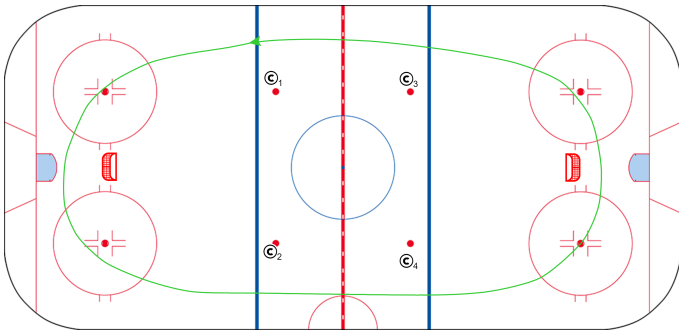


# U11 - Evaluations 2023 Skate #4

Duration: 57 mins

## Daily Skate and Stretch

4 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

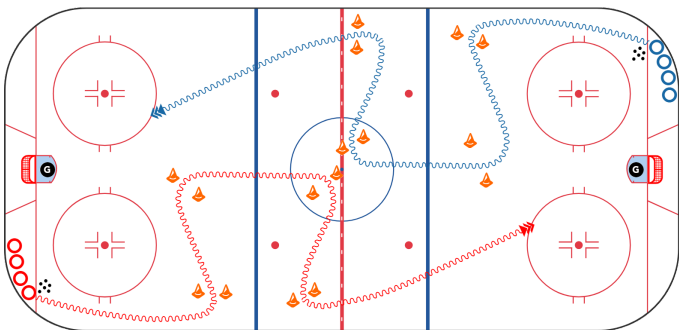
2nd Minute - Hard between bluelines or on coaches whistle. Quick feet/ crossovers around nets, slow down between blue lines

- 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

## Activation - Skating - Inside Edge

8 mins



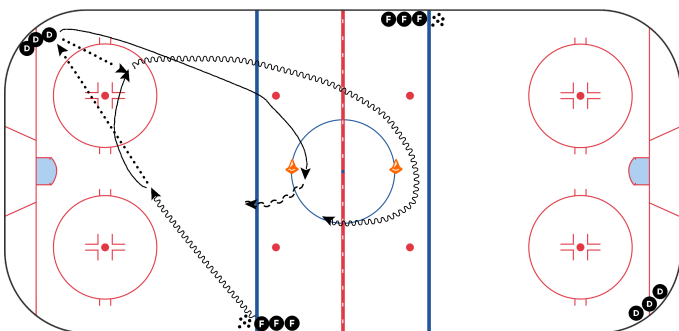
- Player skate between the 🚩's, hold on the inside edge at the 🚩's and activate his turn.
- Working on the quality of the glide and puck management should be under-handling the puck.

VIDEO IN SKETCHPAD

Instagram: [@hockeydeveloppement](https://www.instagram.com/hockeydeveloppement)

## 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

## Full Ice game with intermission after 15minutes

35 mins