



# Preparation Sessions

# U13

# CANADIAN PLAYER PATHWAY



The drills in this practice plan are designed to give coaches some ideas on getting their players ready for player selection / tryouts by incorporating a multitude of skills required to play the game. There are 4 practice plans in this series that include key teaching points as well as key evaluation points to provide insight on the details within the drills.

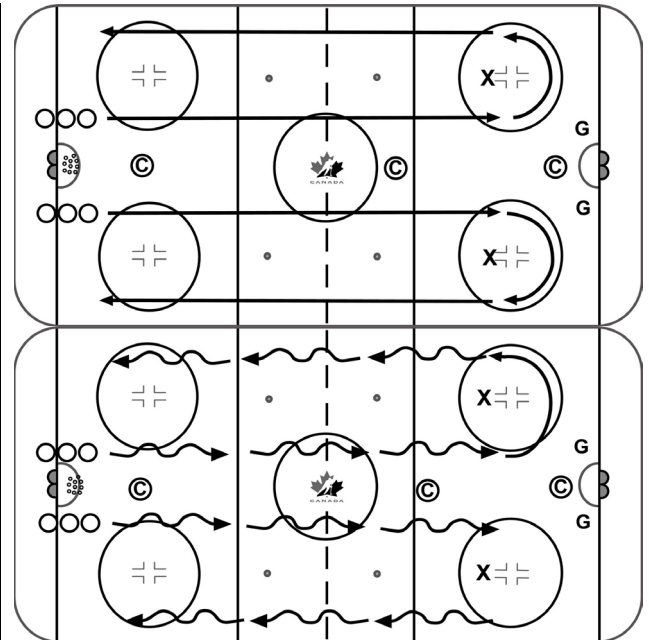
The plan is based on 50 minutes so depending on the length of the ice time, the suggested time to run each drill can be adapted to fit the ice time. Where longer ice times are provided coaches can add drills / games of their own.



