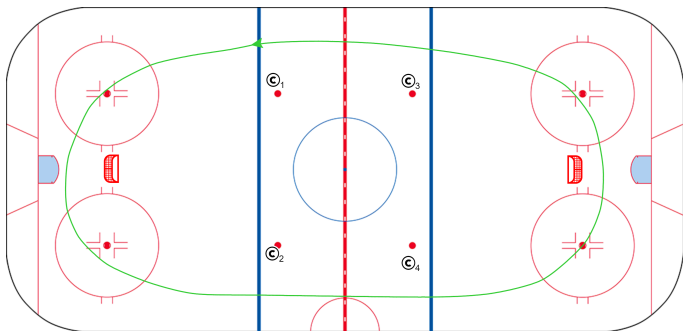


U11 - Evaluations 2023 Skate #2

Duration: 62 mins

Daily Skate and Stretch

7 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

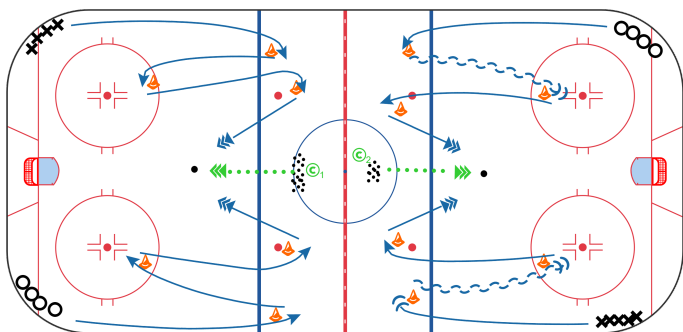
2nd Minute - Hard between bluelines or on coaches whistle. Quick feet/ crossovers around nets, slow down between blue lines

- 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**

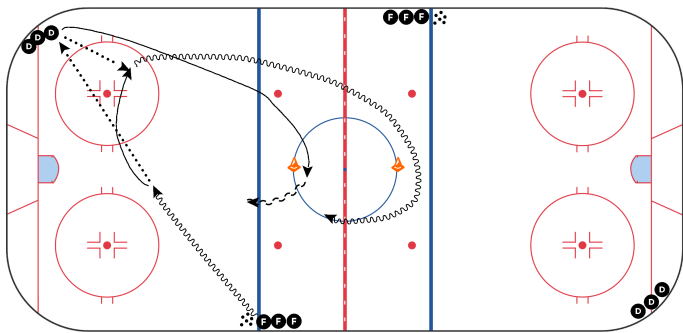
Key Points

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

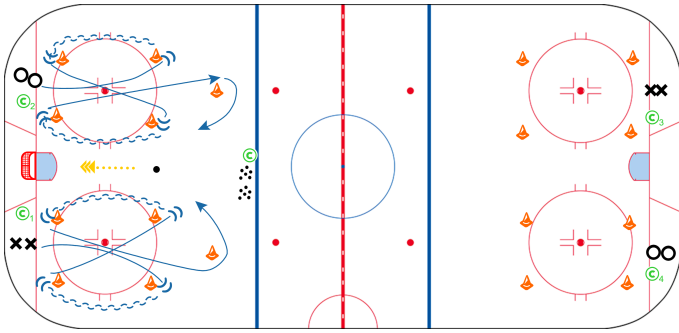
Swedish Overspeed 1 v 1

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 cross-overs 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

**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.