



TW U13-U18 Eval Package Session #3

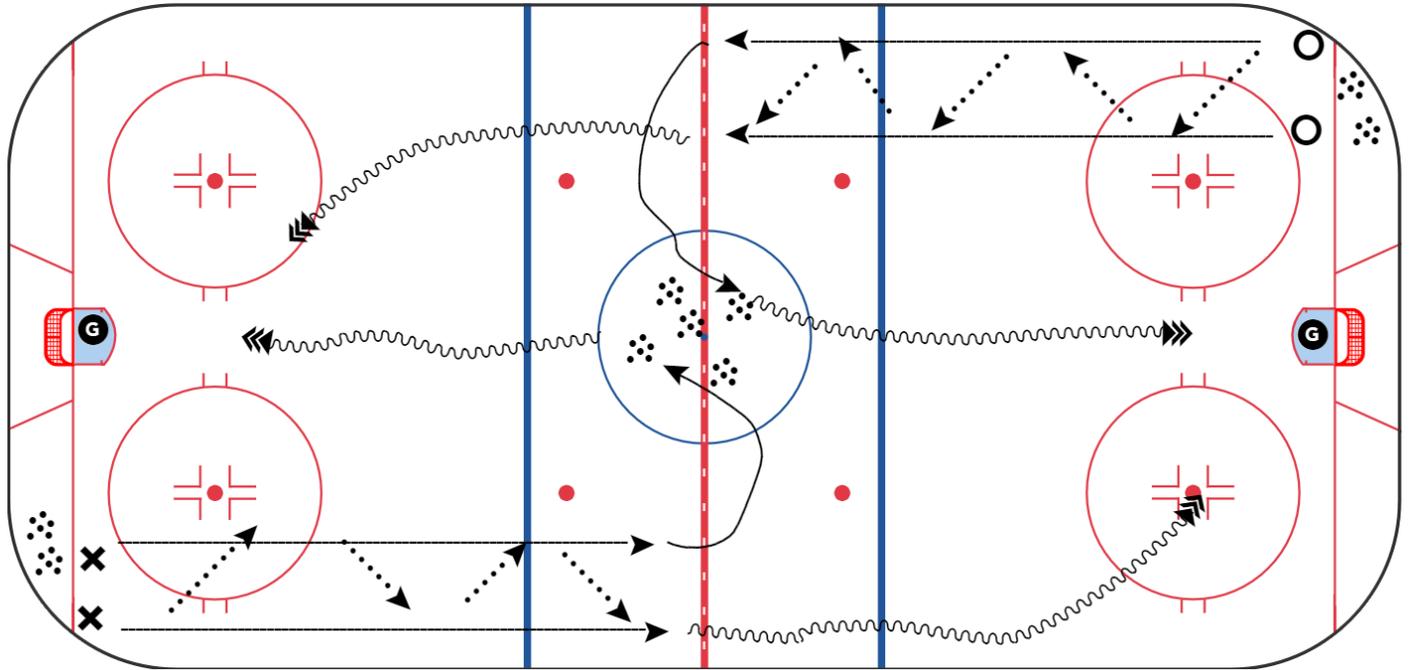
Date: Aug 26 2022

Time: 4:54 am

Duration: 38 mins

Swedish 4 Shot

10 mins



Description

On coaches whistle** Switch sides half way through.

Both X's and O's start drill together.

