



Trails West U13-U18 Evals - Competition - Session #3

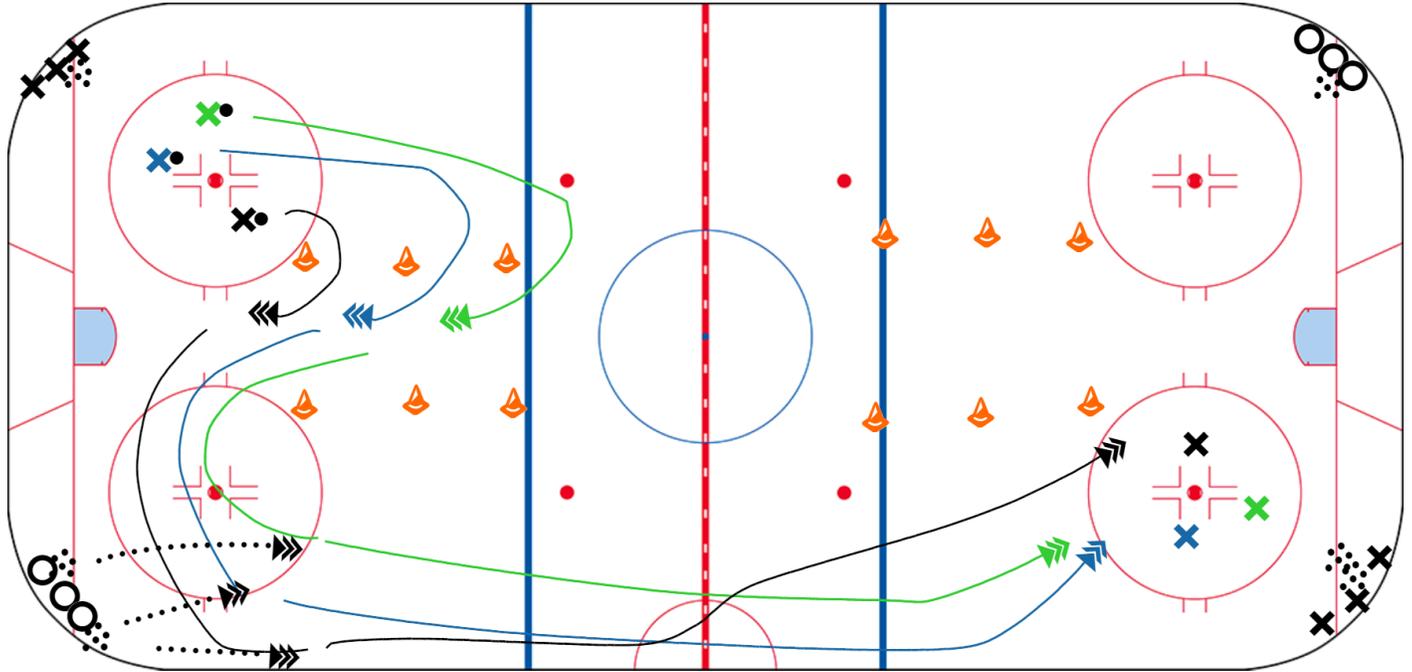
Date: Aug 24 2021

Time: 3:06 am

Duration: 73 mins

Trails West U13-U18 - Warm Up - Soupy's Scramble - Session #3

10 mins



Description

X's go together and O's go together.

-Players and pucks split up into four corners

-Goalies in nets

-Drill works out of opposite end corners simultaneously

-On whistle 3 players inside opposite circles stick handling and moving randomly keeping heads up and moving quickly

-On second whistle players loop out and take turns shooting on goalie. Each player must time their loop to use width of ice to give goalie a chance to move laterally between shots

- After players shoot they continue to loop towards corner and receive pass from players

-Players now continue up ice carrying puck through oncoming traffic from opposite end and spread across the ice to shoot at goalie at opposite end

