

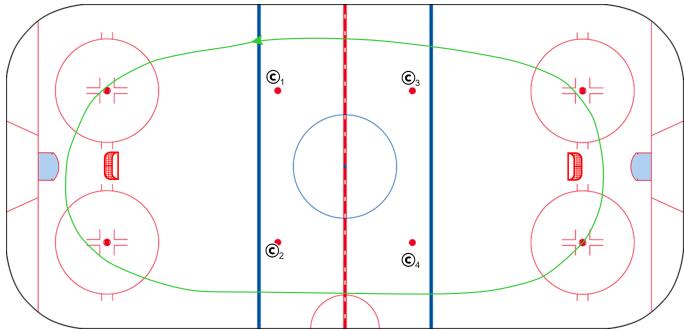


# U11 - Evaluations 2022 Skate #2

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

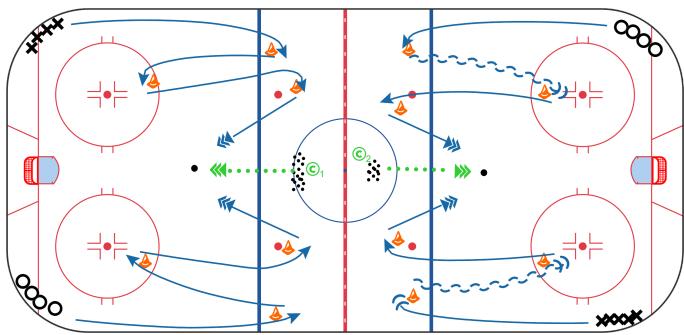
2nd Minute - Hard between bluelines or on coaches whistle. Quick feet/crossovers around nets, slow down between blue lines

- 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

## Evaluations - Race for Puck

10 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\*\*

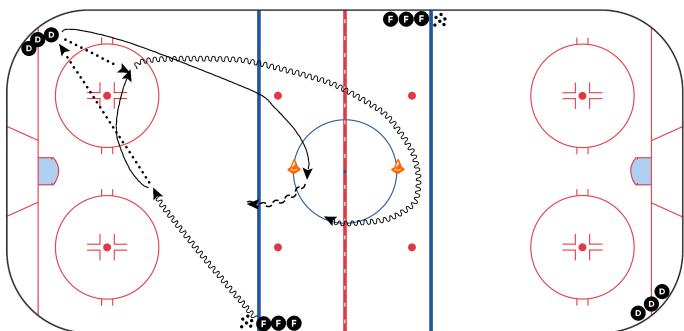
### Key Points

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

## Swedish Overspeed 1 v 1

10 mins

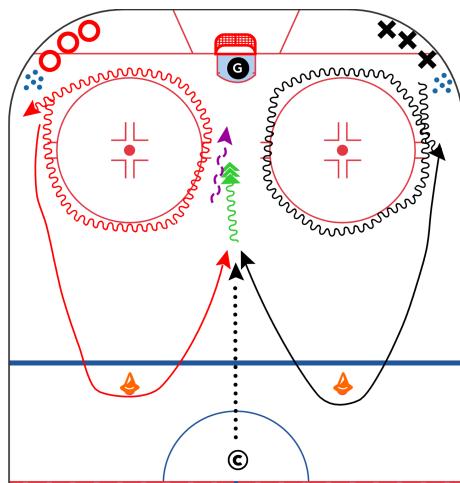


Forward starts with the puck, takes a couple of strikes and makes a tape to tape pass to the defenseman. The defenseman then makes a pass back to the forward at roughly the top of the circle. The forward then transitions with speed up ice and around the far cone while the defenseman explodes out of the corner with speed toward the near cone. The defenseman pivots to backward and looks to match speed while maintaining gap control and containing the forward to the outside. The forward looks to conduct linear crossovers to achieve over speed to beat the defenseman. This drill can be done out of both ends of the ice, it's just important that the players make decent passes so they can handle the puck cleanly and avoid running into each other. For lower levels, two additional cones can be placed on the ice and this will ensure the players won't run into each other.

If a player is very clearly incapable of skating backward or defending while skating backward relative to his or her peers, it compromises a coach's ability to play their players in each position come the starts of the season

## Open Hip Race

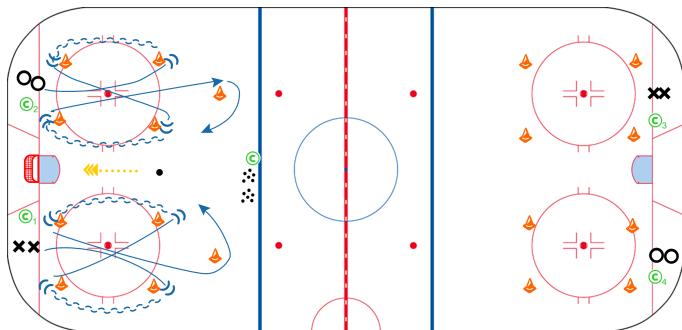
10 mins



- Both players start as **C** plays a puck down the middle (no whistle).
- Players skate with puck to the circle then open hip from hashmark to hashmark.
- At hash players pass puck to next player in line, crossover around rest of circle, skate around pylon in the neutral zone and race for puck.
- First player to reach puck has a breakaway and second backchecks.

## Trails West U9 - Evaluations Skate 2 - Box Transition races

10 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.

## Full Ice game

15 mins