

U11 PRACTICE PLANS

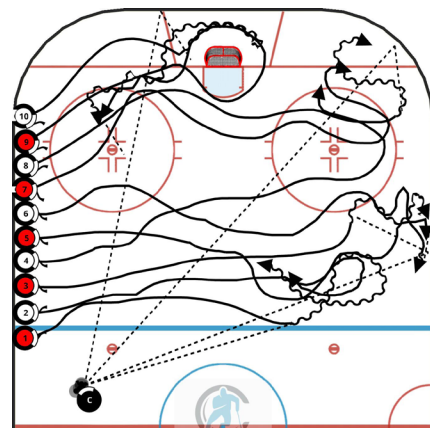
PHASE 1 [PRACTICE 1]

KEEP AWAY WARM UP

10 MINUTES

DESCRIPTION

Line Up all of the players along the wall on one side of the rink. To start play, Coach chips a bunch of pucks into play as players then scramble to retrieve the pucks. There are fewer pucks than players so players must defend their puck against one or more other players. Let the players play keep away for 40-60 seconds then blow it down and reset all of the players for the next go round.



KEYPOINTS

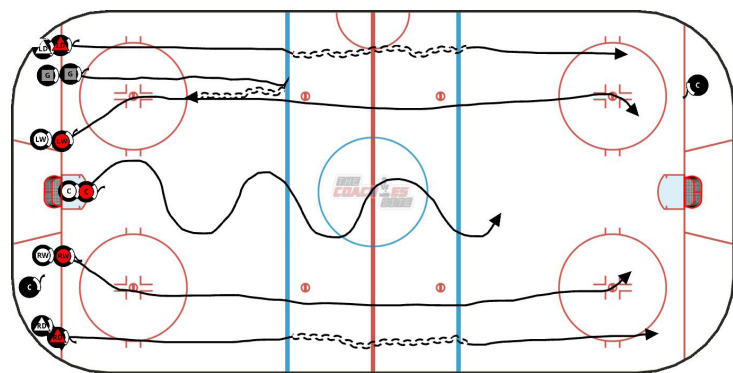
- Fewer pucks than players. Fewer pucks makes it more difficult to maintain puck control.

POSITIONAL SKATING

10 MINUTES

DESCRIPTION

Start a complete line of players, 3 forwards and 2 Defensemen, who skate their skating patterns down the ice and back.



KEYPOINTS

- Work on stopping and turning to left and to the right.

| | | | | | | | |
|--|-------------------|--|------------------|--|------------------|--|-----------------|
| | BACKWARDS SKATING | | DEFENSIVE PLAYER | | NET | | SKATE WITH PUCK |
| | BIG TIRE | | DUMP | | OFFENSIVE PLAYER | | SKATE |
| | BUMPER | | GOALTENDER | | PASS | | SMALL TIRE |
| | COACH | | MINI NET | | PUCK | | STICK |
| | CONE | | MULTIPLE PUCKS | | SHOOT | | |

PENGUINS KEEP AWAY

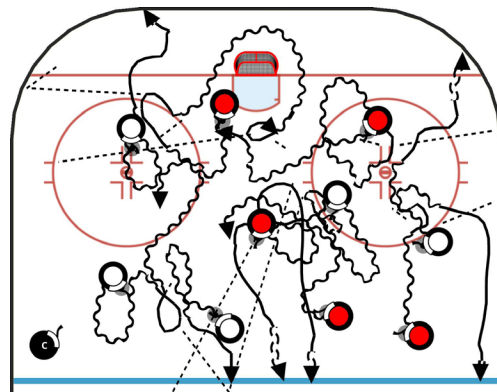
10 MINUTES

DESCRIPTION

All players have a puck between the blue line. Players keep moving with the puck and when they lose it they are out of the game. When numbers dwindle, make the boundaries smaller and smaller, finally one circle.

KEYPOINTS

- Heads Up skating.
- Protect the puck.
- Keep feet moving.
- Spatial awareness.



SIG 3 TIGHT TURNS AND GO

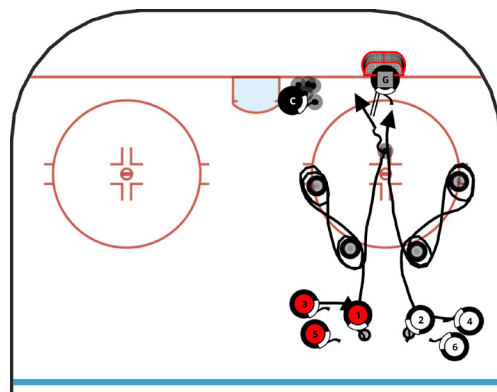
10 MINUTES

DESCRIPTION

- On whistle, P1 and P2 make two complete quick turns around the tires, one to left and the other to the right, then make a half turn around the first tire before racing for the puck.
- Winner of the race gets a shot on net.
- Players start with their sticks in contact with a cone or tire, with their backs to the course.

KEYPOINTS

- Emphasize good turning technique, stick on the ice, leading the player through the turn.
- Try to match up players of similar ability.
- Can be played with or without goalies, with large or small nets.



SIG 2V2 SMALL SPACE

10 MINUTES

DESCRIPTION

- Coach initiates play with shot off of the side boards to start 2@2
- Let play go for 15-25 seconds, whistle and put new puck into play for new set of players
- Automatic change on every goal scored
- Goalies can shoot as well!

KEYPOINTS

- Encourage contact and grinding along the wall and front of net
- When puck goes way out of playing area, Coach spots in a new puck
- New puck on each change of players