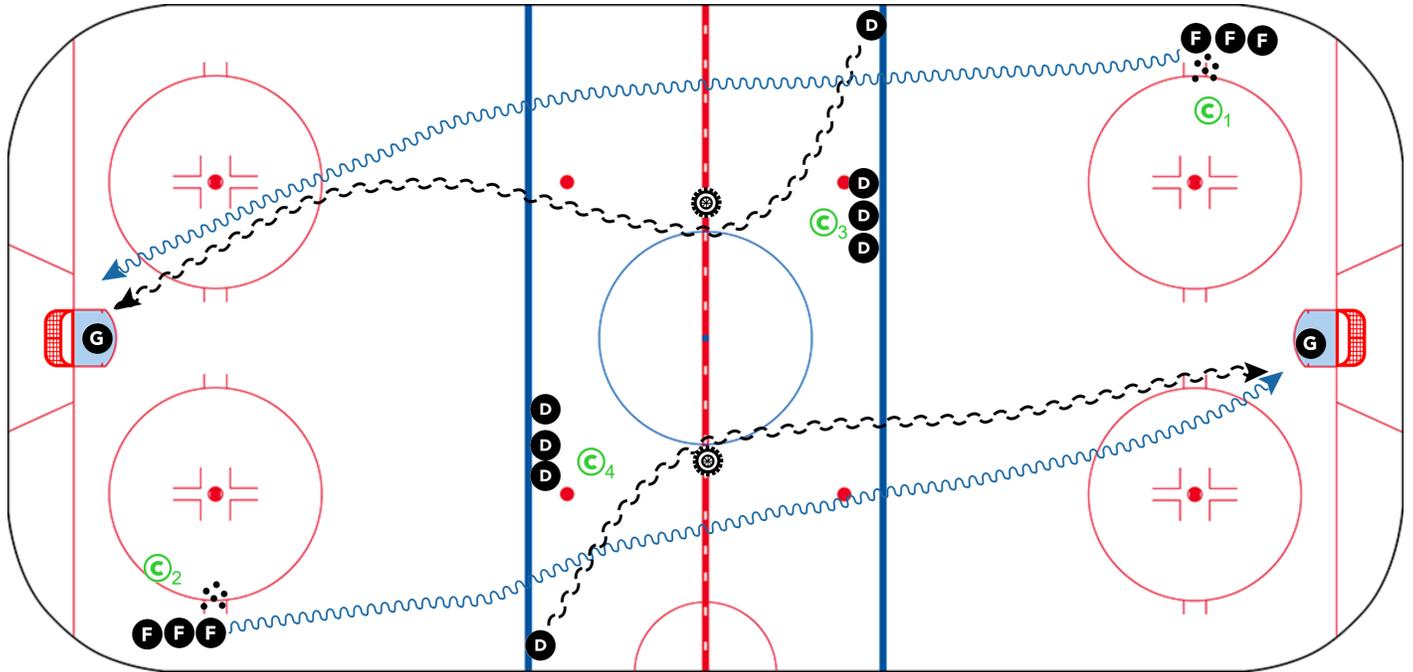
Players pass puck back and forth to red line.

Player with puck continues to far net.

Player without puck travels through middle of ice, gains possession of a puck and skates towards net from original line to end with a shot.

