

2023 Evaluations - U11 Skate 3

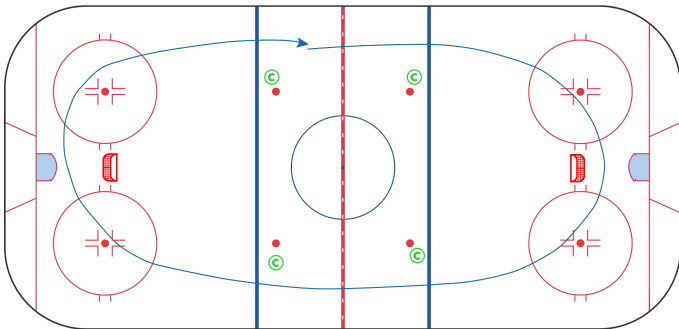
Date: Aug 10 2023

Time: 4:14 pm

Duration: 59 mins

Evaluations - warm up

3 mins



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

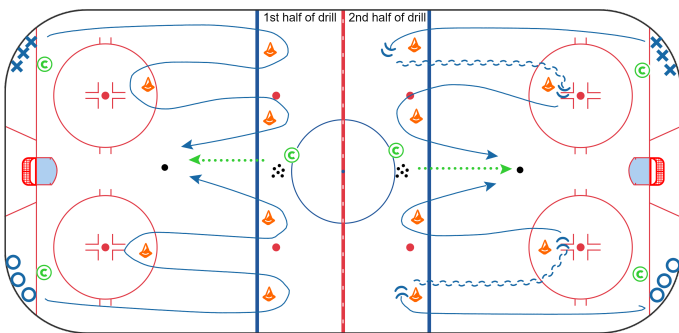
- Bubbles
- Crossovers
- Jump Over Lines
- 360's
- Belly down/ups

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

3rd Minute - Backwards between the blue lines.

Evaluations - Puck Race

12 mins



On coaches command players race for the puck that is spotted by the coach. Ensure players start behind the line, that the cones are even and that they switch lines after every turn.

1st Half - Players race forwards around all three cones and battle for the puck

2nd Half - Players start forwards, pivot around first cone and skate backwards to second pylon. Transition around 2nd cone and race around the last cone and battle for the puck spotted by coach.

Key Points

Watch for focus. Does the skater focus on his path vs. his opponent.

Stick leads the turn around pylon.

Does the skater drag a skate around cone.

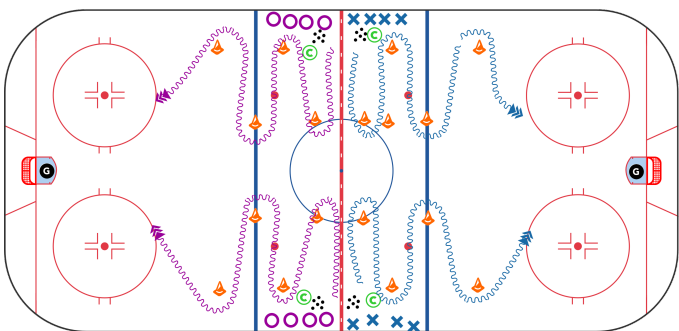
Can they compete if they're behind.

Water break, set up & explain next drill

3 mins

Evaluations - Edges around cones

10 mins



Player starts with puck and performs tight turns around pylons. Takes a shot on goal. ****Don't shoot at Goalie - Try and Score****

Halfway through drill switch sides.

Key Points

Speed through the turns. Inside leg leads.

Puck out in front leading around cones.

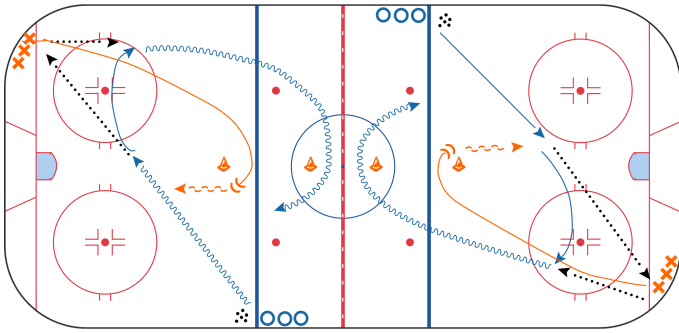
Head up skating into the slot.

Water break, set up & explain next drill

3 mins

Evaluations - Swedish Overspeed drill

10 mins



Forward starts with the puck, takes a couple of strides and makes a tape to tape pass to the defenseman. The defenseman then makes a pass back to the forward at roughly the top of the circle.

The forward then transitions with speed up ice and around the far cone while the defenseman explodes out of the corner with speed toward the near cone.

The defenseman pivots to backward and looks to match speed while maintaining gap control and containing the forward to the outside. The forward looks to conduct linear cross-overs to achieve over speed to beat the defenseman.

Key Points

Making and receiving passes.

Defensive positioning

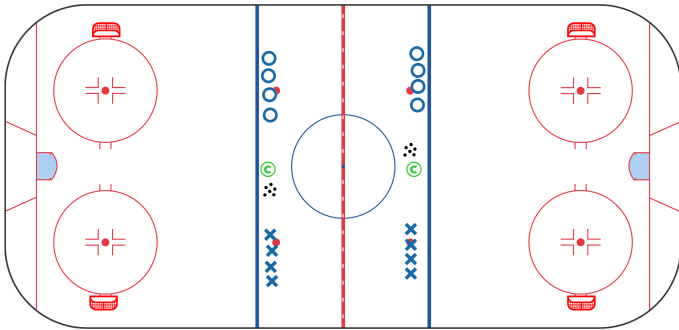
Offensive positioning

Water break

2 mins

Evaluations - SAG U9 & U11

15 mins



Same drill both ends.

Encourage players to: share the puck, get open, communicate, "shoot to score", hustle

On ice coach has discretion so try to split groups and change pairing so like skilled are together and they also play with different groups.

U9 - 3v3, 2v2 -One pass before a shot on goal!

U11 - 2v2, 3v3, 3v2, 4v3 -Odd man games as well be sure everyone gets a chance to play in all scenarios - start 2v2, 3v3, 3v2, 4v3

Key Points

Get open, share puck, take puck to net and Shoot!

Hockey IQ, defensive awareness, battle/compete.

Bring players in - Positive words and let them know the next practice will be a half ice scrimmage 1 mins