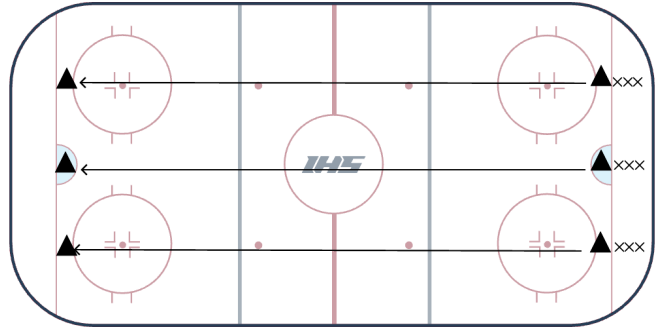


# Skills Session for U9 - U18

## Drill A:

3 Lines straight down

1. Forwards x2
2. Backwards x2
3. Forwards with puck x2 (or x4)
4. Backwards with puck

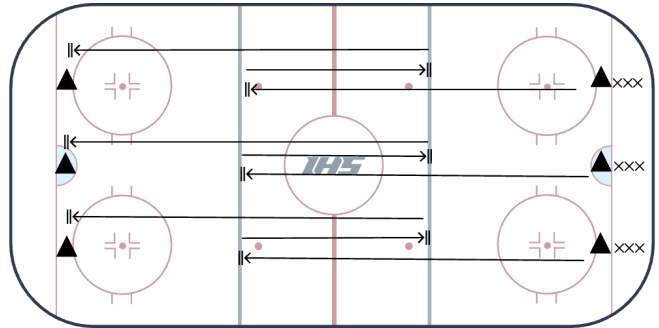


## Drill B:

3 Lines straight down

1. Far blue line - STOP
2. Back to blue line - STOP
3. Down to end pylon - STOP

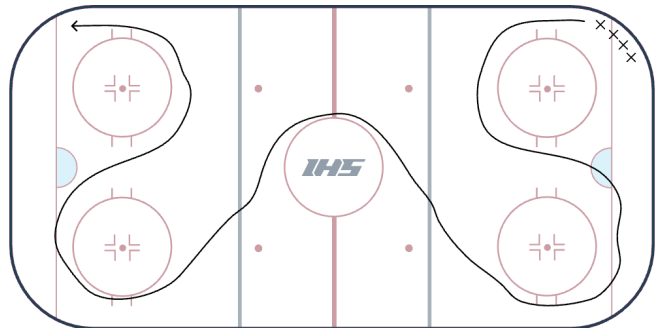
Run drill x2 WITH puck, x2 WITHOUT puck



## Drill C:

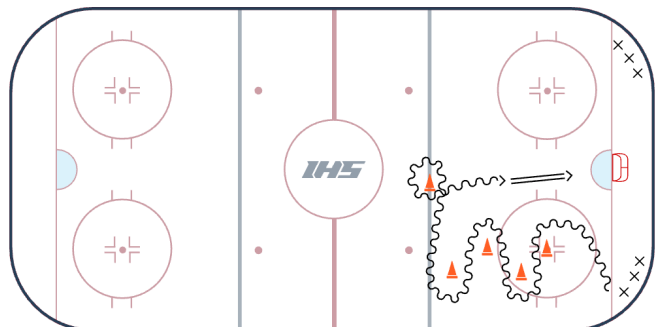
Crossovers and Half Circles

1. WITHOUT puck x2
2. Backwards x2
3. Forwards WITH puck x2



## Drill D:

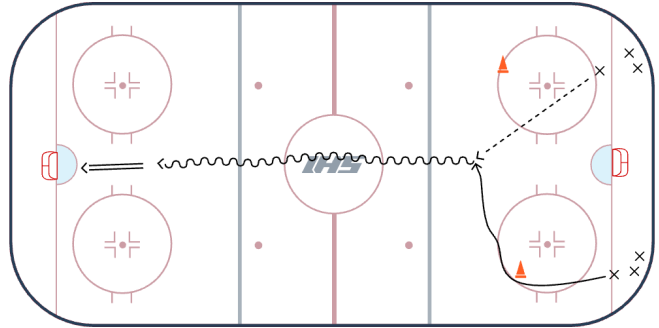
1. Weave through pylons with puck
2. 360 around middle pylon
3. Come back and shoot on net



