

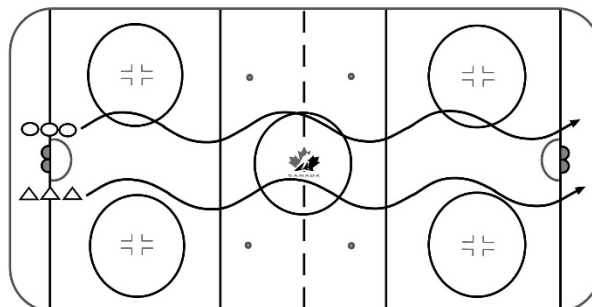
## Drill Name & Description

### Skating Warm – Up 1

#### Skating Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

Utilize all the skating skills in the video clip



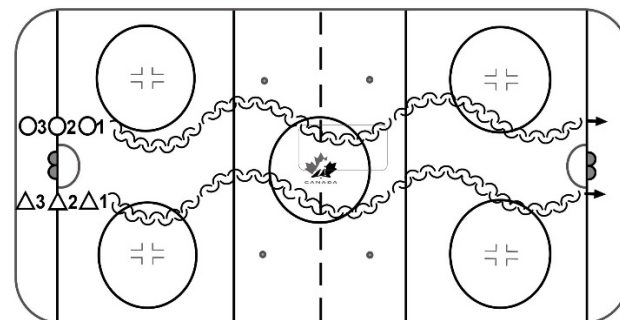
## Drill Name & Description

### Skating – Warm - Up - Bwds

#### Skating Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

Utilize all the skating skills in the video clip



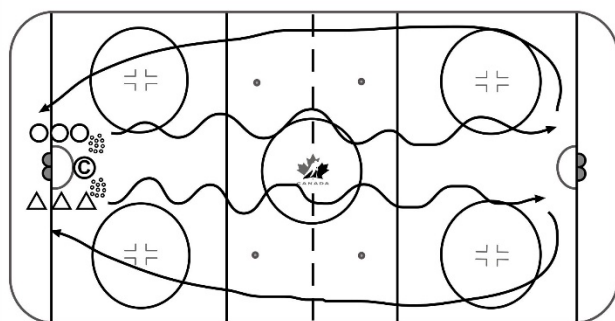
## Drill Name & Description

### Puck Control – Butterfly Warm Up

#### Puck Control Skills Warm - Up

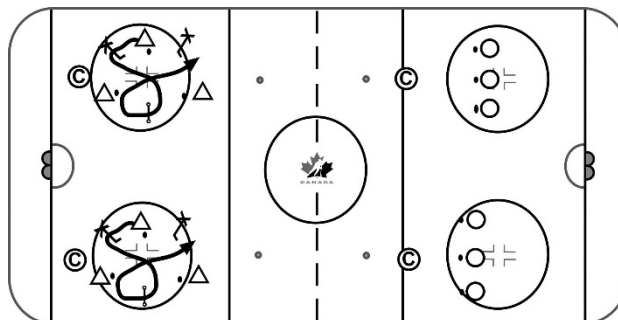
Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

1) Utilize all the puck control skills in the video clip

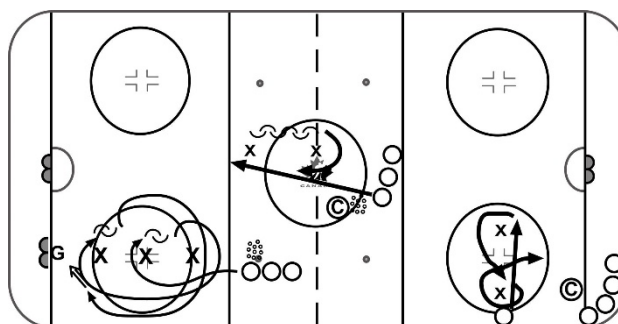


# U11 Practice Plan #1

Drill Name & Description
<b>Stationary Puck Control</b>
<ol style="list-style-type: none"> <li>1) Narrow / Wide</li> <li>2) Toe Drags</li> <li>3) Agility Sticks</li> </ol>



Drill Name & Description
<b>Skating / Skills</b>
<ol style="list-style-type: none"> <li>1) Heel to Heel</li> <li>2) Transition – Heels First / Toes first</li> <li>3) Puck Control Agility</li> </ol>



