

# Trails West Hockey

## 2020 U11 Evaluations Skate 2

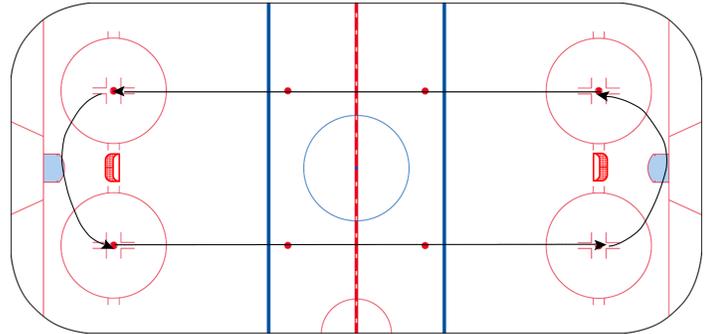
Duration: 60 min

### Warmup Laps

5 mins

#### Description:

- Leg stretches
- Arm stretches
- Lateral crossovers
- Backwards
- Hard skating



### Crossovers and Shot

5 mins

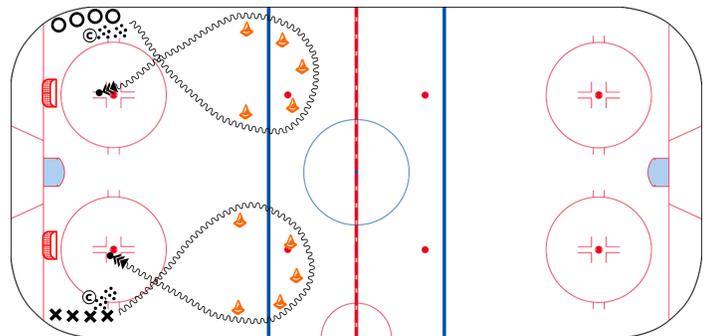
#### Key Points:

- Not a timed drill. The goal is to observe the players ability to carry the puck efficiently while skating.
- Next player leaves when 1st player crosses in front to the net.

#### Description:

- Player X and Player O both leave on whistle with a puck.
- Accelerate to first cone in a straight line. Crossovers with the puck around the cones. Drive to the net and take a shot at or before the faceoff dot.

Players should switch sides halfway through the allotted time to allow for crossovers in both directions.

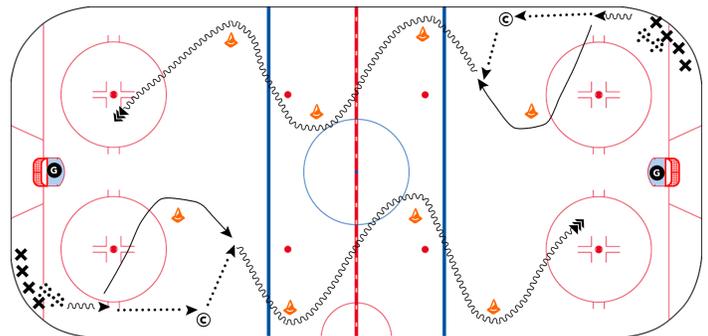


### Full Ice Weave with Coach Pass

10 mins

#### Description:

- Players in opposite corners start with a puck. Make a pass to the coach standing inside the blue line.
- Player goes around first cone and receives the pass back.
- Weave around next three cones. Shot on Net



### 3 Cone Weave Race with Transitions

10 mins

#### Key Points:

Smooth transitions around the cones with acceleration after the transition

Forward acceleration with crossovers around the final cone

Hard shot on net

#### Description:

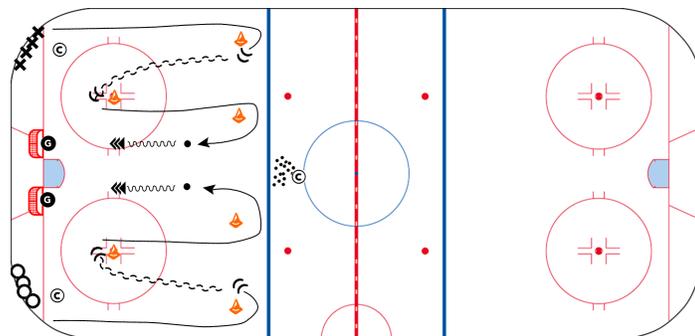
Players line up in each corner with the front player on the goal line. On the coaches whistle, a player from each corner forward skates to the cone directly in front and inside the blue line.

Transition to backward skating at the cone, continue backwards skating to the cone at the faceoff dot.

Transition to forward skating to the second cone inside the blue line, continue forward skating around the cone and race for the puck.

2 pucks to avoid close contact.

Same at both ends.



### Figure 8 Puck Race 2 Pucks

10 mins

#### Key Points:

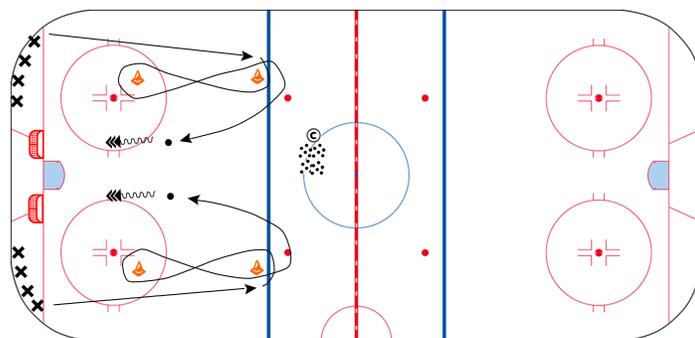
Focus on tight turns and speed around corners and in straight away.

#### Description:

Players start on the goal line and start on coach whistle.

Fast to top cone, figure 8 to low cone, back up to top cone and race for the pucks

2 pucks to avoid close contact



### Give/Go with Transition and Shot

10 mins

#### Key Points:

Watch for players ability to accelerate with the puck and make a hard pass.

Smooth transition to backwards, heels first, accelerate backwards.

Smooth transition to forwards.

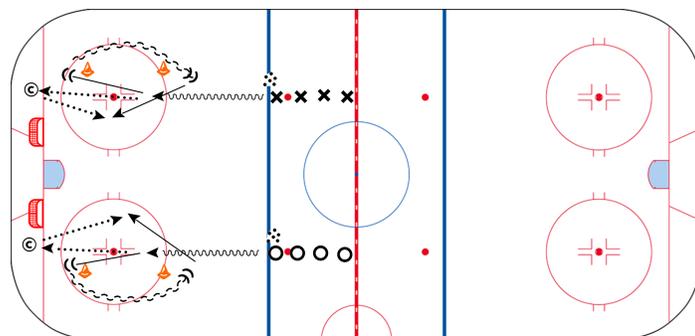
Smooth receipt of pass, hard shot.

#### Description:

Players line up on the blue line dots with pucks.

Carry puck to top of the circle, hard pass to coach.

Player drives far cone, transitions to backwards. Backwards to the other cone, transition to forwards. Drive the slot, receive a pass from coach. Hard shot on net.



## Shootout

10 mins

### Description:

Both lines go at the same time.

Go without a puck, receive a pass from the other line, go in on a breakaway.

