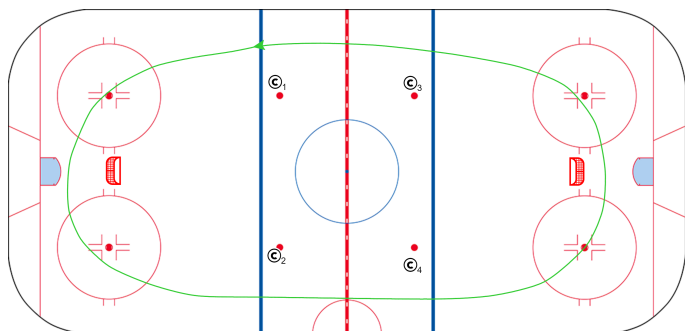


U11 - Evaluations 2023 Skate #3

Duration: 55 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)

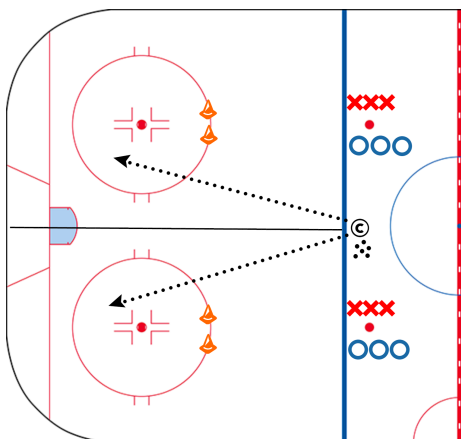
3rd Minute - Backwards pivot at Bluelines. Pivot forward again at next Blueline and go hard to the boards

Water Break

2 mins

Small Area Game - 1 on 1 - Protect the Gate

12 mins



- 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

Full Ice game

35 mins