



Trails West U13-U18 Evals - Skills - Session #2

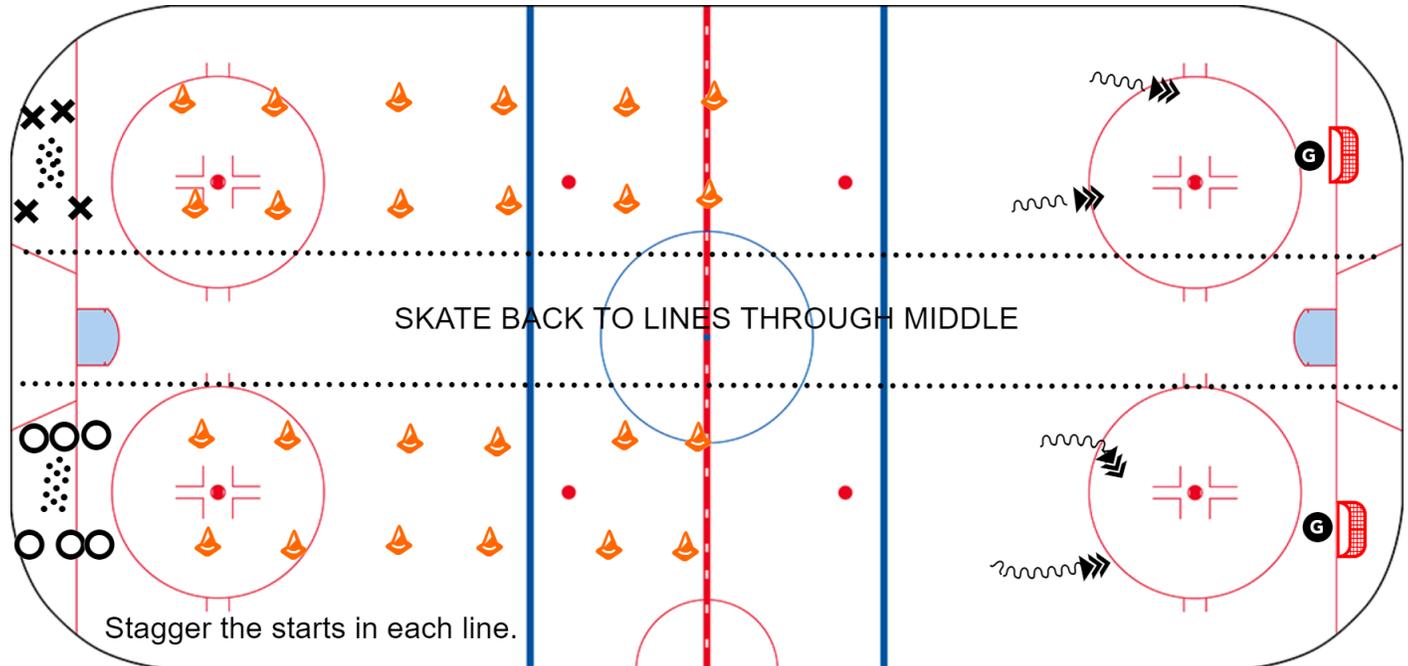
Date: Aug 24 2021

Time: 2:56 am

Duration: 95 mins

U13 - U18- ALL - 6 Pylon Skill Series

15 mins



Description

SEE VIDEO LINK for EXAMPLES: https://www.instagram.com/p/CET5WAnApGA/?utm_medium=share_sheet
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The 6 Cone Skills Series is a simple yet highly effective setup to practice a variety of skills that are used over the course of a normal hockey shift (hard & soft direction changes, tight & wide turns, pivots and forward skating).

In this video (click link), Rob Sedia of NewEdge Hockey runs a group through 5 unique skills that can be practiced with a small group or with two teams on the ice. These can be done with or without pucks. As players get comfortable with the movements, encourage them to keep their head up, sell their moves and increase skating pace.