## Drill Name & Description

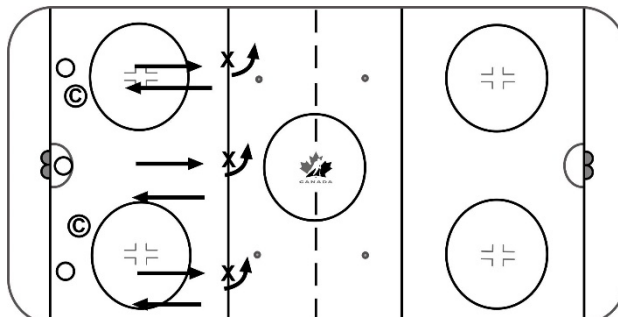
### Skating - Warm - Up - Half Ice Lane

[ 10 ]

#### Skating Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 - 3 times in order to get it right

Utilize all the skating skills in the video clip



## Drill Name & Description

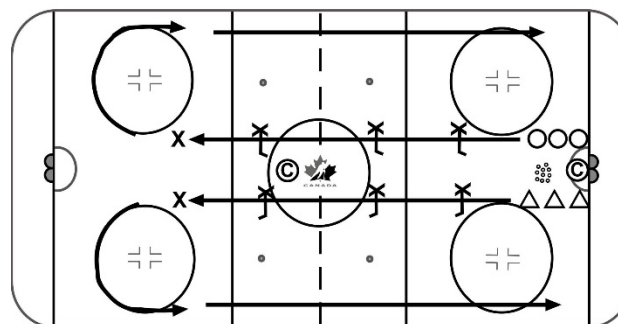
### Puck Control - Butterfly Warm - Up - Obstacles

[ 10 ]

#### Puck Control Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 - 3 times in order to get it right

Utilize all the puck control skills in the video clip

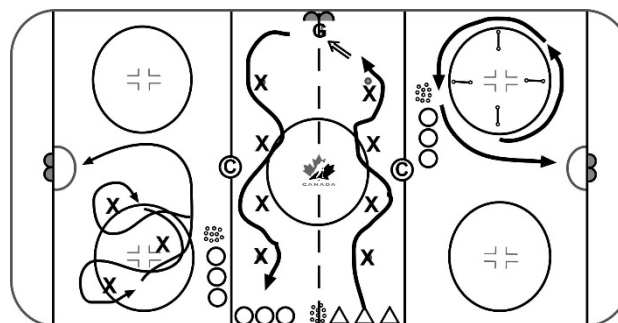


## Drill Name & Description

### Puck Control Neutral Zone Cross Ice

[ 18 ]

- 1) Puck Control Agility
- 2) Neutral Zone Cross Ice
- 3) Circle Agility Sticks



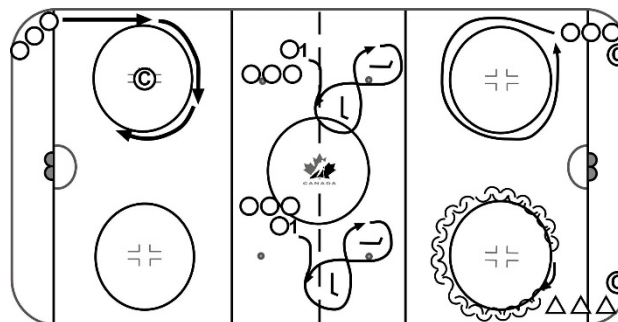
## Drill Name & Description

### 3 Station Skating

[ 18 ]

- 1) Heel to Heel Progression
- 2) Edge Control
- 3) Circle Crossover Progression

Add Pucks



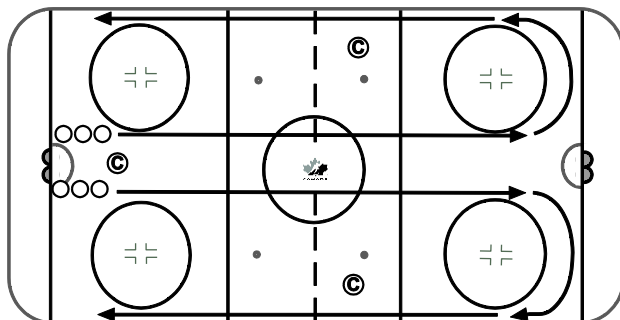
## Drill Name & Description

### Skating Warm Up

[10]

#### Skating Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right



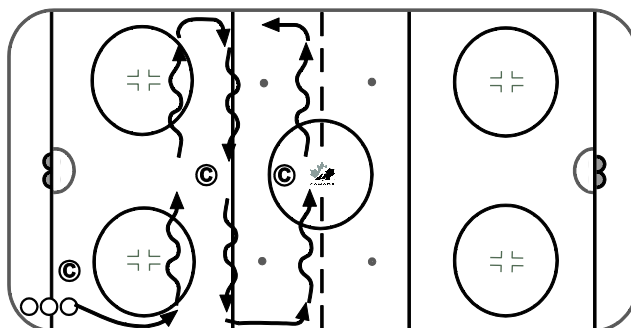
## Drill Name & Description

### Puck Control – Warm - Up

[10]

