



U7 - Evaluations 2022 Skate #2

Date: Sep 11 2022

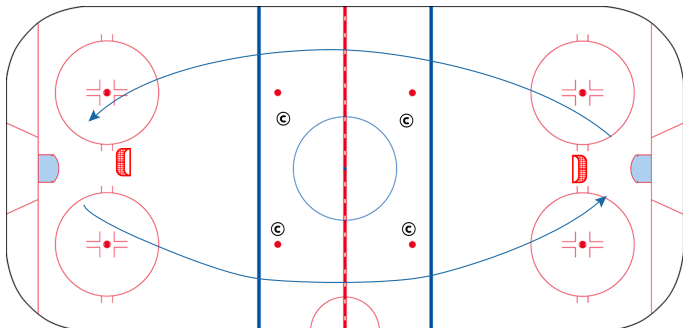
Time: 12:00 am

Duration: 57 mins

4 Station setup

Trails West U7 - Evaluations 2021 Skate 1 Warm up

10 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, Supermans, skate hard between the blue lines. Stop and go the other direction, etc. ****BE CREATIVE****

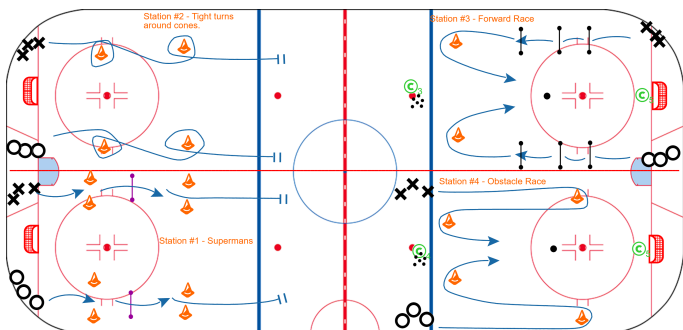
On ice helpers please do the warm up with them and show them that you can do it too. Have fun with it!!

Water Break

2 mins

Trails West U7 - Evaluations 2021 Skate 2v1 Drills

45 mins



Station #1 - Superman's - ****NOT A RACE****

- Skate forward do a superman under cones and get back up. Continue skating and one foot (two foot depending on skill level) over dangler or bingo dabbler line. Continue skating forward and do another super man under cones get back up and skate through to blue line. Stop. Continue Drill back and forth

Station #2 - Tight turns around cones ****NOT A RACE****

- Skate forwards around cones doing a tight turn. Lead with Stick, shoulders and head turn while going around cone. Continue skating forward and do another tight turn around cone going the opposite direction. Sprint to blue line and STOP.
- Start the drill by clapping the stick

Station #3 - Forward Race over Danglers

- Utilize danglers if you have them otherwise use bingo dobbers. Danglers work best as kids have to step over them.
- Go around cone and race for the puck. Shot on net. Ensure the players are switching lines and pair skilled players against each other.

Station #4 - Obstacle Race

- Complete the obstacle around cones and race to puck.

Key Points

Teaching points for all stations.

- Bend knees, lead with inside foot and have fun!!