



# U7 - Evaluations 2024 Skate #1

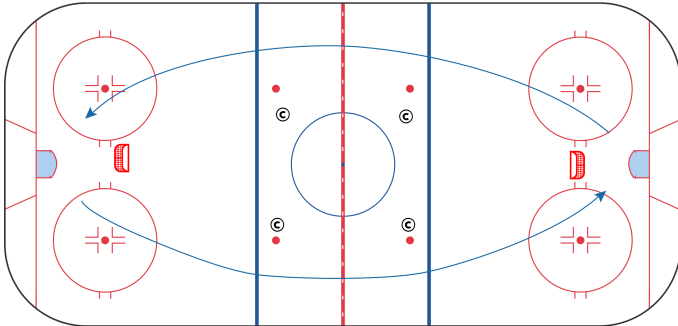
Date: Sep 9 2022

Time: 12:00 am

Duration: 53 mins

## Trails West U7 - Evaluations Skate 1 Warm up

8 mins



U7 Warm up - 10minutes

- Coach lead warm doing various skills between blue lines and/or around the nets
- Knee dips, Spinoramas, One/ Two foot glides, Super mans, skate hard between the blue lines. Stop and go the other direction, etc. **\*\*BE CREATIVE\*\***

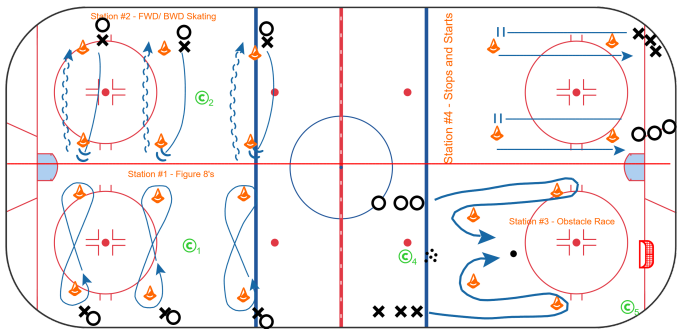
On ice helpers please do the warm up with them and show them that you can do it too. Have fun with it!!

## Water Break

2 mins

## Trails West U7 - Evaluations Skate 1 Drills

35 mins



### Station #1 - Figure 8's

- Purpose of this drill is to illustrate players ability to skate and tight turn around corners. Have players do it twice each time.

### Station #2 - Forward/ Backward Skating

- Purpose of this drill is to illustrate player's ability to skate forwards, pivot around cone and skate backwards
- Average skaters have them do 2 reps, Below average skaters do 1 rep.

### Station #3 - Obstacle Race

- Purpose of the drill is to complete the obstacle and win the race to the puck. Don't be afraid to have the player follow you if they have a tough time with the pattern. Use Bingo dobbers to show direction
- Two Teams - Start race with clap of coach's stick

**Station #4 - Stops and Starts:** Purpose of this drill is to illustrate player's ability to stop and start. **\*\*Remember to switch stopping directions half way through drill Average skaters have them do 4 reps, Below average skaters do 2 reps Encourage skaters to cross over after they stop and accelerate back to their line.**

### **Key Points**

#### Station #1 - Figure 8's

- Bend knees and keep both feet on the ice. Lead with inside leg and turn with head and shoulders

#### Station #2 - Forward/ Backwards Skating/ Stops and Starts

- Bend knees, head and chest up. C-Cuts with each skate. Show them heels around pylon.

#### Station #3 - Obstacle Race

- Bend knees, lead with inside foot and do the obstacle.

#### Station #4 - Stops and Starts

- Bend knees, wide stance and turn shoulders in the direction they want to stop.
- Advanced players - cross over to start

