

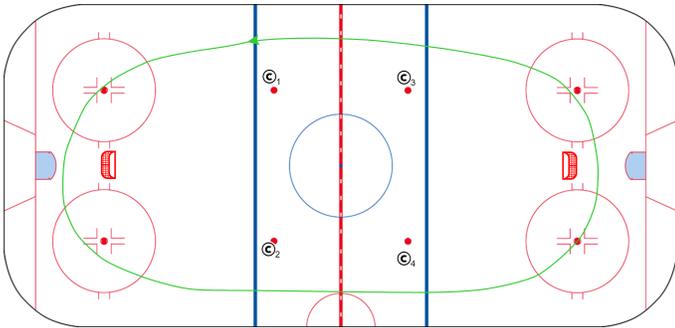


U11 - Evaluations 2022 Skate #3

Duration: 57 mins

Daily Skate and Stretch

6 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)

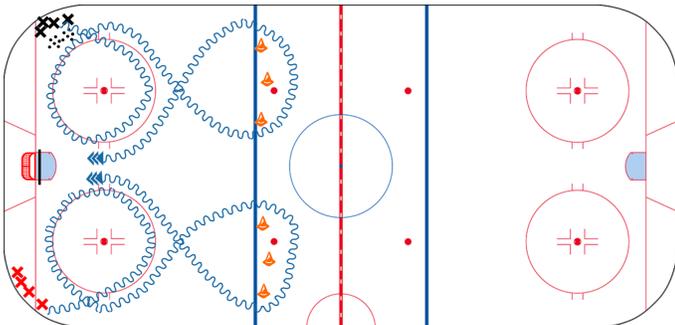
3rd Minute - Backwards pivot at Bluelines. Pivot forward again at next Blueline and go hard to the boards

Water Break

2 mins

Mazzy's Figure 8's

10 mins



Divide player up in 4 corners with Pylons place in a half moon just outside the blueline.

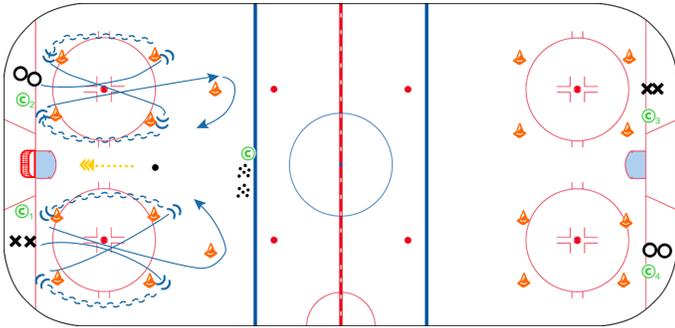
- X skates out of corner with puck around the circle maintaining control of the puck.
- X skates out around the pylons maintaining speed. Crossovers around pylons
- Take shot on net. Try and raise it over the divider.
- Switch corners after shot.

Key Points

Evaluators.

Looks for puck control.

Controlled crossovers with back leg drive to generate speed and power.

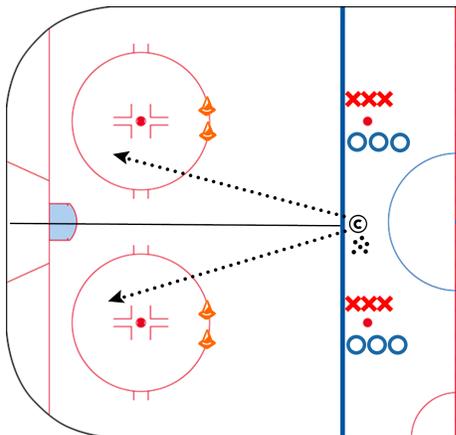


Box Transitions Puck race:

- 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.



- Place 2 pylons near top of circle about 1 foot apart
- Coach dumps puck in each corner, X and O race to puck
- Player that gets puck tries to skate it though pylons, player without puck tries to protect the gate.
- If puck gets turned over, change roles

Key Points

- Quick feet, good puck protection
- Defence stay on defensive side, good stick, stick on puck