



TW U13-U18 Evaluation Package #2

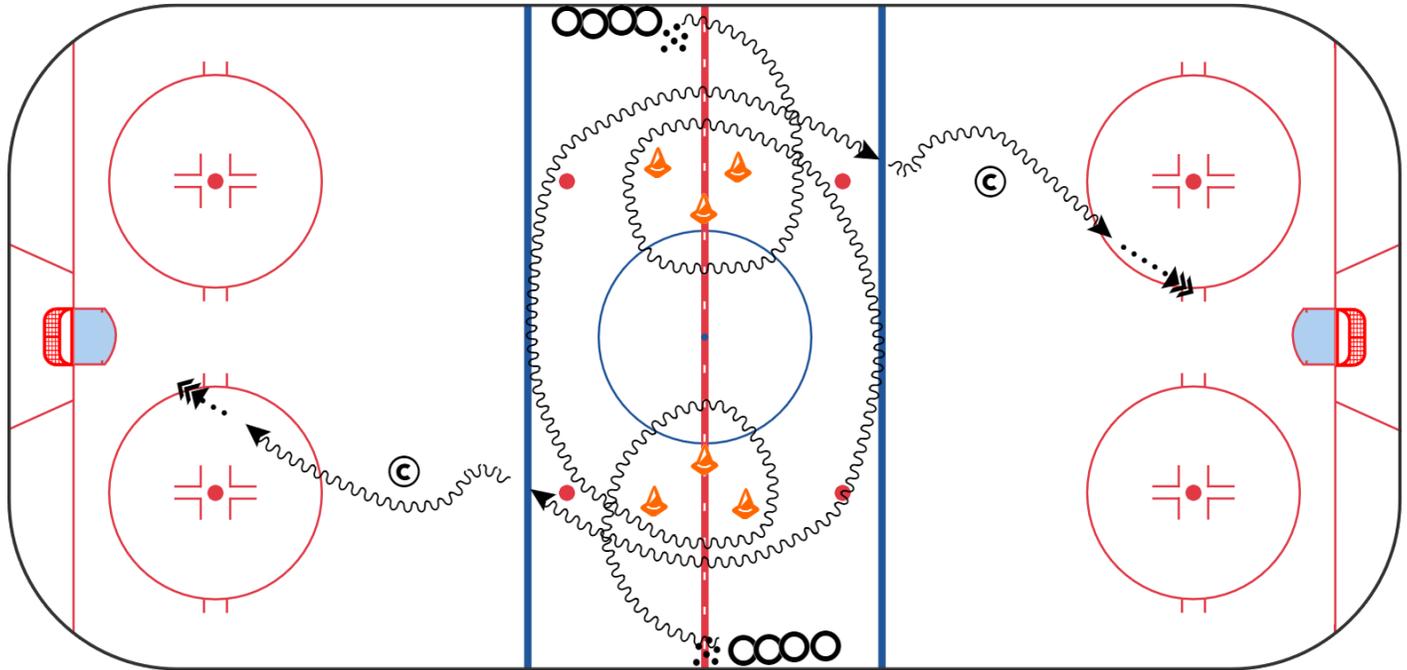
Date: Aug 26 2022

Time: 4:20 am

Duration: 75 mins

McDavid Overspeed

10 mins



Description

All cross-overs, all the time. No straight lines.

Inside-outside moves or coach.

Shooting in stride.

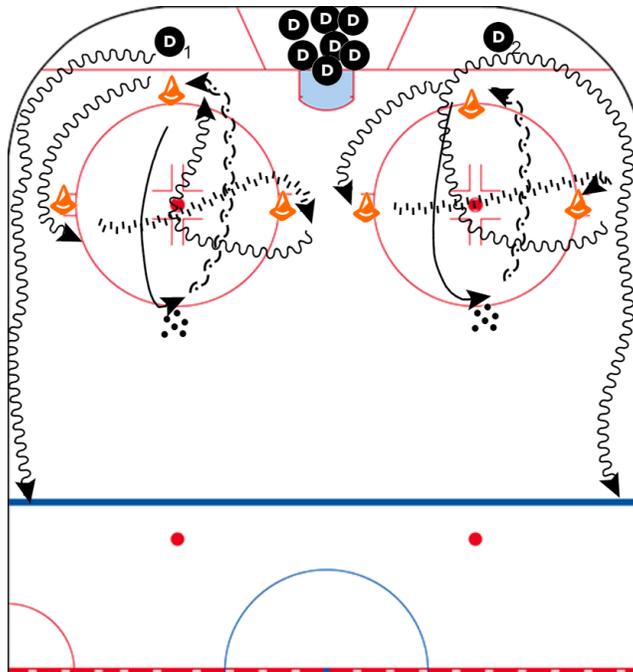
- Coach in place to simulate a move at blue line.

