

SESSION #1

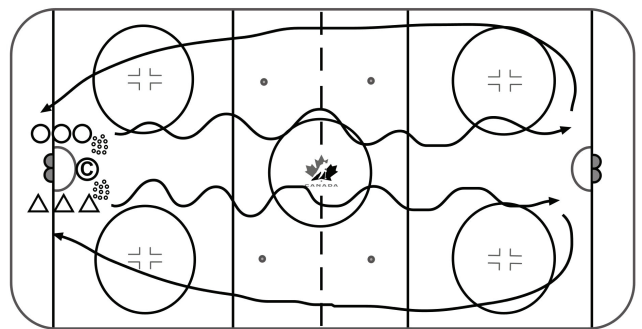
U11 Pre-Tryout Sessions

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.

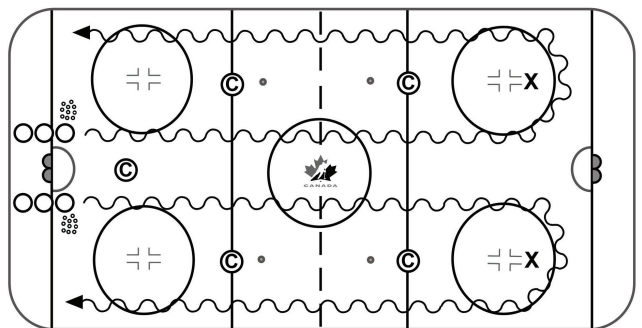
Key Teaching Points: Technique is important to give the players lots of repetition on technical aspects of skating.



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.

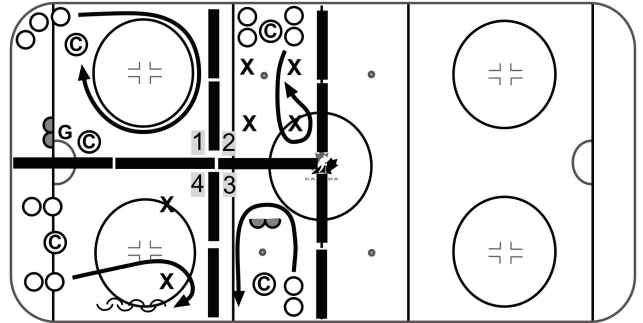
Key Teaching Points: Technique is important to give the players lots of repetition on technical aspects of puck control.



4-Station Skating Skills 20 MINS

May use the full ice and divide into four stations instead of the half-ice set-up as shown, depending on how many players are on the ice.

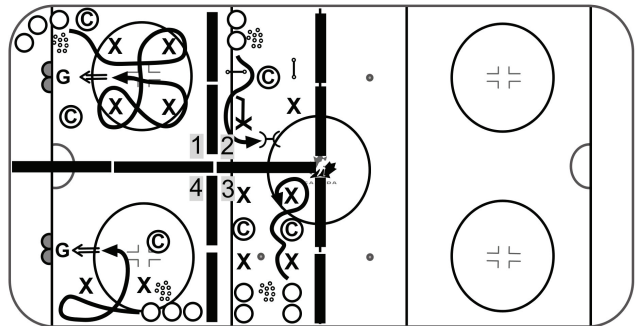
1. Crossovers
2. Tight turns
3. Agility nets
4. Transition



4-Station Puck Control Skills 20 MINS

May use the full ice and divide into four stations instead of the half-ice set-up as shown, depending on how many players are on the ice.

1. Four-pylon agility
2. Agility sticks
3. 1-on-1 attack moves
4. Drive delay



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