# Canadian Player Pathways U13 Preparation Plan #1

## Preparation Plan #1 – 50 Minutes

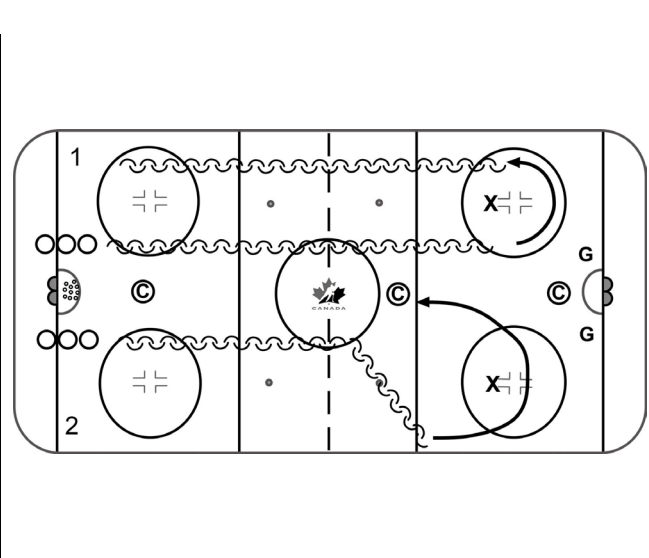
<p><b>Drill Name &amp; Description</b></p> <p><b>12 mins – Skating / Puck Control Agility Combinations</b></p> <p>-Form two lines at hash marks in one end, players perform skills down the middle of the ice and back along the boards.</p> <p>-Players go one after another</p> <p>-Forwards and Defence do the same skills</p> <p>-Goalie Coach works with goalies at far end</p> <p><b>Forward Skating skills to be done: NO PUCK / ADD PUCK</b></p> <ol style="list-style-type: none"> <li>1. Heel skate</li> <li>2. Heel skate / stride combination</li> <li>3. Heel skate / 1 crossover combination</li> <li>4. Stride / 1 crossover combination</li> <li>5. Continuous Crossovers</li> </ol>
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<p><b>Key Teaching Points</b></p> <p><b>Skating</b></p> <ul style="list-style-type: none"> <li>-Encourage creativity / deceptive skating</li> <li>-Change direction / Lateral Movements</li> <li>-Quick feet</li> <li>-Head up</li> <li>-Technique is important in the warm-up to give the players lots of repetition on technical aspects of skating</li> </ul> <p><b>Puck Control</b></p> <ul style="list-style-type: none"> <li>-Focus on the blending skills with a puck</li> <li>-Progress to crossovers</li> <li>-Progress to Mohawks</li> <li>-Deceptive skating moves with puck</li> <li>-Don't rush through the blended skills</li> </ul>
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<p><b>Key Evaluation Points</b></p> <p><b>Skating</b></p> <ul style="list-style-type: none"> <li>-Eyes up, scan the ice</li> <li>-Look for equal ability with both feet</li> <li>-Look for agility, quickness, speed change</li> <li>-Puck Placement</li> </ul> <p><b>Puck Control</b></p> <ul style="list-style-type: none"> <li>-Eyes up, scan the ice</li> <li>-Range of motion to forehand and backhand</li> <li>-Separation of upper and lower body</li> <li>-Agility, creativity, deception</li> <li>-Puck Management – puck not exposed</li> </ul>
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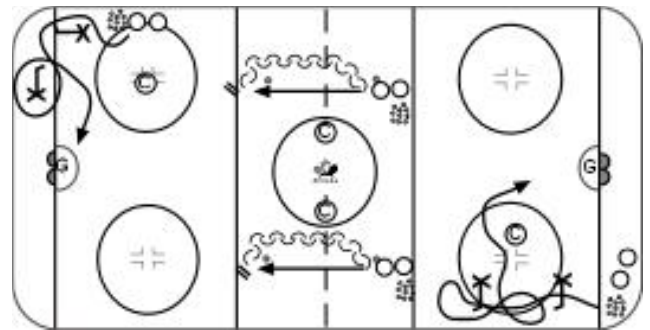
<p><b>Drill Name &amp; Description</b></p> <p><b>8 mins – Skating Warm Up – Backward Skating</b></p> <p>-Players line up in two lines on the hashmarks.</p> <p>-Both lines can go at the same time, or each line can alternate, skating down the middle to the pylon and then back along the boards.</p> <p>-Players go one after another</p> <p>-Forwards and Defence do the same skills</p> <p>-Goalie Coach works with Goalies at far end</p> <p><b>Backward Skating skills to be done:</b></p> <p>Pattern 1</p> <ol style="list-style-type: none"> <li>1. Backwards, alternating c-cut holds</li> <li>2. Backwards, one crossover reach</li> <li>3. First player bwds, Second Player fwds – mirror / contain</li> </ol> <p>Pattern 2</p> <ol style="list-style-type: none"> <li>4. Backwards, Scull to wall at blue line</li> <li>5. Backwards, open hips, pivot to wall at blue line</li> </ol>
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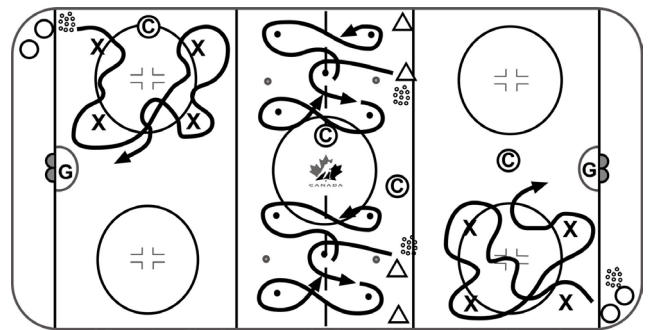
<p><b>Key Teaching Points</b></p> <ul style="list-style-type: none"> <li>-Good knee bend – stay low</li> <li>-Strong push and recover</li> <li>-Efficiency (feet under control) over speed</li> <li>-Technique is important in the warm-up to give the players lots of repetition on technical aspects of skating</li> </ul>
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<p><b>Key Evaluation Points</b></p> <ul style="list-style-type: none"> <li>-One hand on stick, out in front</li> <li>-Eyes up, scan the ice</li> <li>-Minimize unnecessary crossovers</li> <li>-Efficient feet, quiet upper body</li> </ul>
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Drill Name & Description	
<b>10 mins – Skill Splits</b>	
<b>1) Forwards – Small Area Puck Control (Use both ends zones)</b>	
<ul style="list-style-type: none"> <li>-Place two 'danglers' in corner at one end and parallel to boards at the other end</li> <li>-One side attacks goal line (down) / Other side attacks seam (up)</li> <li>-On the whistle, players leave the corner with a puck skating around the danglers in a figure 8 pattern working on different skills.</li> <li>-Manage puck, use vision, stick / feet fakes to perform cutbacks, jams etc..</li> </ul>	
<b>Puck Control Skills to be done:</b>	
<ol style="list-style-type: none"> <li>1. Random Moves</li> <li>2. Start play with rim</li> <li>3. Random Moves - Add Chaser</li> <li>4. Random Moves - No Pylons – Add Chaser</li> </ol>	
<b>2) Defence – Transition Pivots (Use Neutral Zone)</b>	
<b>Transition Skills to be done: 2 or 3 reps without puck, then add puck</b>	
<ol style="list-style-type: none"> <li>1. Toes first</li> <li>2. Heels first</li> <li>3. Ride inside edge</li> <li>4. Repeat each sequence above with give and go pass from coach</li> </ol>	
Key Teaching Points	
<b>Forwards</b> - Try to keep your head up as much as possible. -Speed is not important, do the drill correctly and work on technique before increasing speed.	<b>Defence</b> -Players need to have a good knee bend for balance -Keep eyes up, chest up, shoulders back -Limit the crossing of the feet as much as possible coming out of transition -Heels first then, toes first, ride edge at bottom of pivot



Drill Name & Description	
<b>10 mins – Skill Splits</b>	
<b>1) Forwards – 4 Pylon Agility</b>	
<ul style="list-style-type: none"> <li>-Place 4 pylons on the circle (use both end zones to maximize player activity)</li> <li>1. Player starts by going around the pylons in a random fashion.</li> <li>2. Two players one puck – give and go passing</li> <li>3. One puck carrier, one chaser trying to steal puck</li> <li>4. Progress to no pylons / keep away</li> </ul>	
<ul style="list-style-type: none"> <li>-Alternate sides - finish with shot on net (can use two nets on goal line if more than 2 goalies in the group and do drill from both sides)</li> </ul>	
<b>2) Defence – 5 Puck Agility - (Use Neutral Zone)</b>	
<ul style="list-style-type: none"> <li>-Place 5 pucks in NZ as shown.</li> <li>-Player must skate around each of the outside pucks, and always come back to the middle before skating around one of the outside pucks again, toes always pointing forward during transitions</li> <li>1. No Puck</li> <li>2. Add Puck</li> <li>3. Add pass to coach in front</li> <li>4. Remove pucks used as markers - Progress to pressure from coach</li> </ul>	
Key Teaching Points	
<b>Forwards</b> -Keep the feet moving -Creativity / Change of direction -Quick hands and feet -Scan the ice front and behind	<b>Defence</b> -Quick feet, stay low for balance -Efficient movements ie try to do only 1 crossover to get back to middle -Scan the ice front and behind



Key Evaluation Points	
<b>Forwards</b> -Skating edgework (Fakes / Jams) -Creativity, puck placement -Scan ice, eyes up, see the next play -Attack for quick move or shot	<b>Defence</b> -Turn heels and hips, 1 x-over out, then start striding -Head up and shoulders square -Toes around apex before turning to go bwds -Watch for equal ability to each side -Open hip, ride inside edge to fwds – no x-over

