



## Preparation Sessions

# U15

## 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 75 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.



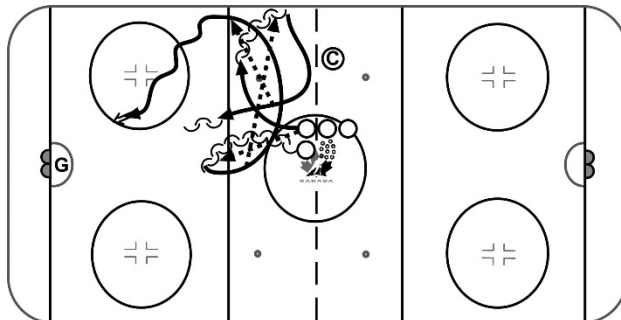
## Canadian Player Pathways U15 Preparation Plan #4

### Preparation Plan #4 – 75 Mins

#### Drill Name & Description

##### 10 mins – Puck Support Warm Up

- Pucks in center circle, 1 line of players on each side of circle
- First player in line skates backwards, receives pass from second player in line
- 1<sup>st</sup> player skates backward and transitions to forwards to middle of ice, passes to 2<sup>nd</sup> player who skates towards blueline and opens up for pass
- 1<sup>st</sup> player then skates forwards towards boards at blue line and receive pass back 2<sup>nd</sup> player who skates to middle ice to make pass to outside
- 1<sup>st</sup> player goes in for shot on net, stop at net after shot
- 2nd player then pivots backwards to start sequence again with next player in line.
- Drill is continuous with both sides going at the same time.
- Switch sides



#### Key Teaching Points

- Pass while skating forward
- Present target, call for pass
- Scan up ice before turning up ice each time

#### Key Evaluation Points

- Hard, accurate passes
- Communication
- Scanning up ice
- Present target

#### Drill Name & Description

##### 30 mins – Small Area Games

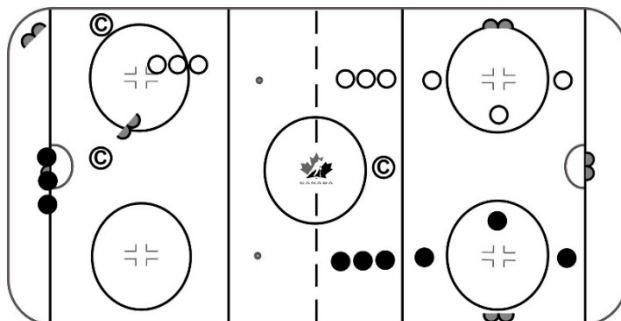
Small Area Games – 10 minutes each game then players swap ends

##### 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
- Readiness for physical play
- Puck Support



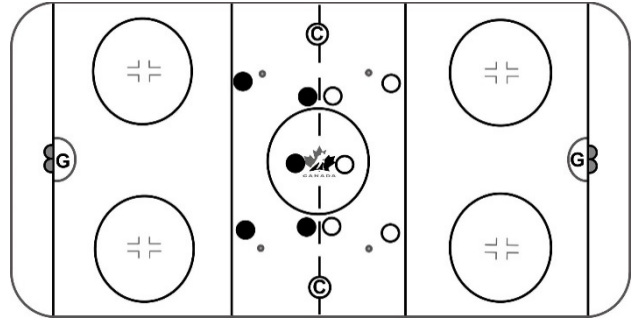
## Canadian Player Pathways U15 Preparation Plan #4

### Drill Name & Description

**35 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



### 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
- Opportunity to allow for body contact

### Key Evaluation Points

#### Forwards / Defence

- Skating / puck handling / passing - receiving
- Play making ability
- Hockey sense
- Compete level
- Readiness for physical play

#### Goaltenders

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