#### Puck Control Warm – Up

-Have the players skate along the lines of the ice ie blue line, red line, blue line and use ringette lines too for more reps.  
-Perform various puck handling skills as show using the line as a guide

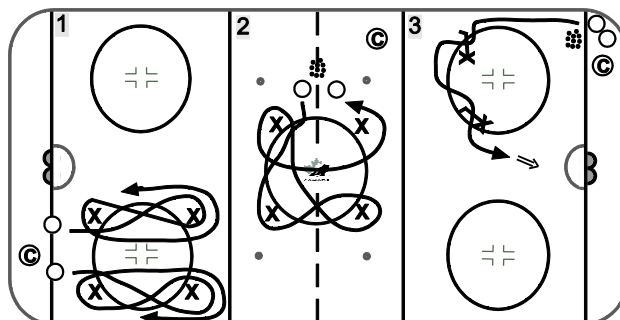


## Drill Name & Description

### 3 Station Skills #1

[18]

- 1) Transition Races
- 2) 4 Pylon Agility
- 3) Corner Puck Protect

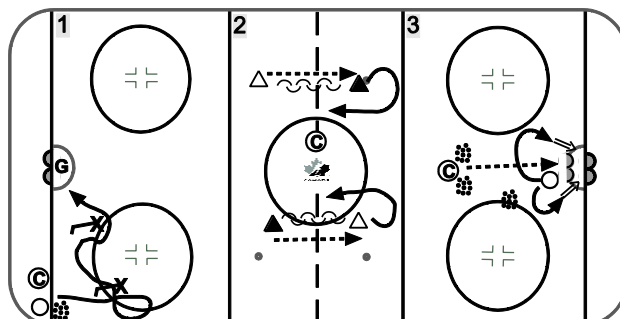


## Drill Name & Description

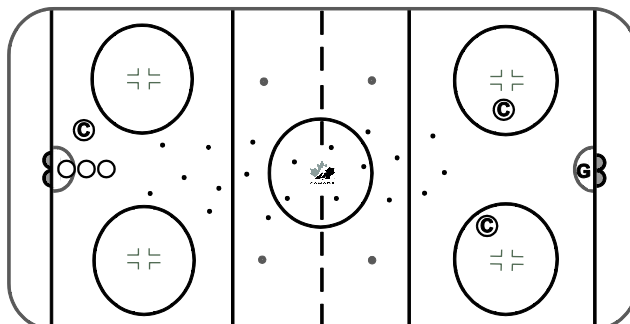
### 3 Stations Skills #2

[18]

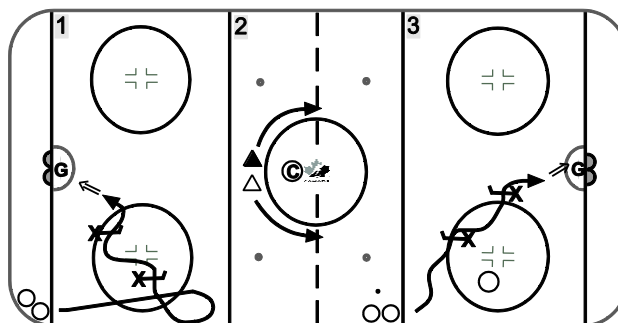
- 1) Corner Short Side Attack
- 2) D Retrievals
- 3) Crossbar Rebound



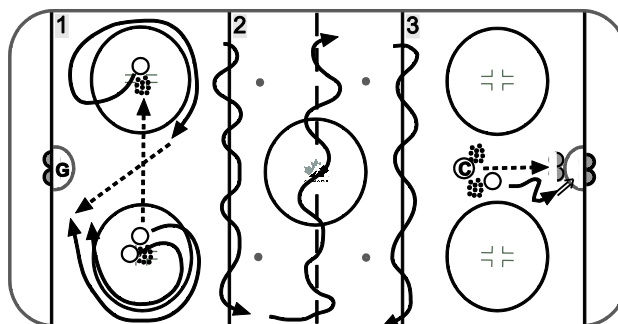
Drill Name & Description	
<b>Puck Control – Warm - Up 2</b>	<b>[8]</b>
<p><b>Puck Control Skills Warm - Up</b></p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <ol style="list-style-type: none"> <li>1) Quick Hands – Toe Up</li> <li>2) Two Pucks</li> <li>3) Puck First – then feet</li> <li>4) Heel to Hell</li> <li>5) Open up – Backhand Side</li> <li>6) Pull in – Push Out</li> <li>7) Patrick Kane – Quick feet / stop on toe of front foot / quick hands / accelerate - repeat</li> </ol> <p>Utilize all the puck control skills in the video clip</p>	