## Skill Session for U9 - U18

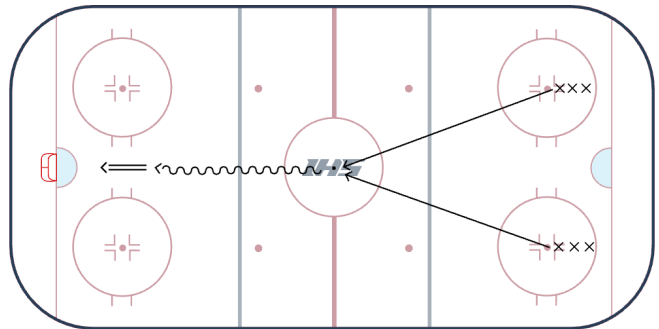
### Drill E:

1. Player starts WITHOUT puck
2. Gets a pass from opposite corner
3. Go down and shoot
4. Repeat x4



### Drill F:

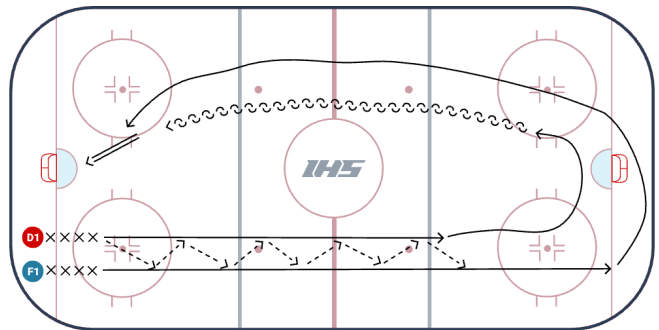
1. Start at faceoff dot
2. Race for puck at center ice



### Drill G:

(this is a maybe for U9 and U11)

1. 2 Lines in the corner
2. Starts with pairs passing down the wall
3. Outside player takes the puck around net
4. Inside player skates in front of net and pivots backwards
5. Play 1v. 1 down to the initial end



\*\*\*U13-U18: Defence will be inside line. Forwards outside line\*\*\*

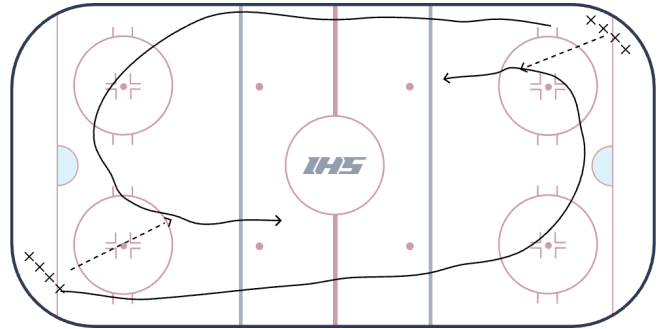
# Skills for U13 - U18

(U13-U18 will still do drills A, B, C, D but will be done much quicker)

## Drill H:

Full Ice Horseshoe

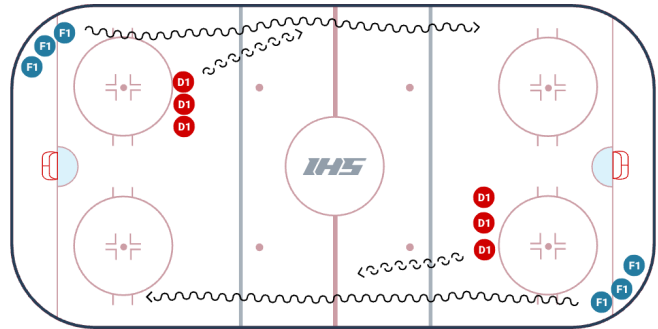
1. Switch sides 1/2 way through drill



## Drill I:

Straight 1 on 1

1. Forward starts with puck
2. Defence starts at top of circle
3. Both sides start on whistle



\*\*\*Will do Drill "G" at this time\*\*\*

## Drill J:

3 Person Weave

1. Middle line starts in front of the net
2. First player from middle line goes behind net and picks up a puck to start the weave