COACHING POINTS:

- Athletic hockey stance (knees bent and legs shoulder width apart, butt out, head & chest up).
 - A wide stance will help with explosive moves and make players harder to knock off the puck.
 - Shoulders and head should be square and not be moving all over the place. Anytime you turn your head and shoulders you change your vision on the ice. So be mindful with how you are moving them.
- Skills should be practiced on both sides of the ice.
- As players improve, encourage them to keep their head up!

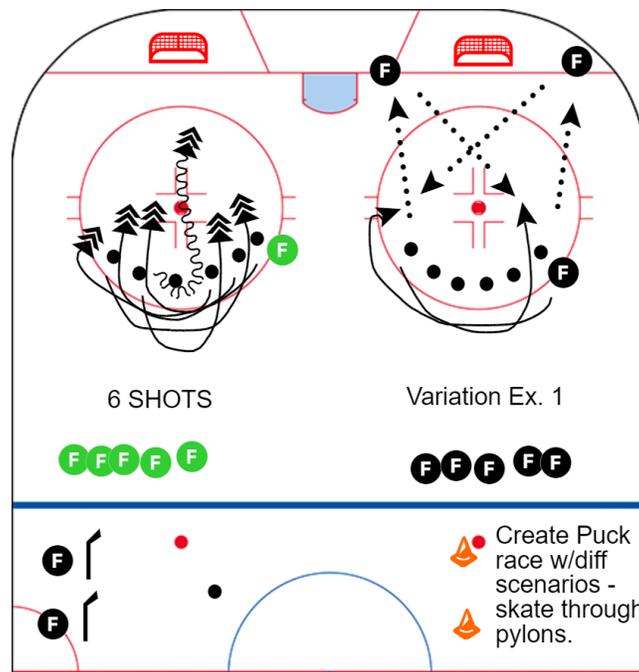
Key Points

For players:

Focus on the skills not the speed. It's important for you to maintain puck control and show evaluators that you understand the tactics and skills involved.

For Evaluators:

Highly skilled players will be able to maintain puck control while keeping their head up. Transferring from edge to edge throughout the skills should be easy as they push and speed ahead.



Description

Players will shoot 6 pucks in this sequence.

Starting on either side - forward will take puck 1 and skate to other side to shoot.

Will grab puck 2 from shooting side and drag across.

Will continue this sequence of dragging and shooting until final puck #6 - where they can move in for a deke.

Variations will be offered by on ice coaches and will include passing as seen above.

Videos available via click through.

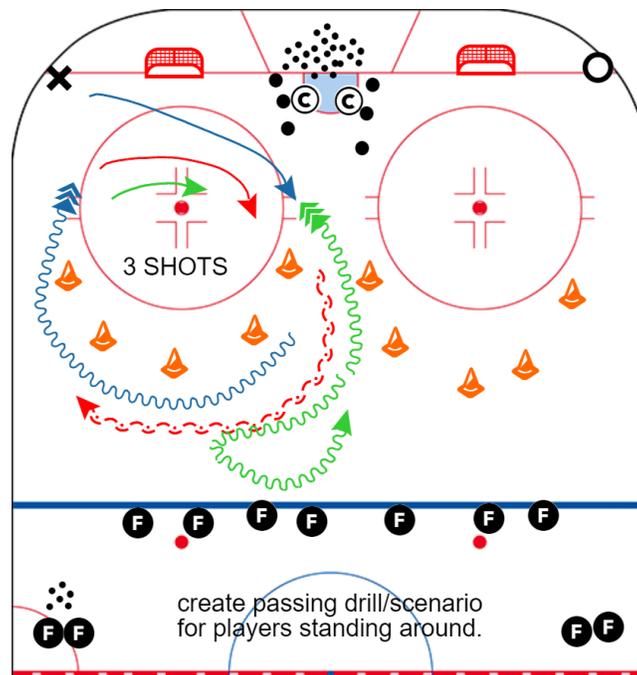
Key Points

For Players:

- Always facing net - shooting to score.
- Picking up next puck quickly and moving quickly to next shot.