**Change skills at cones i.e. pivot backwards to accelerate forwards and/or spin move.

Key Points

- Head up, feet moving while controlling the puck.

Evaluators will key in on speed, but also how a player can maintain control of his moves with the puck.



Description

**Meant to be a mock race to show players who perform high skill plays quickly and efficiently.

- 1) D1 & D2 begin on coaches word/whistle
- 2) Skate to top of circle - take puck and pivot to backwards skating.
- 3) Continue to bottom of circle & push to inside or outside cone.
- 4) Move laterally across the circle to far cone and back to center dot.
- 5) Once at center dot, players will escape/skate to outside of circle and continue to skate down boards through blue line.
- 6) Next 2 players in line will then go.

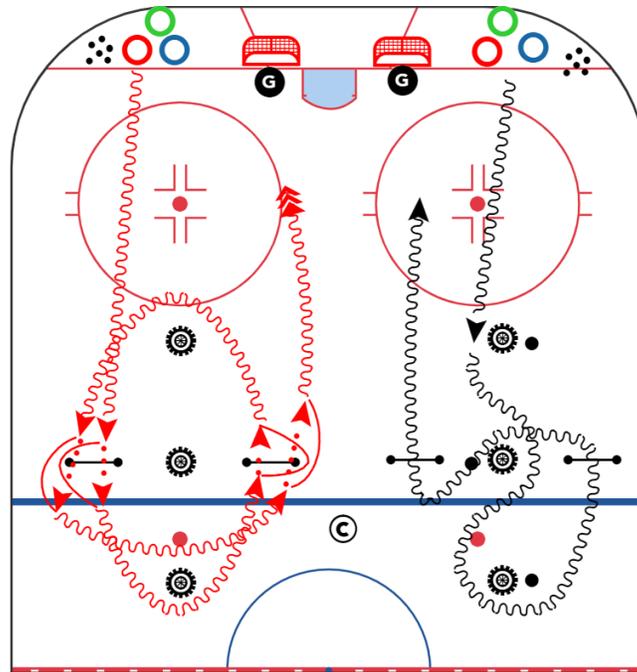
Key Points

For Players:

- Quick feet and transition skating between forward and backward.
- Keep control of puck while in tight to body.
- Move through drill in control with puck.

For Evaluators:

- Focus on transition from fwd to bwd skating
- Watch for players who keep their head up throughout the drill.
- Puck control is important to maintain.
- Gives a great perspective on in tight moves and plays with puck.

