

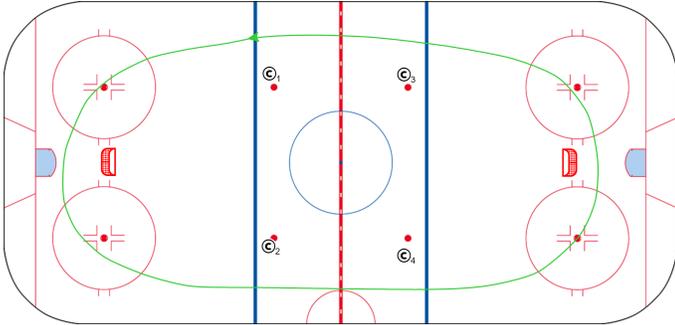


U11 - Evaluations 2021 Skate #2

Duration: 69 mins

Daily Skate and Stretch

4 mins



1st Minute - Simple stretches between blue lines. Go around the nets. Lead Coach will have players do

- Bubble Push
- Crossovers
- Jump Over Lines
- 360's
- Belly down/ups

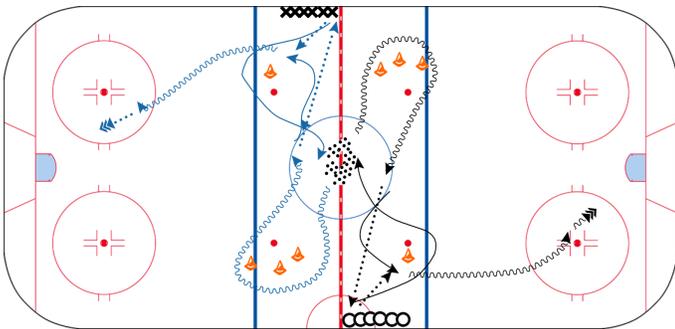
2nd Minute - Hard between bluelines or on coaches whistle. Quick feet/ crossovers around nets, slow down between blue lines

- Double whistle stop and hard the other way (4 hard strides)

3rd Minute - Backwards pivot at Bluelines. Pivot forward again at next Blueline and go hard to the boards

Warm Up - Skill Session 1

10 mins



1) Player X and Player O will go at the same time.

2) Tight Turn/Crossover around cone 1 - continue to middle of ice to pick up puck.

3) Player uses cross overs or specific skill to round cone sequence 2, moves toward his original line.

4) Quick give and go pass with next player in line, once received - player moves in wide for a shot.

5) Continuous after pass - player who made the pass back starts moving immediately after.

**** On Ice Instructor can change skills within drill at own discretion i.e. pivots, backwards skating, bounce passes etc.**

Key Points

For Players:

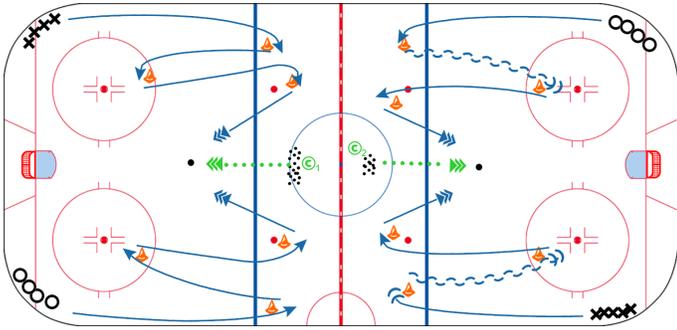
- Moving through drill with speed and agility
- Head up with feet in motion
- Strong passes while calling for puck
- Driving net and shooting in stride

For Evaluators:

- How are players moving around cones - speed, edge control - does it look fluid?
- Does the puck stay on their stick through the drill
- Does the player keep their feet moving or are they slowing down.

U9 - Race for Puck

15 mins



On Coaches command race for puck by skating forward around pylons. Coach spots puck

Progression:

- Same pylon setup but transitional skating around 1st pylon only. ****Move pylons evenly****

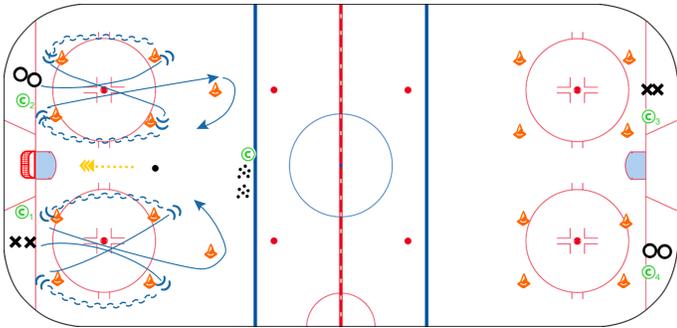
Key Points

Evaluators

- Watch for focus. Does the skater focus on his path vs. his opponent.
- Stick leads the turn around pylon.
- Does the skater drag a skate around cone
- Can they compete if they're behind

Trails West U9 - Evaluations Skate 2 - Box Transition races

15 mins



Box Transitions Puck race:

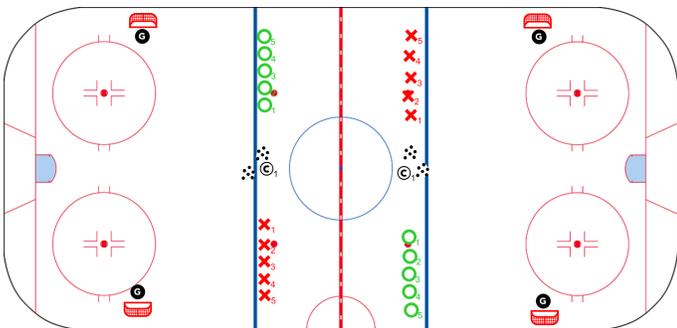
- Change matchups frequently to allow players to race against their skill level
- Puck race between players. **X** races **O** to the puck spotted by coach.
- FWD skate to first cone, pivot backwards to the next cone. Pivot forward again diagonal across to next cone pivot straight back to 4th cone. Pivot and skate forwards around the top cone and race for the puck.

Key Points

- Accelerate forward and identify a players speed. Transitions FWD's to BWD's and if they can use their edges on both feet. Heels show going around cone.
- Shoulders square while controlling your stick as you make pivots around cones.

Cross Ice Competitive Games

25 mins



2vs2, 3vs3. On ice coach has discretion so try to split groups and pit kids against other kids they haven't played against.

Key Points

Find open ice so you can receive a pass, Stick handling,