Key Evaluation Points	
<b>Forwards</b> -Deception, fakes -Eyes up -Make turns with both edges -Accelerate out with puck protection	<b>Defence</b> -Turn heels and hips, 1 crossover out -Head and shoulders up ice - square -Toes around apex before turning to go bwds -Look for equal ability both ways -Open hip, ride inside edge to fwd-no x-over -Keep bottom hand on stick, load puck



## Canadian Player Pathways U13 Preparation Plan #1

### Drill Name & Description

#### 10 mins – Skill Splits

##### 1) Forwards – Entries – Overspeed Moves

- Players start along the boards inside the blue line.
- Skate out from the boards into NZ and then perform a few quick crossovers to turn back. Can also pass puck off boards to self prior to entering zone
- Turn head, scan before turning toward offensive zone

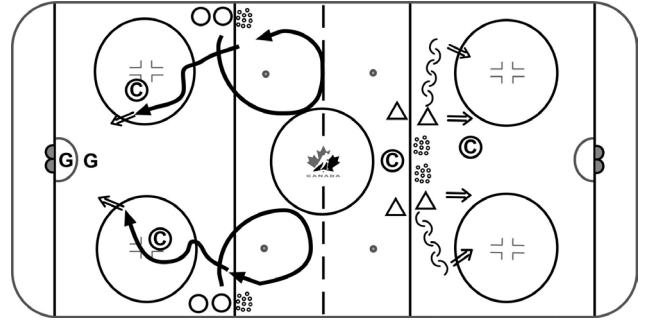
##### Forward Entry sequences involved:

1. Heel skating across blueline - navigate
2. Net drive – forehand / backhand
3. Progress to 2 on 1 against coach

##### 2) Defence – Shooting Sequence

- Place 2 or 3 piles of pucks inside blue line (Shoot 3 - 5 pucks for each skill)

  1. Stationary quick release pulls (drag)
  2. Stationary quick release pushes
  3. Pull to inside, push back to outside for shot
  4. Push to outside, stop bhd drag back to inside shot



### Key Teaching Points

#### Forwards

- Use crossovers to turn quickly
- Pick up the puck in stride to quickly enter the offensive zone – Eyes up
- Sell the fake on the obstacle or coach with the head and shoulders

#### Defence

- Eyes, up, look at target
- No Dust, Quick release

### Key Evaluation Points

#### Forwards

- Accelerate out of turn in NZ
- Eyes up, loading puck
- Spatial awareness, (gap on coach)
- Evasiveness and separation to create shot lane

#### Defence

- Ability to move laterally - Push or Pull
- Ability to shoot with eyes / head up
- Ability to find open lane
- Look for overhanding the puck.
- Clean / efficient handling of puck



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## CANADIAN PLAYER PATHWAY



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The plan is based on 50 minutes so depending on the length of the ice time, the suggested time to run each drill can be adapted to fit the ice time. Where longer ice times are provided coaches can add drills / games of their own.

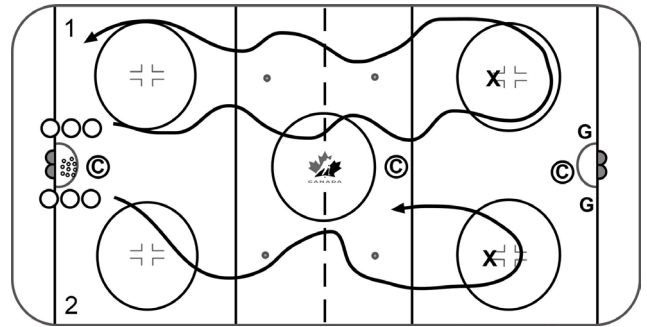


**Canadian Player Pathways  
U13 Preparation Plan #2**

**Preparation Plan #2 – 50 minutes**

**Drill Name & Description**  
**8 mins - Skating Warm Up – Speed Progression**  
 -Player's lineup at one end of the ice and perform various skills down the center of the ice.  
 -Perform progressions to maximize speed and power.  
 -Players go one after another  
 -Forwards and Defence do the same skills  
 -Goalie Coach works with Goalies at far end

**Speed skills to be done:**  
 Pattern 1 – Skate down middle of ice and return along boards  
 1. Crossunders left foot / Crossunders right foot  
 2. Alternating crossunders  
 3. Ride inside edge each direction  
 4. Inside Foot Drops  
 5. One crossover each way – quick feet  
 6. Two crossovers each way – quick feet  
 Pattern 2 – Skate along dot line outside and return down the middle  
 7. Crossovers to inside fake / outside acceleration



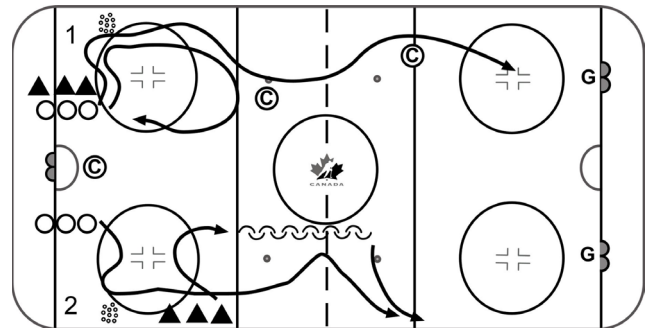
**Key Teaching Points**  
 -Technique is important for the first 4 skills in this progression. Perform repetitions of each skill before opening it up to full speed freestyle skating.

