



U11 - Evaluations 2023 Skate #5

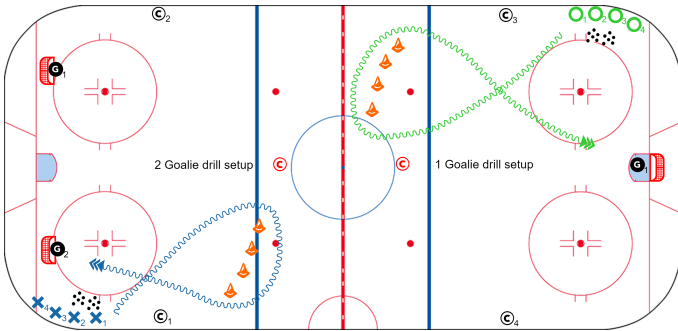
Duration: 52 mins

Lane Skate - 4 Lines

8 mins

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