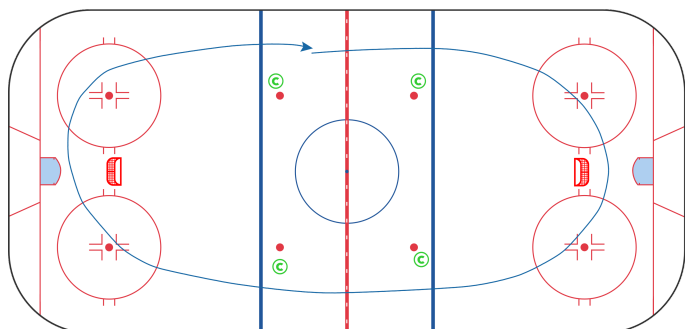


2023 Evaluations - U13-18 Skate 1

Duration: 58 mins

Evaluations - warm up U13-18

3 mins



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

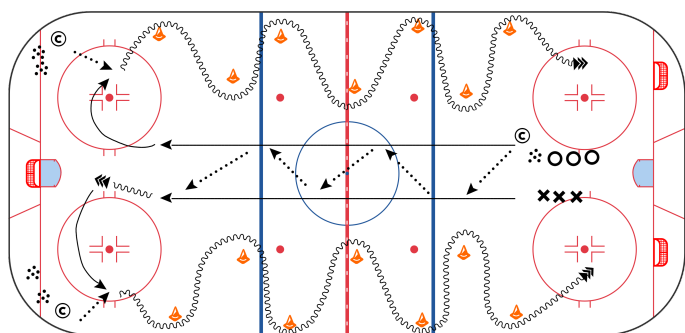
- Bubbles
- Crossovers
- Stretches

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

3rd Minute - Backwards between the blue lines or on coach whistle.

Evaluations - Pass and Weave Skate

12 mins



Players start on coach whistle.

Players pass puck back and forth to the ringette line. Player with puck shoots on net.

Both players open up for pass from coach in the corner.

Players skate with puck through cones with shot on net at end.

Switch sides when the return to line.

Water Break, Set up and Explain next drill

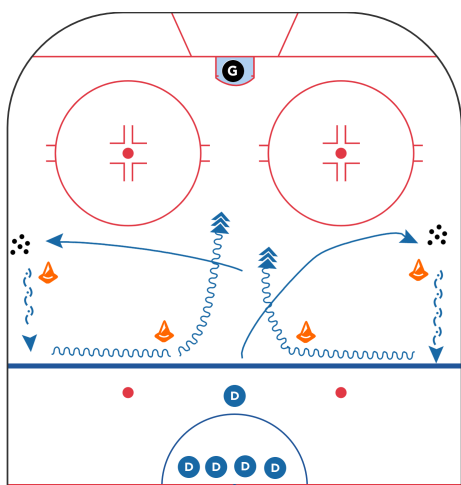
3 mins

Split players into Defense and Forwards - run 1 drill in each end

12 mins

Evaluations - Cornerstone D Shooting

0 mins



D gets 2 shots on net.

D starts in center, skates to the puck on the right side, pulls puck to blue line, walks in and shoots

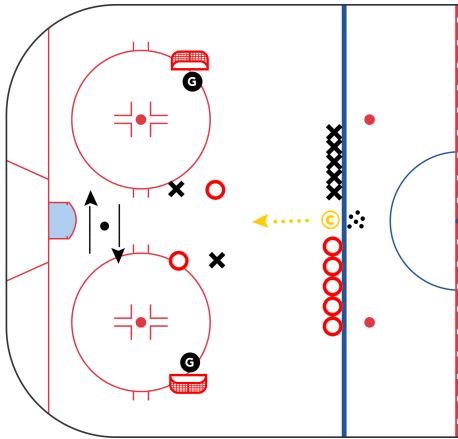
Immediately moves to the left side to complete the drill from left side

Next player goes as soon as shot is taken

Key Points

Evaluations - Forwards 2 vs 2 Either Way

0 mins



This drill is for the forwards only

- spots puck and players compete 2 vs 2 and can score on either goalie
- Spot new puck when goal is scored
- 20-25 second shifts - and next 4 players jump in on whistle

Key Points

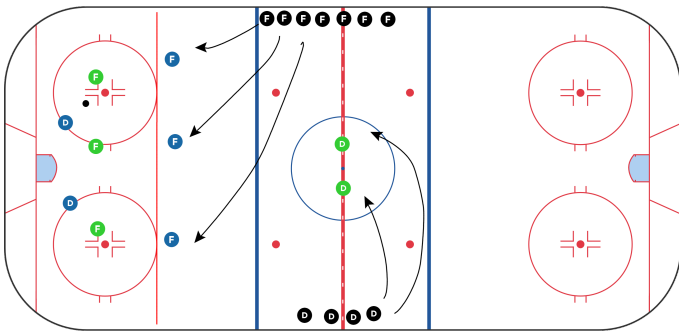
- Look for open ice, decision making
- Puck control, puck protection
- Back-checking

Water Break, Set up and Explain next drill

3 mins

Evaluations - Continuous 3 v 2

15 mins



Drill begins as a 3 vs 2 starting at center ice (3 Green F vs 2 Blue D in illustration)

Once forwards cross blue line, next 3 F and 2 D jump out (Blue F and Green D in illustration). The blue forwards who jumped out are not allowed to go below the ringette line, they must wait for a breakout pass from the blue D.

3 v 2 continues down low until the D win the puck to the waiting forwards. There is a 3 v 2 the other way (3 Blue F vs 2 Green D in illustration).

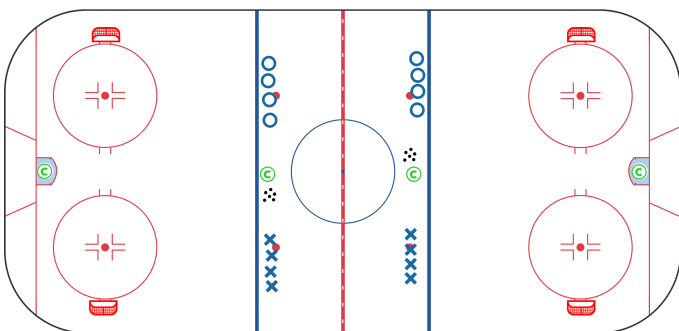
Once the forwards cross the far blue line, the next 3 F and D jump out from the line, to wait for the 3 v 2 back the other way.

This drill runs continuously until the end of the allotted time.

Note: If forwards score the D pull the puck out of the net and breakout the next group

Evaluations - SAG U13-18

10 mins



Same drill both ends.

Coach dumps puck in - players retrieve and shoot on opposite goalie
Encourage players to look for a pass. - they can even pass to the coach located in the crease or at the blue line.

Coach identifies before players go out: 2v2, 3v3, 4v4

Play is continuous - if goal is scored coach dumps another one in.

Shifts are 30-40 seconds and will change on coach's whistle - players skate hard out and new group goes in to play current puck

Key Points

- Hockey IQ
- Offensive/defensive understanding and responsibility
- Moves to get open
- Battle/compete/effort