



U11 - Evaluations 2024 Skate #3

Duration: 56 mins

Lane Skate - 4 Lines

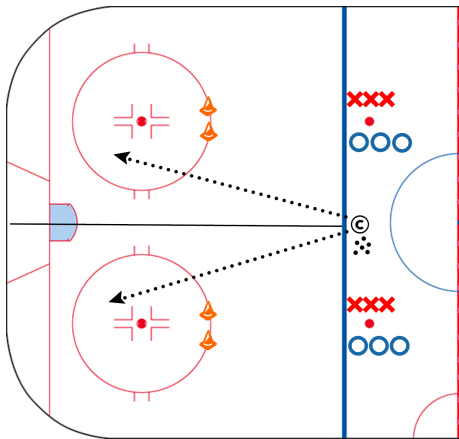
7 mins

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 through 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