**Key Evaluation Points**  
 -Eyes up, scan the ice  
 -Stay low, keep legs loaded  
 -Look for equal ability with both legs  
 -Quickness, acceleration both ways  
 -Deceptive skating (change of direction and speed)

**Drill Name & Description**  
**8 mins - Skating Warm Up – Retrievals - Backward Skating / Pivots**  
 -Players line up in two lines in middle of ice at hashmarks, place both nets on goal line at far end

**Sequences to be performed:**  
 1. Half wall retrievals, push to the inside to get off wall skating straight down. Both lines can go at the same time, or each line can alternate, skating down to the far end and then back up middle of ice  
 2. Add continuous pressure and fakes  
 3. Move defense to the boards at blue line, Forwards form one line and have option to go to either side for puck retrieval, add continuous pressure  
 4. Live 1 vs 1 down to far end for shot attempt

**Skills to be performed:**  
 Pre-scan on retrieval  
 Fakes to shake the pressure  
 Push to the inside to get off wall, skating S pattern through NZ



**Key Teaching Points**  
 -Quickness and acceleration are goals of this drill  
 -Forwards get off wall  
 -Defence – good gap, angle, steer with stick

**Key Evaluation Points**

<p><b>Forwards</b>          -Encourage crossovers for forwards          -Scan up ice before picking up loose puck          -Generate speed, getting off the wall with crossovers          -Fake, hard cut outside to get by defence</p>	<p><b>Defence</b>          -One hand on stick, out in front          -Minimal crossovers for defence          -Protect middle, open up or 1 crossover to outside to angle forward – stick on puck          -Look for loading of proper leg</p>
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## Canadian Player Pathways U13 Preparation Plan #2

### Drill Name & Description

#### 8 mins – 3 Line Deception

- Put players in 2 or 3 lines in each end zone. (Goalies / goalie coach can use NZ zone for skating skills)
- Players will start near hashmarks and skate to blueline to perform move and then skate back to the back of the line
- Maximize repetitions and use progressions that players will use to create deception, quick hands and puck control skills
- Coaches are encouraged to be creative with this template
- Forwards and Defence perform same skills

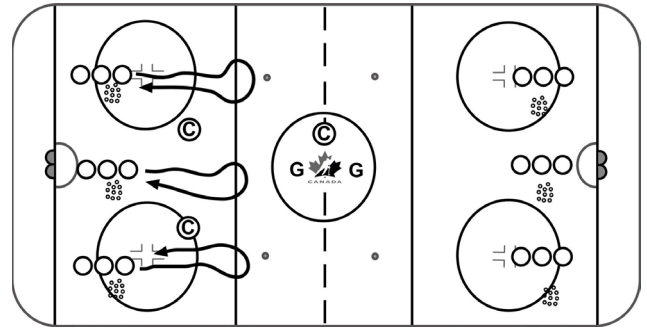
#### Deception skills involved:

1. Head fakes
2. Stick Fakes
3. Feet fakes - Ride an Edge - Half Turns - Stop and Go's
4. Add chaser and read and react appropriately to the applied pressure of the situation

- Shoulder check / scan needs to be done with all 4 progressions

#### Key Teaching Points

- Shoulder checking
- Movements should be under control
- Set up pay off mentality – sell bad information
- Puck placements, carry vs retrieval
- Speed changes (slow and quick movements)



#### Key Evaluation Points

- Efficient execution
- Strong hockey position
- Look for deception - Sell fake, manipulate
- Reading the pressure

### Drill Name & Description

#### 8 mins - Skills Splits

##### 1) Forwards – Puck Protection – (Vision Sequence)

###### Progression A

- Find a dot and a partner
- Position yourself two stick lengths away for each other
- One player turns and protect puck from partner
- Non protecting player shows a number on their hand and moves in a circular motion around puck protector.
- Protecting player must keep back side to partner and shoulder check for changing numbers on hand held up in the air by partner
- Protector calls out number as partner moves around

###### Progression B

- Add new player to the group (3)
- Execute same puck protection sequence as above on and off coach's whistle
- New player to the group adds stress to situation and hinders the protector's use of vision and ease of puck protecting

###### Progression C

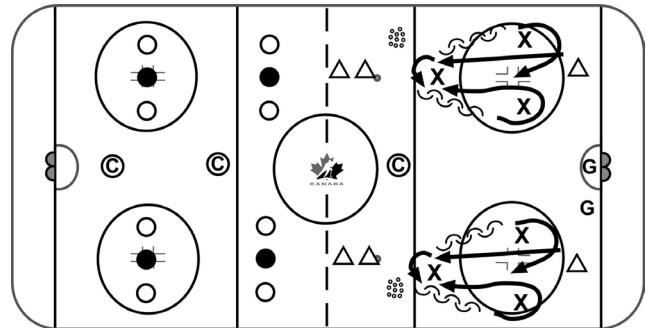
- Still in your group of 3 we remove the number calling and make the player a passing outlet, see the pass before you make it against very passive pressure

##### 2) Defence – Escape Triangle

- Place 3 pylons in a triangle – set up on each side of the ice
- Transition at top pylon (heels first / toes first) turn away from each of the bottom pylons
- Teach skating first, then add a puck

#### Skill Progressions at the bottom of the triangle

1. Ride inside edge – toes up ice
2. Escape turns
3. Half escape turns
4. Random escapes add touch passes with coach



#### Key Teaching Points

##### Forwards

- Head is up
- Good knee bend for protection and balance
- Always maintain positioning (puck, body, opposition)
- See the pass before you make it

##### Defence

- Turn away from the pylons, stick on the ice, turn your head and shoulders first
- Don't cross hands on forehand spin

#### Key Evaluation Points

##### Forwards

- Balance, posture, strength
- Puck placement relative to pressure
- Bracing and pressing against pressure
- Adjusting and reacting to pressure

##### Defence

- Turn upper body and head
- Eyes Up
- Heels first / Toes first
- Spin out with control and speed on forehand and backhand



## Canadian Player Pathways U13 Preparation Plan #2

### Drill Name & Description

#### 8 mins - Skill Splits

##### 1) Forwards – Puck Protection Progression

- Players start on goal line. Set up Pylon - Player - Pylon
- Weave up and back attacking stationary player in the middle – finish with shot on net
- Alternate sides so goaltender has time to get set for next shot

