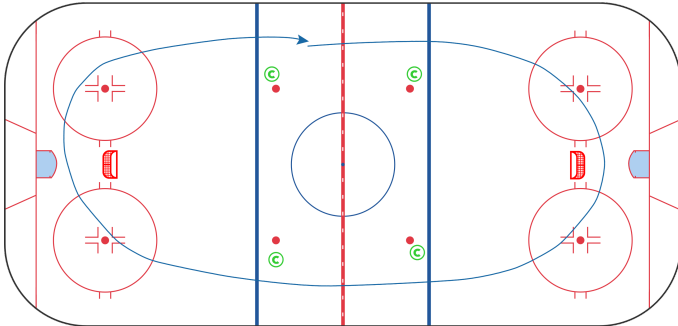


Evaluations - warm up

5 mins



1st Minute - Simple stretches between blue lines. Go around the nets. Lead Coach will have players do

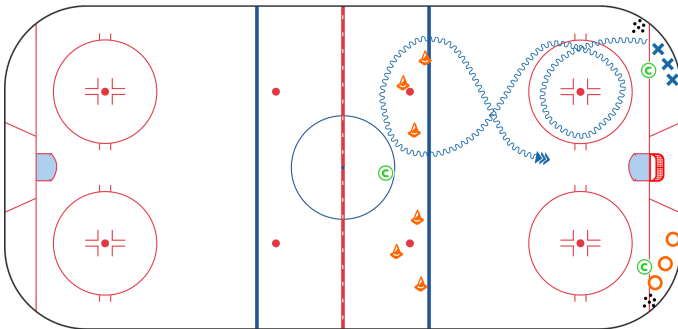
- Bubbles
- Crossovers
- Jump Over Lines
- 360's
- Belly down/ups

2nd Minute - Hard between blue lines or on coaches whistle.

3rd Minute - Backwards between the blue lines.

Evaluations - Mazzy's Figure 8's

12 mins



Player skates out of corner with puck around the circle maintaining control of the puck. Then player skates out around the pylons maintaining speed and does crossovers around pylons.

Take shot on net. Switch corners after shot.

Player from opposite corner leaves once first player finishes skating circle.

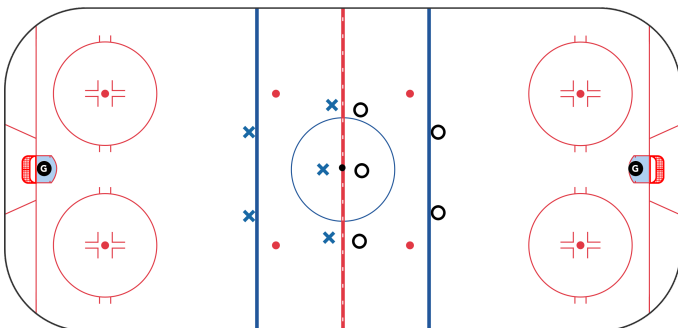
Key Points

Controlled crossovers with back leg drive to generate speed and power.

Puck control.

Evaluations - U11 Full Ice game

36 mins



All players go in the bench. Play will be 5v5.

DO NOT GIVE PLAYERS POSITIONS LIKE FORWARD/DEFENCE during the game.

Game will be 36 min. Change Buzzer on for 90 seconds.

Key Points

Coaches on the Bench - Be positive, fun, encourage players

DO NOT GIVE PLAYERS POSITIONS LIKE FORWARD/DEFENCE during the game.

Skills - Skating, Puck Control, Shooting, Hockey IQ, Compete