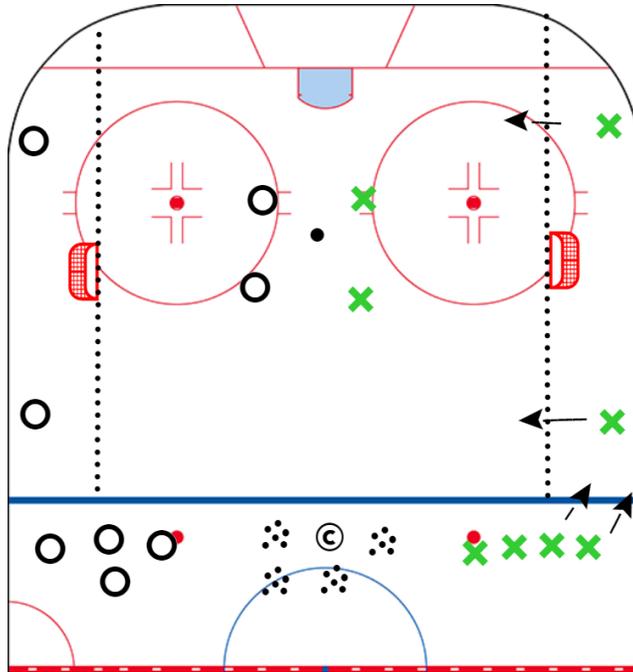


Description

- On © 's whistle ○ skates with a puck from the goal line.
 - ○ skate through the deviator and turns around the far tire.
 - ○ again turns around the tires then turns around the middle tire and skates through the deviator and shoots on the net.
- Ice Boss will change puck/stick skills throughout drill depending on skill level.
 - Examples include - toe drags, flip over deviator, puck one side body other side etc.
 - There will also be an opportunity to change the skating pattern using the same set up see variation.

VIDEO IN SKETCHPAD

Instagram: @above_and_beyond_hockey



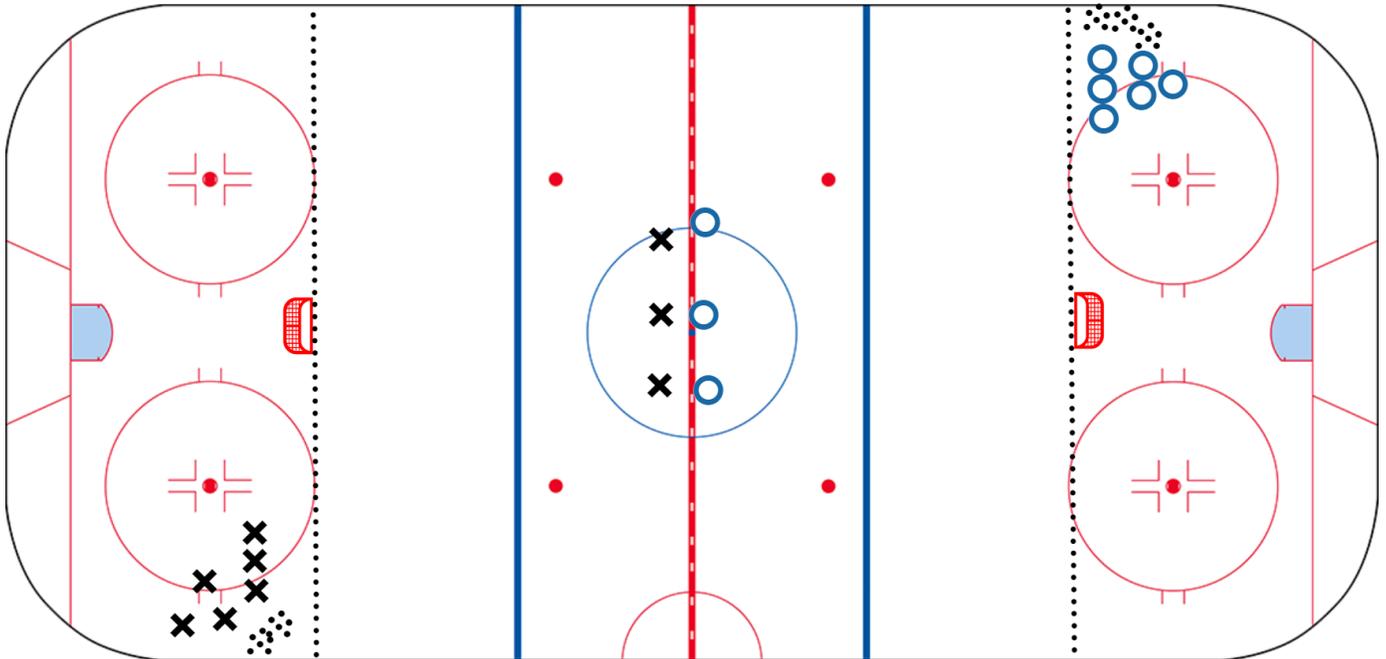
Description

Regroup with players behind net each change of possession.

Players behind net must d to d pass to shoot or pass to team mates inside.

ON WHISTLE - Players behind net go inside and attack - 2 new players jump in behind net.

Progress to Hi/Lo passes i.e. players are on sides not behind net.



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.