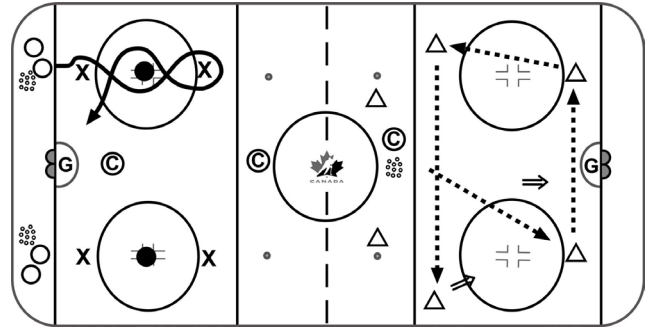
##### Progressions:

1. Attack triangle
2. Open up to backhand to protect – cut hands
3. Disrupt stick (stick lift / stick swipe)
4. Add chaser
5. Player in middle turns and gaps up on puck carrier to play 1 on 1
6. Chaser and regroup 1 on 1 (Front and Back pressure)

##### 2) Defence – D to D Passing with Blue line shot

- 4 Defence inside zone
- 2 low D are breaking out of zone, 2 high D are passing for shot on net
- Coach dumps or passes puck to low D, they go D to D then pass up to hi D
- Hi D pass D to D across blue line for shot on net

1. D-D front of net, low to high shot
2. D-D back of net, low to high shot
3. D-D reverse, low to high shot



### Key Teaching Points

#### Forwards

- Attack defender w speed
- Head always on a swivel scanning front and behind
- Cut hands after moves

#### Defence

- Defensive players need to shoulder check, decide what they will do then approach the loose puck at an angle to deceive F1
- Turning the toes, leaning and "selling" a deceptive move will create time and space for the breakout
- It is important to give the fore-checker time to react to your move

### Key Evaluation Points

#### Forwards

- Balance, posture, surround puck
- Body position remains between defender and puck
- Read pressure
- Ride energy of defender, lean into defender
- Control puck zone

#### Defence

- Shoulder check, cut the net
- Accelerate, get to middle of ice
- Provide target, move feet, eyes up
- Push or pull puck, find a lane

### Drill Name & Description

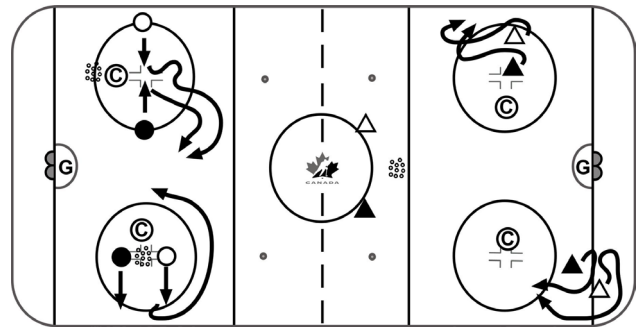
#### 8 mins - Skill Splits

##### 1) Forwards – Small Area Game – Loose Puck Races (SAG)

- A.
- Two players stand on hash marks to simulate faceoff
  - When the coach drops the puck both players race to gain possession.
  - The drill immediately turns into a 1 on 1 with the puck carrier trying to score
- B.
- Coach drops puck on face off dot for race to wall, then play out the 1 on 1 with winner of puck race trying to score.

##### 2) Defence – 1 on 1 – Stick on Puck (SAG)

- Two players will start inside the end zone
- One will have the puck while the other is the defender.
- Player with puck will protect puck, and try to take it to net to score
- Defensive player will work to dislodge puck by having stick on puck.
- Use a series of poke checks.
- Move starting point around zone to simulate varying game situations



### Key Teaching Points

#### Forwards

- Explosive starts
- Gain position before possession
- Protect puck on offence
- D Side positioning on defence

#### Defence

- Body position
- Puck protection
- Stick on puck

### Key Evaluation Points

#### Forwards

- Mentality to be first
- Position before possession
- Acceleration, explosiveness
- Physicality, puck protection

#### Defence

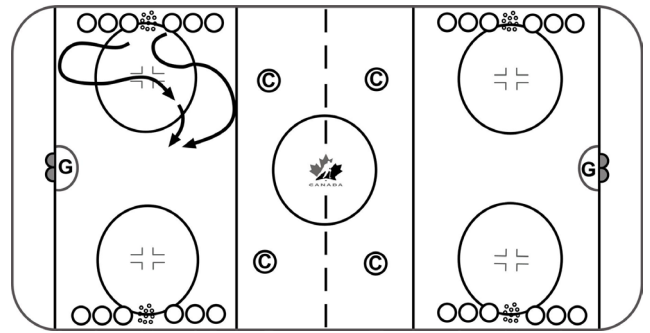
- 1 hand on stick, stick on ice, free hand ready to push
- Poke and recover, stay balanced
- Stay on defensive side of puck





**Canadian Player Pathways  
U13 Preparation Plan #2**

<b>Drill Name &amp; Description</b>	
<b>8 mins – SAG - Angling</b>	
<p><b>1) 1 Up / 1 Down</b></p> <ul style="list-style-type: none"> <li>-Gap and angling drill – Can split into 4 groups using each corner of ice. Alternate sides</li> <li>-Coach starts play with “Go”</li> <li>-Defensive player must touch goal line</li> <li>-Forward must touch blue line.</li> <li>-Defensive player tries to clear puck or skate it past ringette line if they steal it.</li> <li>-Forward tries to score – 1 shot / 1 rebound allowed</li> </ul>	
<b>Key Teaching Points</b>	
<ul style="list-style-type: none"> <li>-Offensive players attack the net and defensive players compete to strip the puck.</li> </ul>	



<b>Key Evaluation Points</b>	
<p><b>Forwards</b></p> <ul style="list-style-type: none"> <li>-Look before turning to attack</li> <li>-Evasiveness, creativity</li> <li>-Attack vulnerability</li> <li>-Protect puck, get it to net</li> </ul>	<p><b>Defence</b></p> <ul style="list-style-type: none"> <li>-Turn head, before turning up ice</li> <li>-Gap up</li> <li>-Use stick to steer then stick on puck</li> </ul>



