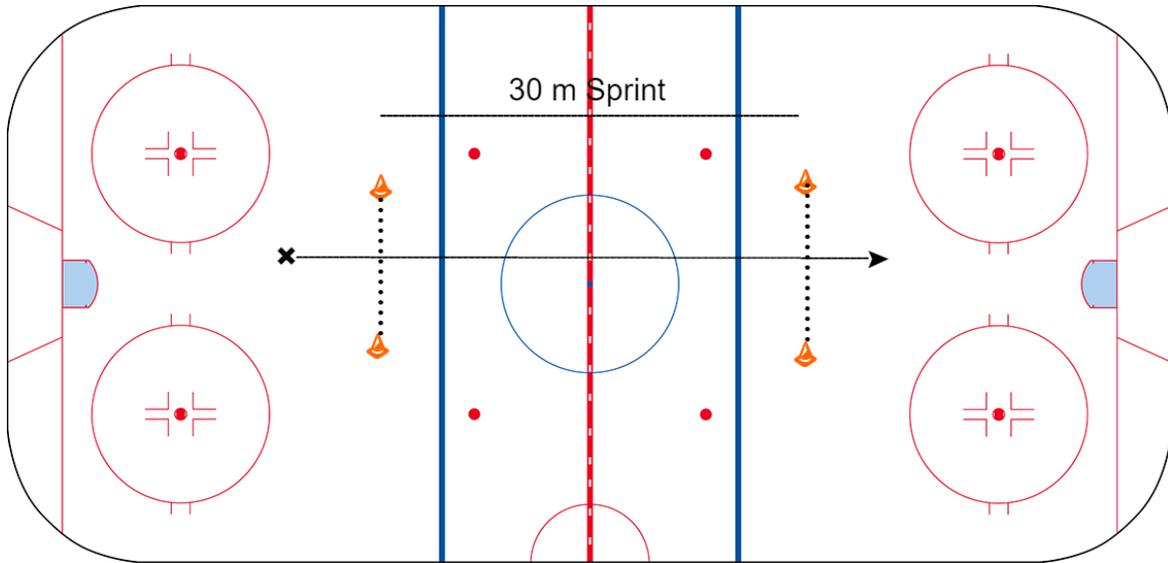


Trails West Timing Evaluations

Drill Name : 30m Sprint



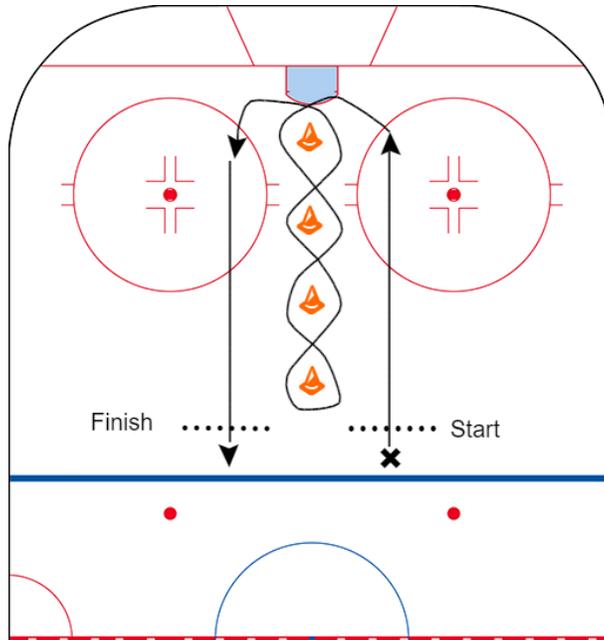
Description :

Players will be timed in a sprint over a 30m distance to measure acceleration and top speed.

