

# 2023 Evaluations - U13 Skate 3 & 4

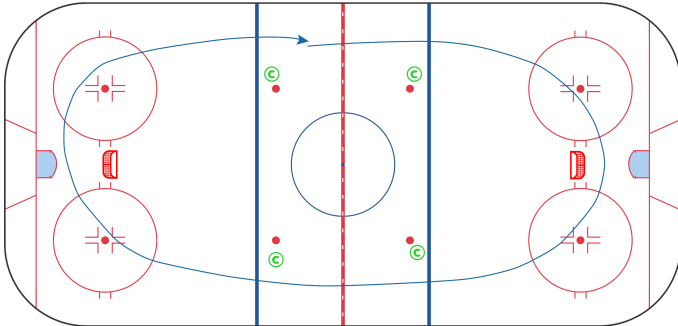
Date: Sep 1 2023

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

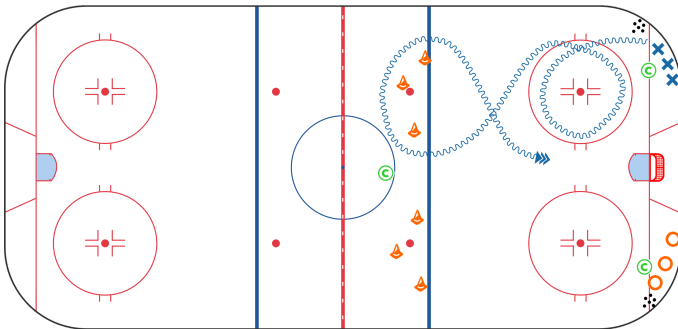
- Bubbles
- Crossovers
- Stretches

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

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

## Evaluations - Mazzy's Figure 8's

8 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.

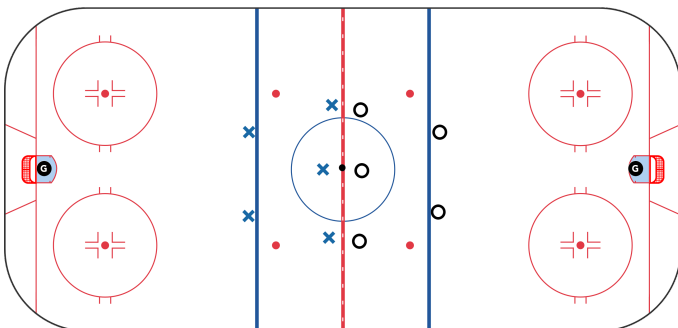
### Key Points

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

Puck control.

## Evaluations - U13-18 Full Ice game

45 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