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**Preparation Plan #3 – 50 Mins**

Drill Name & Description		Key Evaluation Points	
<b>8 mins - Passing Warm Up</b> <b>1) Forwards – Rabbit / Coyote</b> -Players grab a partner and spread out across half of the ice. -One puck between two players. <b>Progressions:</b> <ol style="list-style-type: none"> <li>Forehand pass – on 1st whistle pass, 2<sup>nd</sup> whistle play keep away 1 on 1. Player with puck on whistle protects it</li> <li>Backhand pass - on 1st whistle pass, 2<sup>nd</sup> whistle play keep away 1 on 1. Player with puck on whistle protects it</li> <li>1 touch forehand pass - on 1st whistle pass, 2<sup>nd</sup> whistle play keep away 1 on 1. Player with puck on whistle protects it</li> </ol> -2 – 3 reps on each sequence  <b>2) Defence – Skating / Passing Warm Up (Head up, Move Feet, Keep Puck Loaded)</b> -Defenseman will pass with a partner. -Players can go anywhere but the key is when you receive a pass you need to get your head up to see the ice, move your feet and get it loaded which means be ready to pass the puck preferably on your forehand. -Coaches whistle will control the pace. <b>Progressions:</b> <ol style="list-style-type: none"> <li>Forehand Pass</li> <li>Backhand Pass</li> <li>Receive pass – Escape to backhand</li> <li>Receive pass – Escape to backhand – slide stop</li> </ol> -2 - 3 reps on each sequence			
Key Teaching Points		Key Evaluation Points	
<b>Forwards</b> -Passes on the tape. -Focus on clean reception. -Protect puck on 1 on 1. -Defensive player stick on puck.	<b>Defence</b> -Head up to see ice as soon as you receive the puck. -Move your feet. -Get it loaded. Get the puck in a “triple threat” position where you can pass, shoot or carry. -Quick feet and good puck control.	<b>Forwards</b> -Passing control – active wrists -Flat accurate pass -Puck protect off a pass -Ability to adjust to pass	<b>Defence</b> -Lateral skating -Don’t overhandle puck, get on forehand -Head up, move feet -Hard, flat pass

Drill Name & Description		Key Evaluation Points	
<b>8 mins - Shooting Warm Up</b> -Forwards in opposite ends and opposite corners – Defence in the centre ice circle - Both ends go at same time -Pucks on the boards at the hash marks on the opposite side of where forwards start -On whistle, 2 – 3 forwards leave the corner with the puck and skate into neutral zone, around centre ice circle – Keep feet moving the entire time. First shot comes from right side, 2nd shot from middle, 3rd shot from left side. -Once forwards skate past the defence, defence skate backwards around the circle and enter the zone, stopping just inside the blue line. -Coach passes to near D who then goes D to D with pass for first shot, coach then passes to far D who passes D to D for second shot. (Depending on number can only send 1 D and that D would get two passes for shots on net) -Forwards stop at net after shot and look for tips or rebounds – do not screen goalie as this is a warm up drill <b>Progression:</b> <ol style="list-style-type: none"> <li>After forwards shoot and stop at net, F1 races out to pressure D1 shot then release. F2 races out to pressure D2 shot</li> </ol>			
Key Teaching Points		Key Evaluation Points	
-Feet always moving, no gliding in NZ -Shoot in stride, stop at net after shot -D call for pass from coach, present target -D heads up shooting	<b>Forwards</b> -Maintain speed in NZ -Head up, change the shot angle -Follow shot to net -Look for tip, rebound on point shot	<b>Defence</b> -Lateral Movement -Present target -Eyes up, push or pull puck, find a lane	



## Canadian Player Pathways U13 Preparation Plan #3

### Drill Name & Description

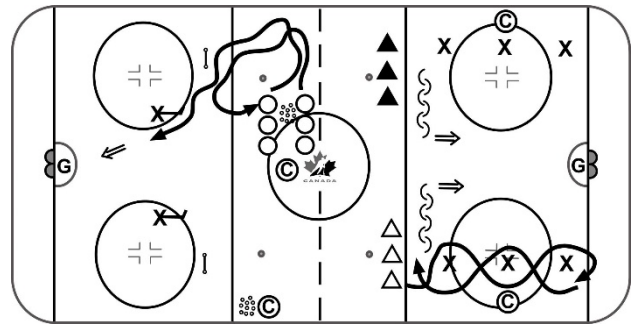
#### 8 mins - Skills Splits

##### 1) Forwards – Entries

- Players line up at centre ice in two lines (Left line – Offence / Right line – Defence)
- Offensive player spots puck to boards
- Players race to wall, offensive player to get lane (position B4 possession) enters the offensive zone, fakes the obstacle (can also use coach for player to make read) and finishes with a shot on net.
- Chaser turns at blue line and releases, becomes the next offensive player
- Progression – After shot – shooter can skate to other side to provide pressure on opposite side

##### 2) Defence – Puck on Forehand Pivots

- Players line up outside blueline, carry puck through pylons
- Players always face the middle pylon (open up)
- Keep puck on forehand
- Escape at bottom pylon (progress to escape / half turn), skate back through pylons to blue line for shot on net
- Good shooting principles at blue line – fakes / deception / eyes up



#### Key Teaching Points

##### Forwards

- Spot puck, get in lane of defensive player
- Take away stick to get possession of puck
- Protect puck on entry
- Eyes up to make move on obstacle or coach

##### Defence

- Keep the puck on forehand
- Keep speed in both backward-forward and forward-backward pivots
- Try to keep crossing feet to a minimum

#### Key Evaluation Points

##### Forwards

- Position before possession
- Angle, stick position on puck steal
- Escape, quick transition
- Fakes, deception upon entry to get shot on net

