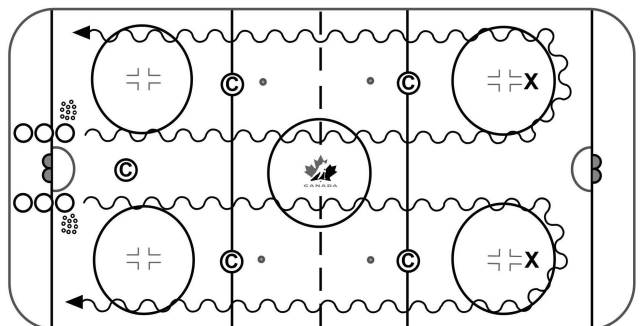
- Players line up in two lines on the hashmarks.
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform skating skills as demonstrated by coaches.



Key Teaching Points: Technique is important to give the players lots of repetition on technical aspects of skating.

Puck Control Warm-Up 10 MINS

- Players line up in two lines on the hashmarks.
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform puck control skills as demonstrated by coaches.



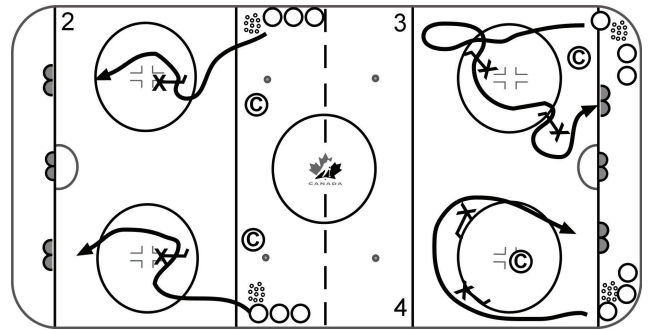
Key Teaching Points: Technique is important to give the players lots of repetition on technical aspects of puck control.

4-Station Attack Sequence

20 MINS | 5 PER STATION

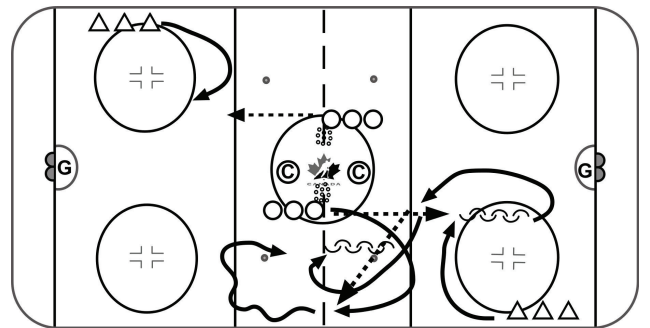
Use four nets (two on each goal line) so each line finishes with a shot on net.

1. Skate into NZ with puck – attack from blue line – fake drive wide into corner then cut back inside – puck first, then feet – forehand
2. Attack from blue line – be creative – any move you want
3. Attack out of corner – up the wall – delay towards boards then drive hard to the net (Crosby)
4. Attack from corner – around the obstacle – heel-to-heel at obstacle by opening knees and hips to fake turning back



Support 1-on-1 15 MINS

- Both sides at the same time.
- Forwards start on centre-ice circle. Defence starts on hashmarks on the wall in end zone.
- On whistle, defence from opposite corners step up to blue line, pivot and skate backwards to receive pass from forward. Defence then transitions from backwards to forwards and skates to middle of ice.
- Forward skates to boards, opens up to face the defence for flat return pass and skates to far blue line before turning and attacking the net in the end play started in.
- After defence makes pass, defence follows play up ice, closing gap to play 1-on-1 back to net.
- Both sides go at same time on whistle. Can switch sides after 6-7 minutes.



Note: Play a 5-on-5 scrimmage or small-area games if there is time left over.