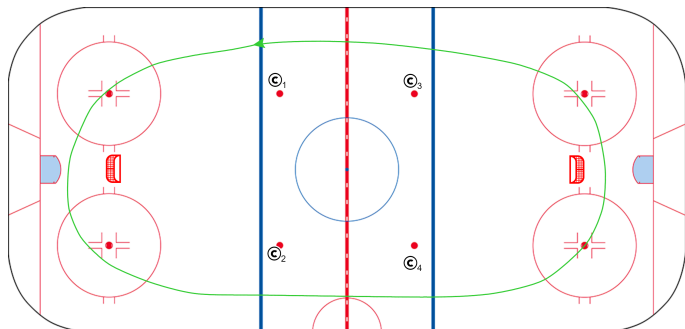


# U11 - Evaluations 2023 Skate #5

Duration: 48 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

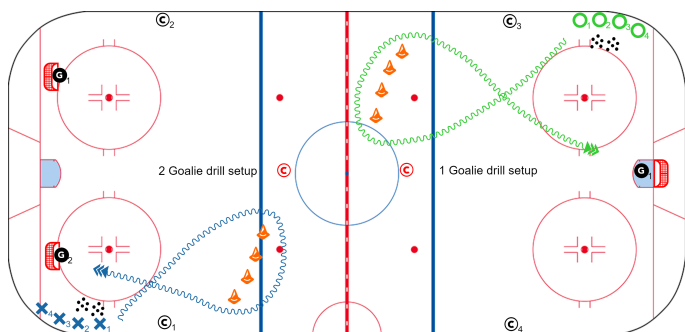
2nd Minute - Hard between bluelines or on coaches whistle. Quick feet/ crossovers around nets, slow down between blue lines

- 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

## Goalie Warmup

4 mins



**F** explodes out of the corner carrying the puck, accelerates around the pylons with crossovers and drives the net for a shot

- Key Points - Ask players to protect puck around pylons with head up. Warm up the goalie - HEAD SHOTS = PUSHUPS
- Run the drill out of all corners whether there is 1 or 2 goalies on a side.

## Full Ice game

40 mins