##### Defence

- Open up to middle both ways
- Pivot from fwd to bwd, bwd to fwd
- Keep puck on forehand
- Limit crossing of feet
- Get puck to middle of ice

### Drill Name & Description

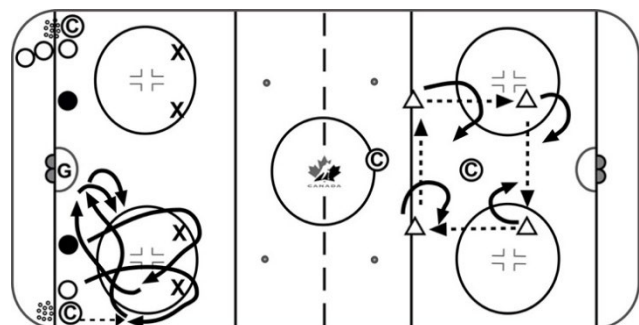
#### 8 mins - Skill Splits

##### 1) Forwards – 1 on 1 – Loose Puck Race x 2

- Set up 2 pylons inside the blue line.
- Players start in the corner and race to the pylons, performing a quick turn around the pylon.
- Coach spots a puck and the players battle for possession and a shot on net.
- Coach spots a second puck for a second battle.
- Progression
- Coach in corner passes to 2<sup>nd</sup> coach at blueline who spots puck back down wall for players to retrieve

##### 2) Defence – 4 Man Box Puck Support

- 4 Defencemen start in a box formation with one puck.
- Puck is moved in one direction. After each pass, the defence must follow pass and recover back to middle for either support or next pass. Change directions.
- Progress to hinge passes
- Progress to random passes to any defenceman.
- Progress to a look away by looking at one defenceman and passing to another.



#### Key Teaching Points

##### Forwards

- Quick feet and turns around the pylons.
- Battle for the puck and compete.
- Use the body to protect the puck.
- Attack the net.

##### Defence

- Always follow pass and transition back to middle of ice.
- Always have stick in position to receive the pass.

#### Key Evaluation Points

##### Forwards

- Acceleration, quickness
- Position before possession
- Establish lane - puck protection
- Angling, defensive side
- Reacting to play

##### Defence

- Present target on forehand
- No dust
- Head up, move your feet
- Support underneath after pass
- Take ice in front upon receiving pass



## Canadian Player Pathways U13 Preparation Plan #3

### Drill Name & Description

#### 8 mins - Skill Splits

##### 1) Forwards – Corner Retrieval / Protect with Shot

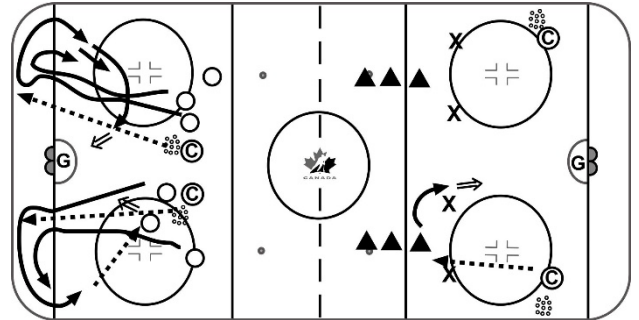
- Players line up in two lines near top of circle facing the net
- Coach spots loose puck into the corner

- F1 loose puck retrieval, quick fake then takes puck to net.
- After shot, coach spots second loose puck in same corner, F1 retrieves and passes to F2 in high slot
- Add defensive player where F1 has to pass through the defensive players' triangle to F2
- Defensive player pressures F1 from start, F1 has to find F2 in high slot

- After 2<sup>nd</sup> shot coach spots new puck in opposite corner

##### 2) Defence – In and Out Shooting

- Place two pylons about 10 feet apart
- Coach passes through pylons, D pulls or pushes puck to outside of pylon and then shoots
- Coach passes to outside of pylon, D pulls puck inside pylons for shot



#### Key Teaching Points

##### Forwards

- Quick on puck retrieval
- Shoulder check / Scan for forward in high slot
- Quick pass / quick release
- F2 move around, find soft spot

##### Defence

- Provide a target with stick
- Receive pass, no stickhandle shoot quickly
- Goal is to get puck on net, not how hard the shot is

#### Key Evaluation Points

##### Forwards

- Quick to loose puck
- Scan
- Quick pass
- Pass through triangle
- Shooter quick release

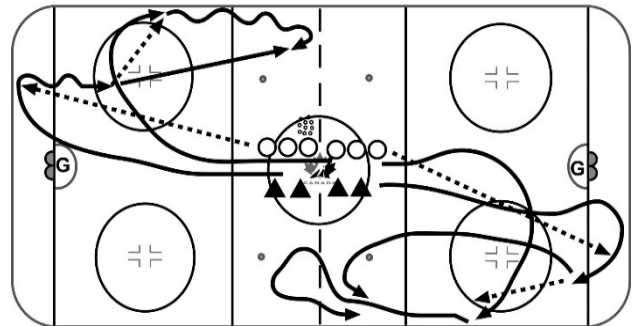
##### Defence

- Receive on forehand, get feet moving
- Head up
- Push or pull puck, find the lane

### Drill Name & Description

#### 8 mins – Breakout – Regroup - 1 on 1 / 2 on 1

- Gap drill. Forward dumps puck and defenseman retrieves and breaks out the forward.
- On dump – alternate rims and dumps on goalie to set puck for D
- Forward skates up ice and turns back for a 1-1.
- Defenseman must close gap and play the 1-1.
- Coaches encourage D to challenge in the neutral zone and “jump” the forward.
- Progress to a 2 on 1



#### Key Teaching Points

##### Forwards

- Call for pass and present a target
- Shoulder check before receiving pass and heading up ice
- Should check in NZ before turning and attacking D 1 on 1

##### Defence

- Quick to the puck.
- Shoulder check; both shoulders if time.
- Pick puck up on a good skating angle, get it on your forehand and make a good pass.
- Follow pass up ice to close gap on forward

#### Key Evaluation Points

##### Forwards

- Talk to D on breakout,
- Shoulder check, present target
- Accelerate off wall into NZ
- Shoulder check before turning back to attack D

##### Defence

- Shoulder check, pick puck up on forehand
- No dust
- Head up, hard, flat first pass
- Get up ice quickly after pass to close gap
- Eliminate crossovers, good stick



## Preparation Sessions

# U13

## CANADIAN PLAYER PATHWAY



The drills in this practice plan are designed to give coaches some ideas on getting their players ready for player selection / tryouts by incorporating a multitude of skills required to play the game. There are 4 practice plans in this series that include key teaching points as well as key evaluation points to provide insight on the details within the drills.