All age groups - 2 x forwards without puck and 2 x backwards without puck

Trails West Timing Evaluations

Drill Name : Timed Agility Weave



3m spacing between all cones

3m spacing between bottom cone and start/finish line

Description :

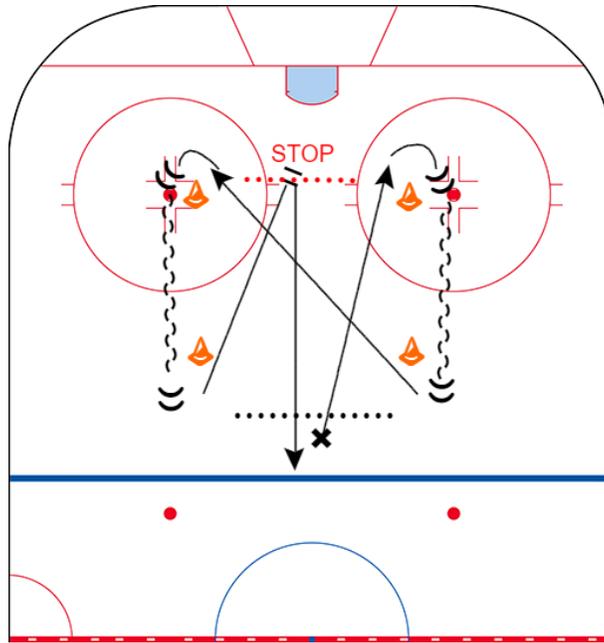
Timed agility weave to measure the players edge control and change of direction at top speeds.

Novice and Atom - 2 x without a puck

PeeWee - 2 x with a puck

Trails West Timing Evaluations

Drill Name : Timed Box Transition



10m between all cones

3m from the starting line to the bottom cones

Stop line is in line with the top cones

Description :

Timed box transition to measure the players ability to transition from forwards-backwards and backwards-forwards.

