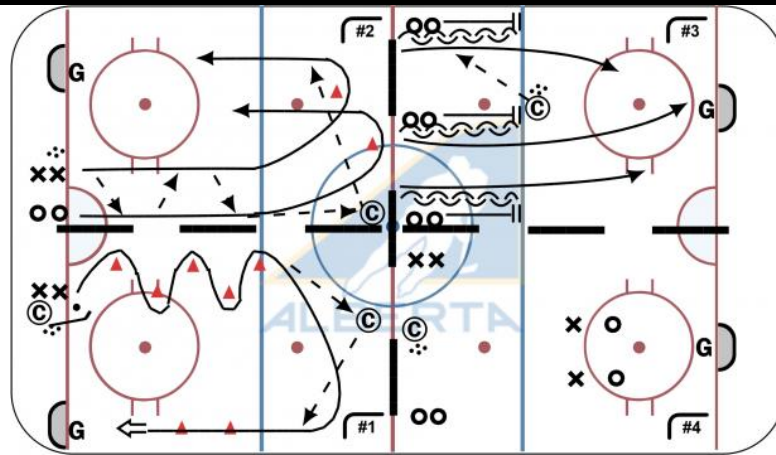


**U11 Prep Skate (Off-Sides) - 0 mins 5:00pm**



Station #1 - 1 on 0 Circuit, First player in line starts drill by executing a stick lift on the coach to retrieve the puck, the player then weaves through the pylons making a pass to the coach at the top, then player opens up facing the coach and receives the pass back prior to crossing the blue line in order to stay outside. Player then makes a move on each of the two pylons and finishes with a shot on net.

Station #2 - 2 on 0 Circuit, Players line up in two lines with pucks placed with the inside line. Inside player X starts drill by passing to O player. Players make 3 passes total back and forth and outside player O passes to coach. Both players then skate around designated pylons and player X receives a pass back from coach and both players proceed to play a 2 on 0. Players must ensure they are outside when attacking.

Station #3 - 3 on 0 Attack, Players line up in 3 lines, on coaches stick slap all 3 players skate forward to the blue line, pivot and skate backwards to the red line, pivot to forwards and coach passes puck to outside player to start the attack. Middle player and outside player have to save ice by reading the play to ensure they do not cross the blue line until the outside player crosses with the puck. Once puck crosses blue line all 3 players attack the net.

Station #4 - 2 on 2 Delayed Offside Game, On coaches dump in 2 players from each team play 2 on 2. In order for a scoring chance to occur the offensive team with the puck must make a pass to the coach and then exit the zone by skating outside the blue line. Once both players are outside the blue line they receive a pass back from the coach and they can attack ensuring that they do not go offside. Defensive players can not pressure outside the blue line and must stay inside the blue line to defend the attack. Game continues with coach spotting new pucks on a goal or stoppage in play. Coach will signal line changes to allow 4 new players to jump in.