For Evaluators:

- **Key in on shots - are they accurate, hard and on net.**
- **Watch how player picks up the puck and moves from one side to the other - is it fluid and fast.**
- **Notice if they are looking at their target or down at the puck.**



Description

X & O begin drill on side boards - coach spots puck 1 while player skates through and around cones using overspeed crossovers. Continues to net for shot 1 - move to next spotted puck and pivots backwards - continues around cones. Continues to net for shot 2 - moves to next spotted puck - skates forward to top cone - tight turns and moves back towards net for shot on opposite side.
 **On Ice lead can change skills in drill as he/she sees fit depending on skill level.

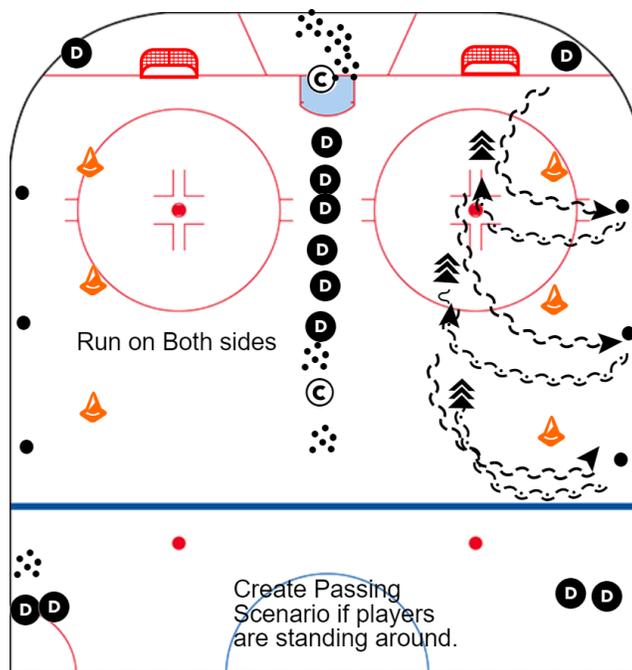
Key Points

For Players:

- Forwards should be able to stick handle and cross over at full speed.
- One continuous motion as you skate through pucks with little to no delay.
- Transition and edge work will allow you to move through the drill with as much speed as possible.

For Evaluators:

- Watch how players shoot in stride with the eyes focused on the net.
- Players should be quick in their movements and high skill can be seen throughout in pivots, tight turns and shots.
- Ideally you should see high skilled players move through each shot sequence in one full motion (feet always moving)



Description

Drag & Drop Evaluation Drill

- 1) Players are asked to start without a puck at the goal line
 - 2) D Player will skate up towards first cone and take puck off boards.
 - 3) Move back to middle of ice for a quick shot.
 - 4) Repeat this while moving backwards to each cone & puck.
- 3) 3 Cones and 3 Shots in total.

****ON ICE LEAD will offer variations as he/she sees fit depending on group skill.**

Example - fake shot and push to other side of cone for the shot OR Top puck to bottom puck etc.

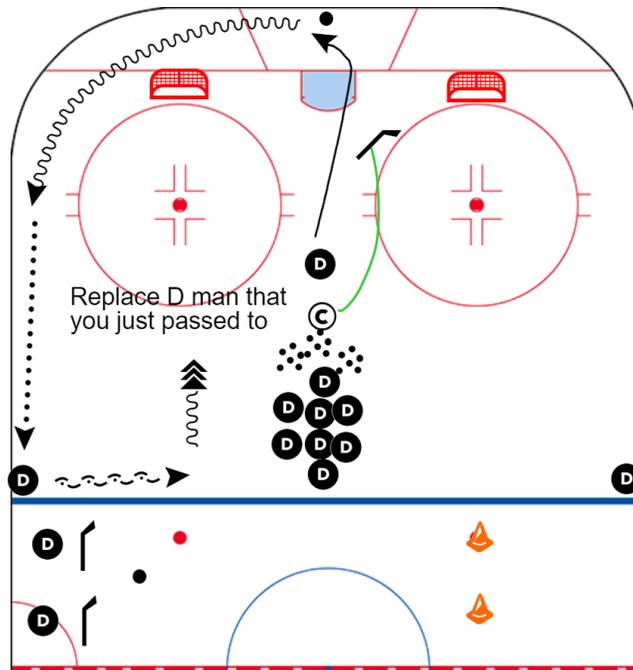
Key Points

For Players:

- How quickly are you getting the puck from the boards to the middle of the ice.
- Keep your feet moving and fluid throughout entire drill.
- Focuses on footwork and directing the puck to the net.

