

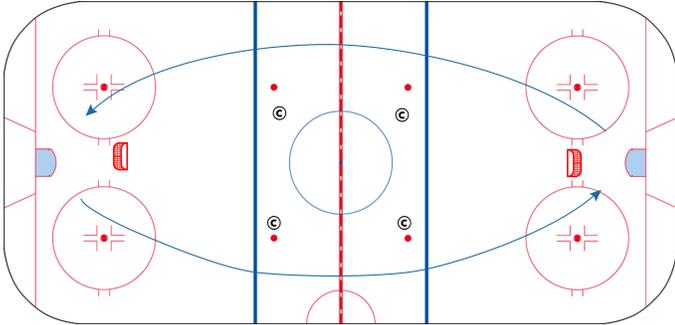


U7 - Evaluations 2021 Skate #1

Duration: 60 mins

Trails West U7 - Evaluations 2021 Skate 1 Warm up

8 mins



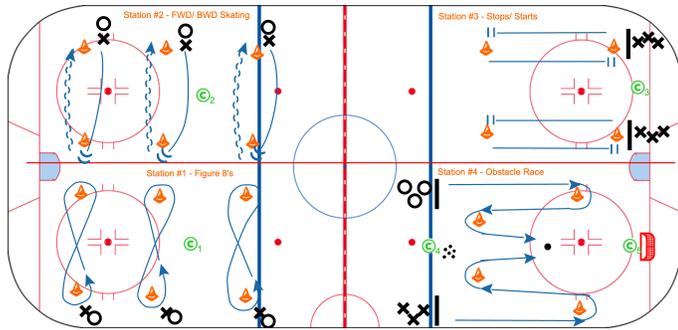
U7 Warm up - 10minutes

- Coach lead warm doing various skills between blue lines and/or around the nets
- Knee dips, Spinoramas, One/ Two foot glides, Super mans, skate hard between the blue lines. Stop and go the other direction, etc. ****BE CREATIVE****

On ice helpers please do the warm up with them and show them that you can do it too. Have fun with it!!

Water Break

2 mins

**Station #1 - Figure 8's**

- Purpose of this drill is to illustrate player's ability to skate and tight turn around corners. Have players do it twice each time.

Station #2 - Forward/ Backward Skating

- Purpose of this drill is to illustrate player's ability to skate forwards, pivot around cone and skate backwards
- Average skaters have them do 2 reps, Below average skaters do 1 rep.

Station #3 - Stops and Starts

- Purpose of this drill is to illustrate player's ability to stop and start. **Remember to switch stopping directions half way through drill
- Average skaters have them do 4 reps, Below average skaters do 2 reps
- Encourage skaters to cross over after they stop and accelerate back to their line.

Station #4 - Obstacle Race

- Purpose of the drill is to complete the obstacle and win the race to the puck. Don't be afraid to have the player follow you if they have a tough time with the pattern. Use Bingo doobers to show direction
- Two Teams - Start race with clap of coach's stick.

Key Points**Station #1 - Figure 8's**

- Bend knees and keep both feet on the ice. Lead with inside leg and turn with head and shoulders

Station #2 - Forward/ Backwards Skating

- Bend knees, head and chest up. C-Cuts with each skate. Show them heels around pylon.

Station #3 - Stops/ Starts

- Bend knees, head and chest up. Toes point same direction on stop.

Station #4 - Obstacle Race

- Bend knees, lead with inside foot and do the obstacle.