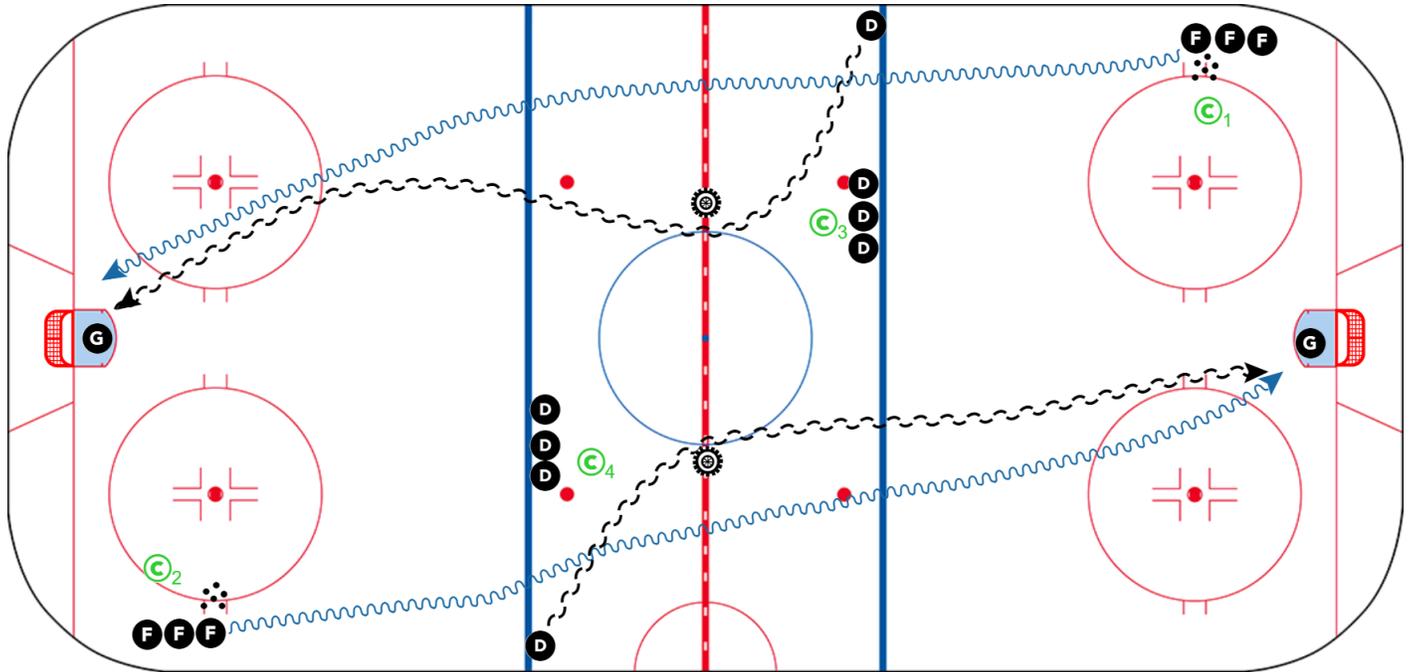
-Drill repeats alternating corners each time

Key Points

- Head up when moving puck in circles.

- Time your shots so the goalie can see

- Drive wide with speed.



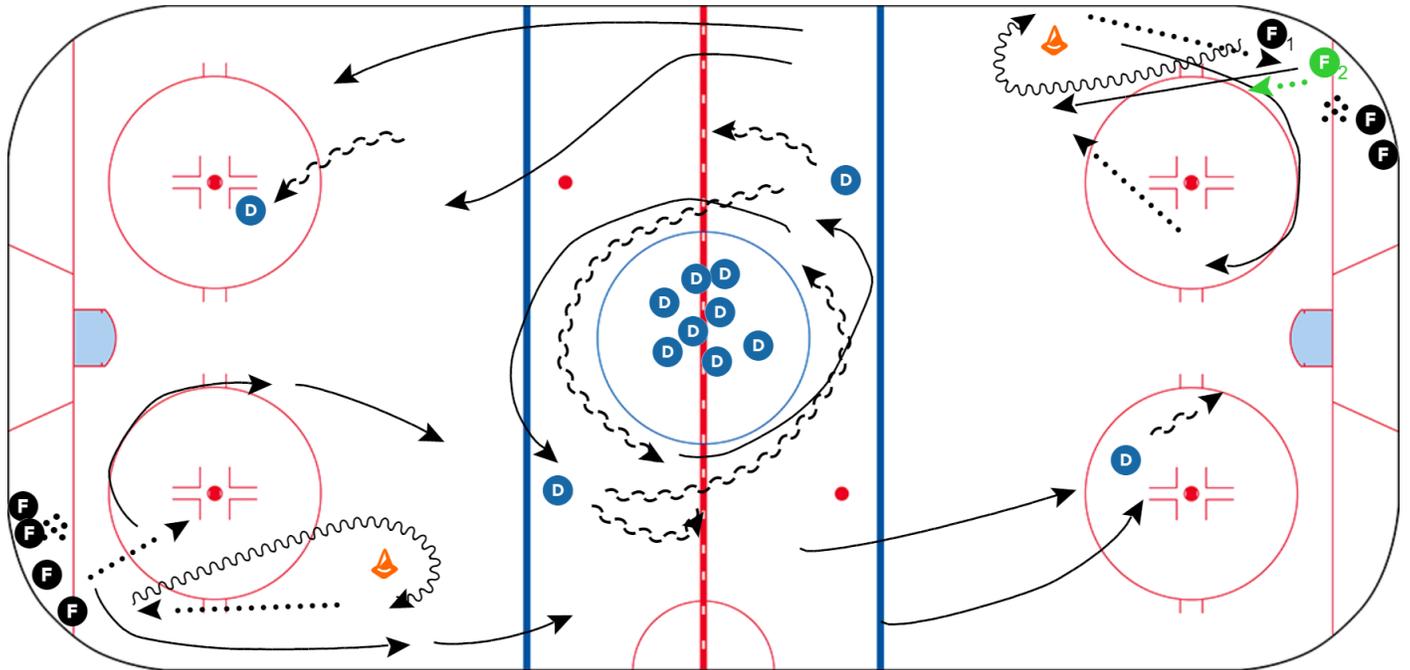
Description

- **F** lineup on hash marks... NO Cheating
- **D** lineup with stick touching boards
- On whistle **F** takes off with the puck on a 1 vs 1 with **D**
- **D** can't turn forwards until the Red Line

ADVANCED: **D** lies flat on the ice with stick touching boards.