For Evaluators:

- Watch as players pick up the puck - do they keep their feet moving
- Skilled players will always be looking at the net with head up.
- Players should be quick and efficient in transitioning from fwd skating to bwd skating after each shot.



Description

**Move nets up to bottom of circle

- 1) Coach will spot a puck through blue paint while defensive player is looking towards boards.
 - 2) Defensive player will move to retrieve puck - imitating a break out play.
 - 3) The Coach on ice will act as a forechecker and is asked to use his stick to dictate which way the d player will "wheel"
 - 4) After retrieving the puck and wheeling away from stick/pressure - player will make pass to D man at blueline.
 - 5) D at blueline then moves to middle for a shot.
 - 6) Player breaking out - replaces blueline player after shot.
- **On ice coaches will change scenario throughout i.e. D player pivots or is looking up the ice when receiving the pass.

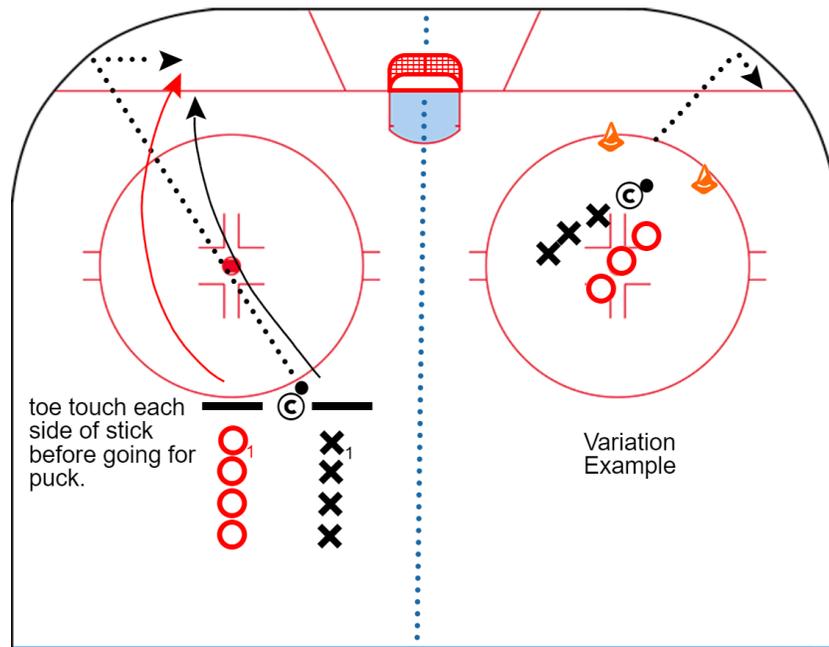
Key Points

For Players:

- Playing with your head up
- Making good decisions with the puck
- Feet moving when making escape moves.

For Evaluators:

- Look for how quickly players get their head up, feet moving and pick up on which way the pressure is coming from.



Description

SETUP

- Coach initiates the drill by chipping the puck into the corner. Coach then activates players; varying placement of players and timing of activation.
- O1 retrieves the puck and uses deception, evasion and puck protection skills to maintain possession between strong side hashmarks and the trapezoid line.
- X1 reads O1 and applies the SAACC technique. The rep ends on the coach's whistle.

NOTES

- Coach can vary the puck placement.
- Ensure players take reps both on offense and defense, and on both sides of the ice.

