

SESSION #4

U11 Pre-Tryout Sessions

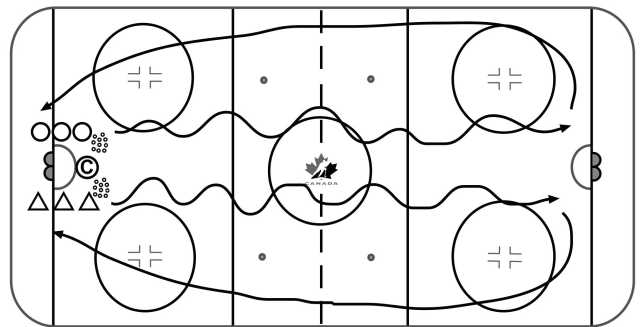
Note: For any of the skating drills, add a puck to make it more difficult, depending on the skill level of the players.

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

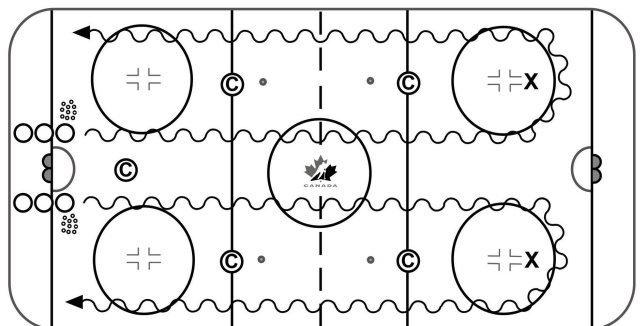
- Players line up in two lines on the hashmarks.
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform skating skills as demonstrated by coaches.



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.



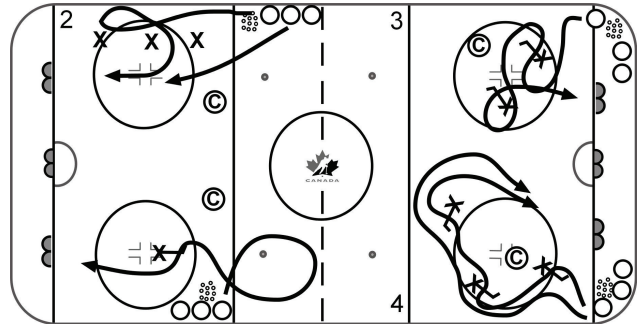
Key Teaching Points: Technique is important to give the players lots of repetition on technical aspects of puck control.

4-Station Attack Sequence

20 MINS | 5 PER STATION

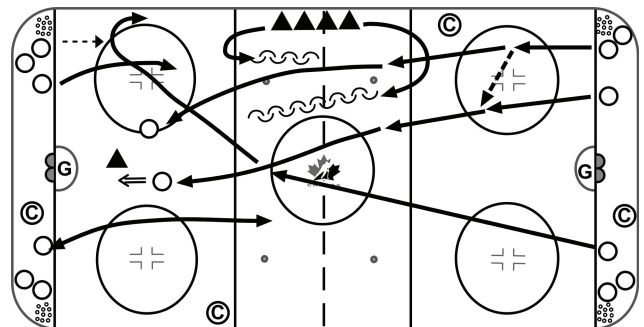
Use four nets (two on each goal line) so each line finishes with a shot on net.

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. Place three pylons about 10 feet from wall – first player carries puck down wall – second player contains – first player drives net when there is an opening
3. Attack out of corner – perform various moves on obstacles then attack net
4. Attack from corner – around the obstacles – second player must chase and provide pressure trying to steal puck



Full-Ice Backcheck 10 MINS

- Forwards in all four corners, defence along the boards at centre ice.
- Two forwards start passing to each other skating down the ice. Defence jumps out from centre line to play 2-on-1.
- Backchecker from opposite corner waits until the forwards get to ringette line, then backchecks. Once they get to far end, they go to whichever corner is calling the loudest, receive pass from first player in line and are joined by the passer. New defence jumps out from centre ice and plays new 2-on-1 to opposite end.
- Drill is continuous.



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