Key Points

- **D** on start, stay low, must have quick powerful feet.
- **F** start fast and challenge **D**



Description

- On the whistle Forward 1 moves with puck and tight turns around top cone.
- At the same time - Defenseman will work to skate backwards around the center circle - always facing their end/puck.
- Forward 1 makes a one touch pass with Forward 2 who begins to skate down boards.
- Forward 1 cuts to inside of circle and up ice to attack defenseman who has circled and is timing up to gap.
- Drill is played 2 on 1 down the ice and shots or plays should be made on the rush.

Key Points

Forwards:

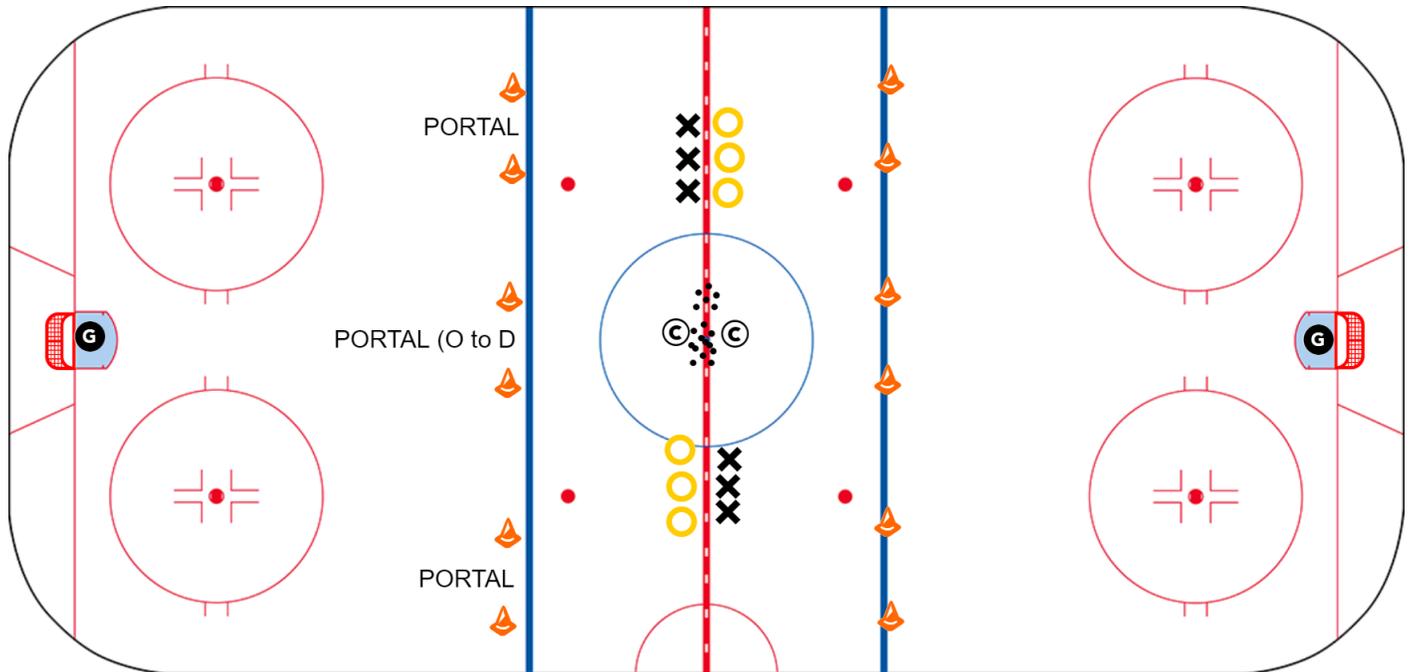
- Speed through the neutral zone - using numbers to your advantage.
- Find ways to move the puck to the middle of the ice and drive the net.
- A skilled player will always look for a pass when it is available and the right play.

Defense:

- Always face your target and the puck carriers to give yourself time to "gap up"
- Try and keep the puck to the outside ice.
- Your skating pattern should be towards the inside post - forcing the shooter to shoot outside the dots!

Evaluators:

- Look for how players read and react to the situation
- Extra points for players who pass and headman the puck.
- Defense should be able to maintain good gap control and force the puck to the outside.



Description

45 second shifts on whistle.

NO PRESSURING TEAM IN NEUTRAL ZONE (pressure free zone).

U13 - U15 Age Groups - 3 on 3 change on whistle - portals (pylons) create change from offense to defense.

Defensive players must carry or pass the puck through the pylon portals to change from offense to defense.

IF A GOAL IS SCORED: Coach puts puck up by blue line, and defensive team takes to start on offense.

- Puck **MUST** be skated past ringette line before making pass to coach - all players on team should pass this line.

- Forces players to skate with puck and creates a game like scenario.

**Since teams will be split into pinny colors - disperse evenly and change sides half way through.

Key Points

- Look for man on man coverage - forcing players to outside.
- Players should be playing hard on both sides of the puck - Offense & Defense.