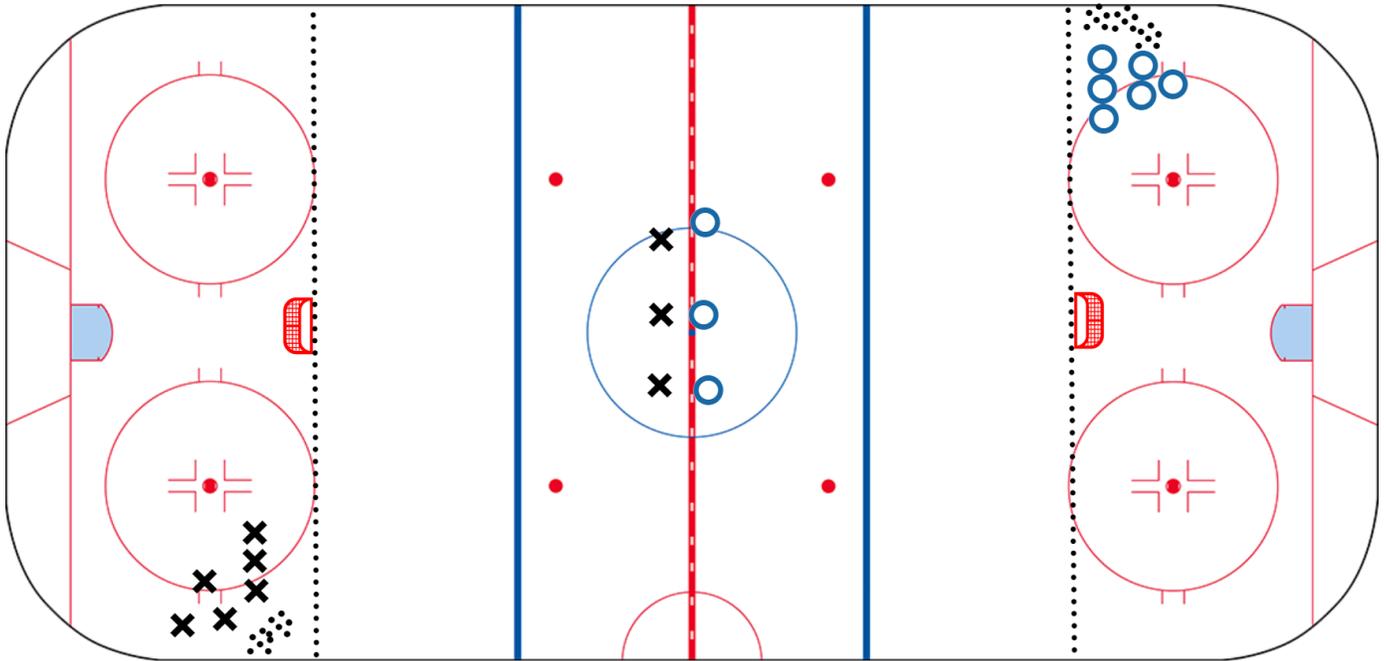
Key Points

For Players:

- Players should be using deception to win race out of corner with the puck.
- Controlled speed into corner with head up looking to make play to net.
- Use body position and puck protection to win battles NOT bad checks.

For Evaluators:

- **Key in on players who consistently win battles and races to the puck.**
- **On Offensive side - look for feet moving - deceptive moves and attacks towards the net.**
- **On D side of puck - look how players angle and use their stick to dictate where the offensive player can take the puck.**



Description

** Dotted Lines are boundaries - nets are put on ringette lines.

- Game is player 3v3 or 4v4 in middle of ice.
- IF the puck goes out of bounds or in the net on team X side - 3 new X's jump in with a puck - forcing O's to transition to defense/backcheck.
- Play will continue while puck is in the middle of the ice.
- Teams always change when puck goes out of their end.
- Fast pace with lots of player movement & action.

Key Points

Players should recognize a turnover and jump back to d side of puck. Backchecking/picking up a man is important.

For Evaluators:

- Watch players with and without the puck
- Do players without the puck move into space to get open, are they passing and moving towards the net.
- Once on D side - are players finding a "man" on the back check, coming back to defend or standing still.