Novice and Atom - 2 x without a puck

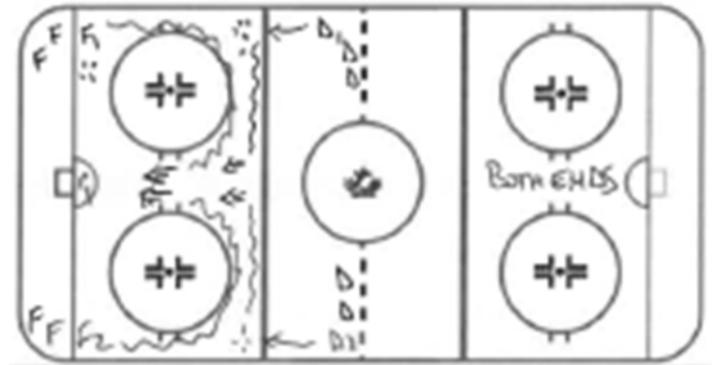
PeeWee - 2 x with a puck



2019-2020 PEE WEE EVALUATION DRILL PACKAGE

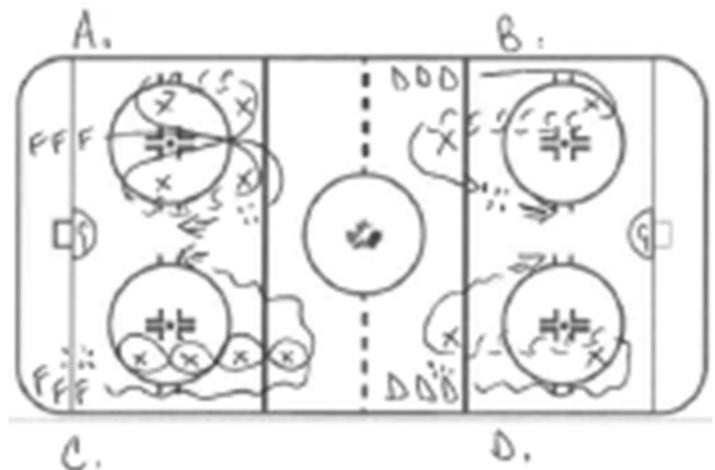
DRILL #1

Drill Name & Description	
4 SHOT WARM UP	5-8 Mins
<p>1: F1 skates up around top of circle with puck, takes first shot on net</p> <p>2: Once goalie is reset, F2 skates up around other circle with puck, takes shot #2</p> <p>3: Once goalie is reset, D1 skates from red line down to retrieve puck inside blue line, walks across the line, takes shot #3</p> <p>4: Once goalie is reset, D2 skates down from red line on other side to retrieve puck inside blue line, walks across the line, takes shot #4</p>	
<p>Key Execution Points</p> <p>Primarily goalie focus drill. Players wait for goalie to get set, make eye contact then activate. F's and D's switch respective sides once shot completed.</p> <p>G's can switch after 2 rounds/8 shots</p>	



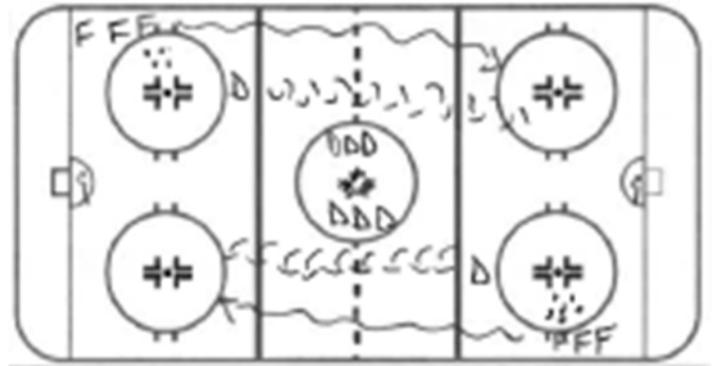
DRILL #2

Drill Name & Description	
AGILITY SKATE	15 Mins
<p>A: BOX AGILITY - F skates forward to middle-lane top pylon, pivots backwards to bottom pylon, transition forward to outside top pylon and transition backward to bottom pylon. Accelerate up the middle of box to grab a puck and finish with shot</p> <p>B: D TRANSITION (no puck) - D starts forward, transitions around pylons forward to back to forward, retrieve puck from top of circle finish shot.</p> <p>*A & B completed simultaneously in all 4 corners, F in one end, D at other. 4 nets to be used.</p> <p>C: PUCK WEAVE - F skates with puck straight up wall and performs weave pattern back to start and up again, finish with shot on net.</p> <p>D: D TRANSITION (with puck) - Same as B, D performs entire drill with puck this time</p>	
<p>Key Execution Points</p> <p>A & B ran for first half allotted time. 4 corners ran independently on 4 separate nets. Players switch sides after each time. If less D, have them rest between reps. Higher levels can execute with pucks from the start and move on once evaluators are satisfied.</p>	



DRILL #3

Drill Name & Description	
SPRINT 1 v 1	10 Mins
<p>F starts at hashmark with puck. D starts just inside blue line, facing F. On whistle F sprints down length of ice 1 v 1 with D. Play 1 v 1 live to opposite end of ice.</p> <p>Key Execution Points Both ends start on whistle. F can make move to inside at anytime, keeping it game like (keeping in mind the other D waiting in NZ. D can challenge at any point in order to disrupt 1 v 1. Switch sides halfway through allotted time.</p>	



DRILL #4

Drill Name & Description	
CORNER BATTLE 1 v 1 - 2 v 2	10 Mins
<p>Coach drop puck in to corner where both players have equal distance to retrieve. First player from each line retrieves and battles for puck and trying to score. 20 second shifts. Players must stay in designated area below line ups/ hashmarks. If D numbers are low, give them longer rest time at their respective end.</p> <p>Key Execution Points F v F. D v D. Players stay in their respective corner of ice but mix of match ups as often as possible. Halfway point, swap players to other corner. Small area can be adjusted in order to execute drill properly; not too high to prevent retrieval speed and possible dangerous positioning. Possession change once puck is skated above dot/hashmark. Progress to 2 v 2.</p>	