Key Points

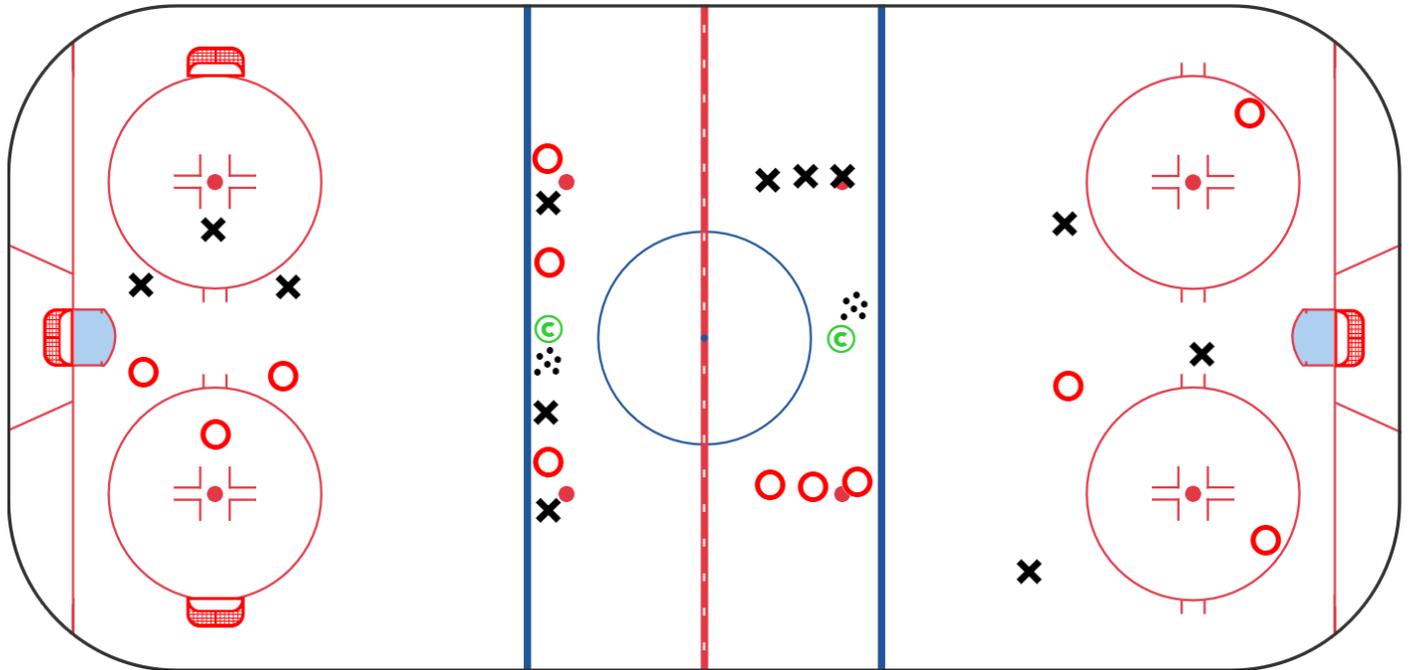
Warm Up drill to showcase passing and shooting skills.



Description

- **F** lineup on hash marks... NO Cheating
- **D** lineup with stick touching boards
- On whistle **F** takes off with the puck on a 1 vs 1 with **D**
- **D** can't turn forwards until the Red Line

ADVANCED: **D** lies flat on the ice with stick touching boards.



Description

**20-30 second shifts on whistle.

With Four Goalies:

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice – one in each end zone.
- Spare players line up along blue lines and switch on the coach's signal.

With 2 Goalies:

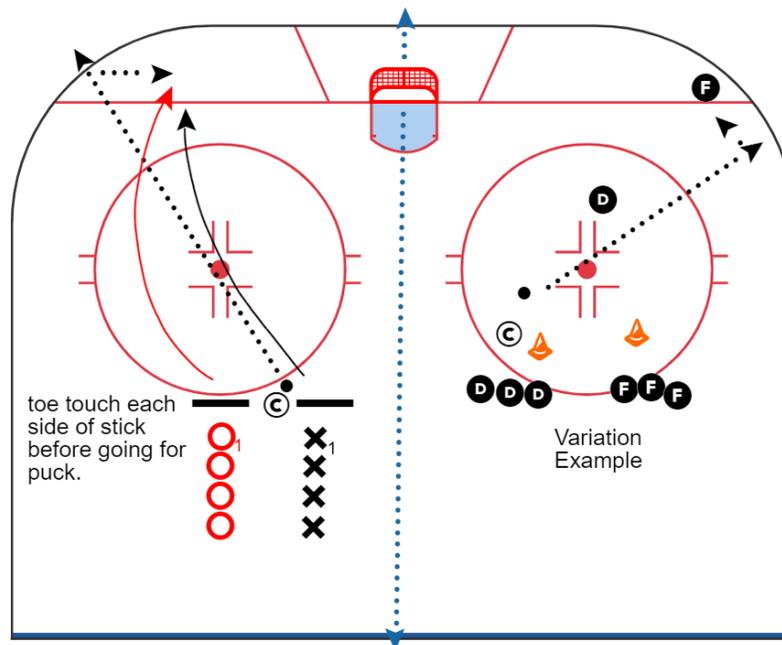
3 v 3 inside the blue line.

- Player X and Player O in the front of the line become possession passers.

- Players must pass to front of line to become offensive players. Offense then shifts to D

Key Points

- Use pucks, tennis balls, hockey balls, etc.
- Alternate 1 puck, 2 pucks, 3 pucks.



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.

Variation shows F attacking D to get to the net.

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.**