

2023 Evaluations - U13 Skate 2

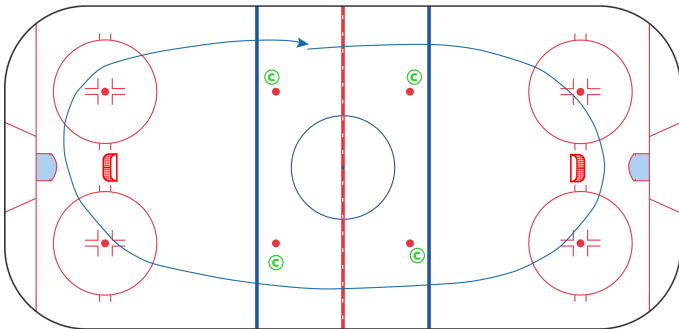
Date: Sep 1 2023

Time: 7:25 pm

Duration: 56 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

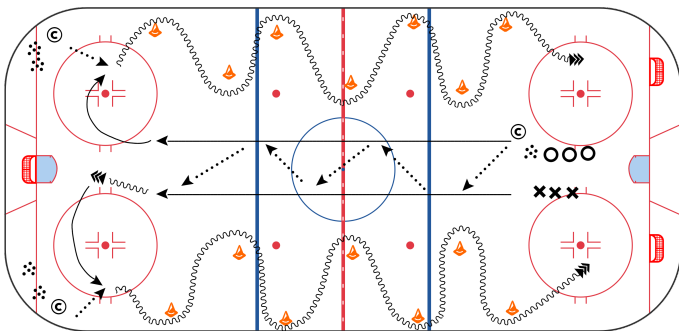
- Bubbles
- Crossovers
- Stretches

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

8 mins



Players start on coach whistle.

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

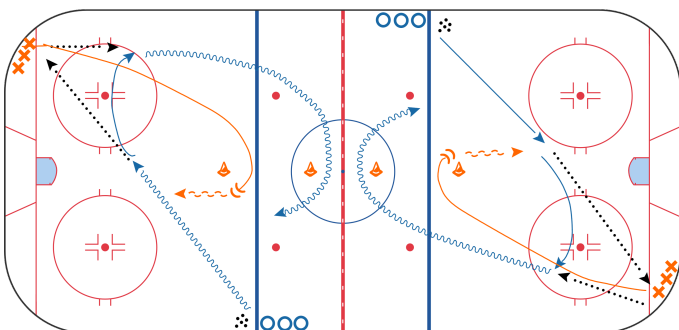
Both players open up for pass from coach in the corner.

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

Switch sides when the return to line.

Evaluations - Swedish Overspeed drill

8 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.

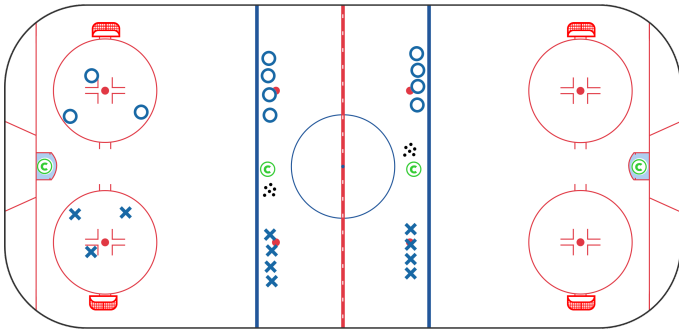
The defenseman pivots to backward and looks to match speed while maintaining gap control and containing the forward to the outside. The forward looks to conduct linear cross-overs to achieve over speed to beat the defenseman.

Key Points

- Making and receiving passes.
- Defensive positioning
- Offensive positioning

Evaluations - Poulin

12 mins



The game is played 3 vs. 3 with a coach (Poulin) below the goal line on the attacking net. You must pass the puck to your Poulin and get it back before you can attempt to score.

Defending players cannot defend Poulin, they must pick up an offensive player in front. Offensive players must constantly move to get open. Poulin can move side to side below the goal line and pass from either side.

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

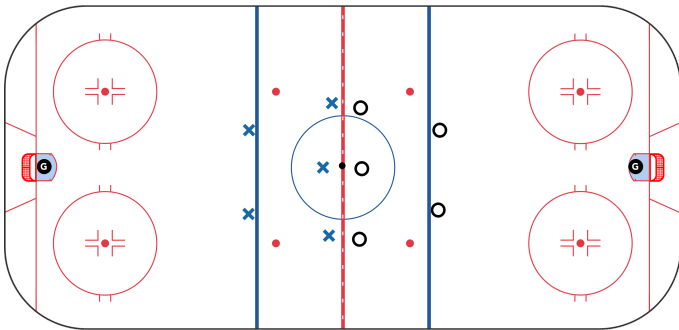
Shifts are 30-40 seconds and will change on coach's whistle - players skate hard out and new group goes in to play current puck

Key Points

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

Evaluations - U13-18 Full Ice game

25 mins



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

Players play in chosen position. Forwards will rotate to play all positions. D will play both sides.

Players will change on the fly

Key Points

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