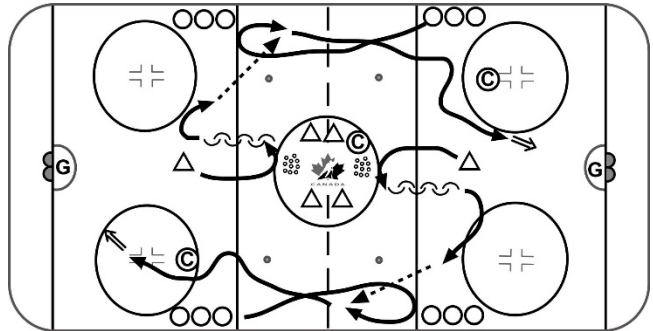
The plan is based on 50 minutes so depending on the length of the ice time, the suggested time to run each drill can be adapted to fit the ice time. Where longer ice times are provided coaches can add drills / games of their own.

**Preparation Plan #4 – 50 Mins**

**Drill Name & Description**  
**8 mins - Mobility Warm-up**

Go both ends at same time, Sequence is Pass Left, Pass Right, Skate

- 1) Forwards start on 4 corners of Blue lines
- 2) All the pucks are in the center circle.
- 3) D start inside blue line in center of ice
- 4) D picks up puck, backpeddles, Fwd from left side skates down to tag blue line, opens up for pass from D.
- 5) D then skates to center circle to get another puck, backpeddles to blue line and hits Fwd from the right side with pass.
- 6) D skates forward to center circle, picks up third puck backpeddles to blue line, then transitions to forward to skate to far end for shot



**Key Teaching Points**

- Forwards sprint to blue line, open up present target, call for pass
- D pass while skating forward.
- Hard, flat pass
- Forwards skate hard to net for shot – no dekes – stop at net after shot looking for tip or rebound

**Key Evaluation Points**

**Forwards**

- Open up to receive pass, scan up ice
- Present target, call for pass
- Stop at net after shot

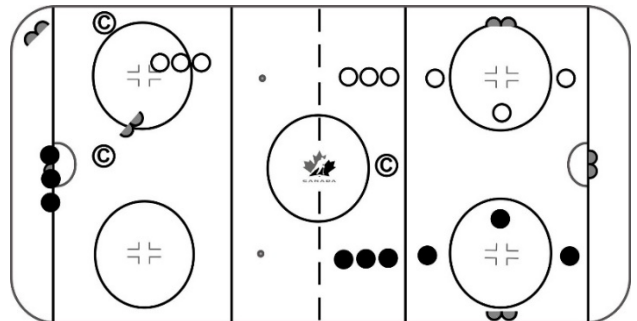
**Defence**

- Drag puck skating backwards, transition to forward to make pass
- Hard, accurate pass
- Eyes up when retrieving pucks, know where pass is going to

**Drill Name & Description**  
**20 mins – Small Area Games**

**Small Area Games – 10 minutes each game then players swap ends**

- 1) **2 on 2 in Corner**
  - Place 2 nets in a corner
  - Players can be divided into 2 groups
  - Play 2 on 2
  - Looking for skills in a tight space, compete level, hockey sense
- 2) **3 on 3 Cross Ice**
  - Place 2 nets on each side of the ice
  - Players can be divided into 2 groups
  - Play 3 on 3 cross ice
  - Looking for skills in a tight space, compete level, hockey sense



**Key Teaching Points**

- 30 – 40 second shifts
- If puck leaves playing area, Coach passes new puck into play
- If goaltender freezes puck, opposing players back off, and allow goalie to get puck to teammates to begin play again
- If goal is scored, goalie pulls puck out of net and gives to teammates to resume play

**Key Evaluation Points**

- Small space skating ability
- Small space puck control and passing
- Read and react skills
- Compete level
- Puck Support



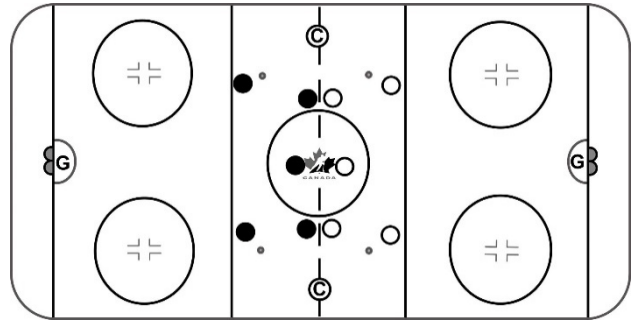
## Canadian Player Pathways U13 Preparation Plan #4

### Drill Name & Description

22 mins – 5 on 5 – Full Ice Scrimmage

1) **5 on 5 Full ice**

- Divide into 2 groups
- Recommend forwards play all 3 forward positions
- Recommend defence play both left D and right D
- Looking for skills in a tight space, compete level, hockey sense



### Key Teaching Points

- Play 5 on 5 – 45 – 60 second shifts ( Coach can act as referee )
- Penalties can be served or option for penalty shot given

### Key Evaluation Points

#### Forwards / Defence

- Skating / puck handling / passing - receiving
- Play making ability
- Hockey sense
- Compete level

#### Goaltenders

- Angles / depth
- Ability to stop pucks
- Rebound control