

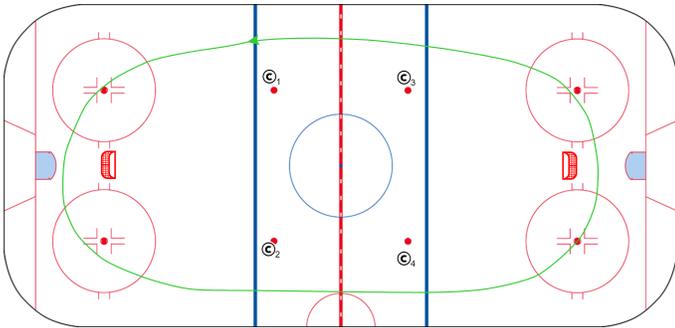


U11 - Evaluations 2021 Skate #4

Duration: 59 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

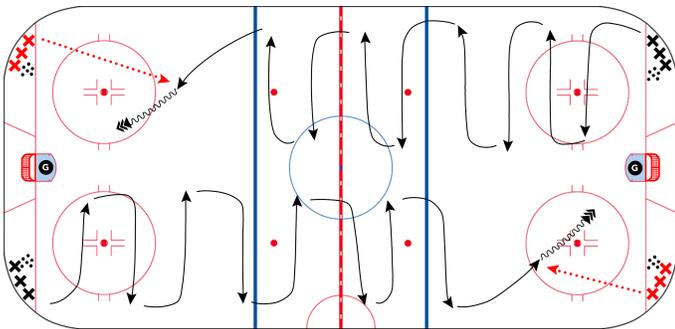
2nd Minute - Hard between bluelines or on coaches whistle. Quick feet/ crossovers around nets, slow down between blue lines

- 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

Trails West U9 - Evaluations 2021 Skate 2 - Warmup

10 mins



- Opposite corners run at the same time
- Players start drill, using only their inside edge. Rotate the upper body (head) first and the bottom will follow
- While the player is turning, they're only using the inside edge of their outside foot (one leg). Shoulders square to the board
- Run 6-7 turns down the ice. Option to add a pass at the end for a shot

Outside edge

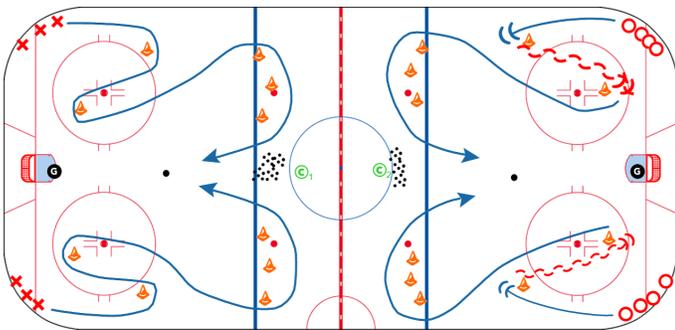
- Same as previous sequence, but player uses their inside skate and outside edge to turn

Progression:

- Option to add a pass at the end of for a shot on goal
- Players carry puck doing edge work

Weave puck race

15 mins



Split players evenly in corners in both ends of the ice.

1st half of drill players Skate forward, tight turn around the first pylon to the next pylon. Tight turn again all the way up to the neutral zone pylons maintaining speed and race for the puck.

2nd Half of drill. Players skate forward and pivot backwards to the 2nd cone. Pivot once again up through the neutral zone cones and race for puck.

Pair players up with even skill levels.

Key Points

- Head up
- Stick leads the turns.

Full Ice Game

30 mins