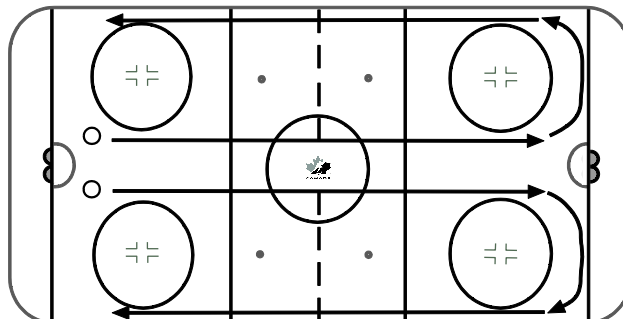
Drill Name & Description	
<b>3 Stations Skills #1</b>	<b>[24]</b>
<ol style="list-style-type: none"> <li>1) Crosby Delay</li> <li>2) D Agility Skating</li> <li>3) Entries – Creative moves</li> </ol>	



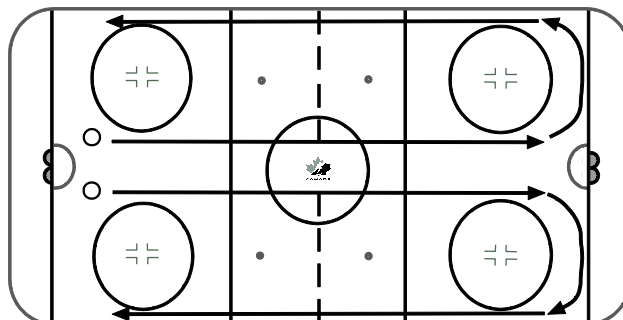
Drill Name & Description	
<b>3 Station Skills #2</b>	<b>[24]</b>
<ol style="list-style-type: none"> <li>1) Circle Shooting – With chaser</li> <li>2) Cross Ice - Puck Control</li> <li>3) Crossbar - Rebound Shooting</li> </ol>	



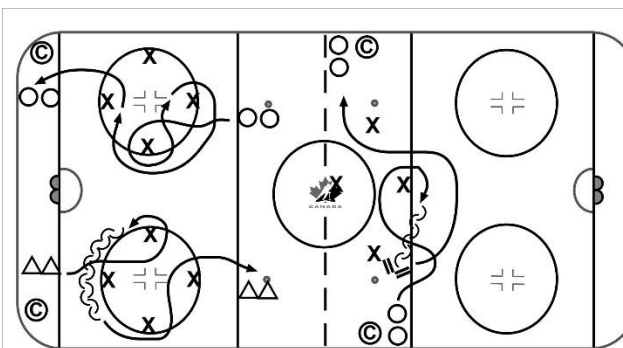
Drill Name & Description	
<b>Skating Warm Up - Atom</b>	<b>[8]</b>
<p><b>Skating Skills Warm - Up</b></p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <p>Utilize all the skating skills in the video clip</p>	



Drill Name & Description	
<b>Puck Control – Warm Up - Atom</b>	<b>[8]</b>
<p><b>Puck Control Skills Warm - Up</b></p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <p>Utilize all the puck control skills in the video clip</p>	



Drill Name & Description	
<b>Skating Stations #2</b>	<b>[18]</b>
<p><b>Agility Skating Stations #2</b></p> <ul style="list-style-type: none"> <li>- Place four pylons in a diamond formation with a line of players at each end.</li> <li>- One player leaves at a time skating different agility patterns through the pylons.</li> </ul> <p><b>Skating Patterns:</b></p> <ul style="list-style-type: none"> <li>- Backward Pivot, Forward Pivot, Weave</li> <li>- Backward Pivot, Stop, Forward Skate</li> <li>- Backward Pivot, 360 Spin, Forward Skate</li> <li>- Progression: Add a chaser</li> </ul>	



**Drill Name & Description****Puck Control Station Skills #2****[18]****Puck Control Stations #2**

- Place three pylons in an upside down triangle formation. Players leave with a puck and skate perform a pivot-360 spin around each side pylon before skating down the center of the formation and taking a shot on net.

