

# U7 Evaluation - Skate 1

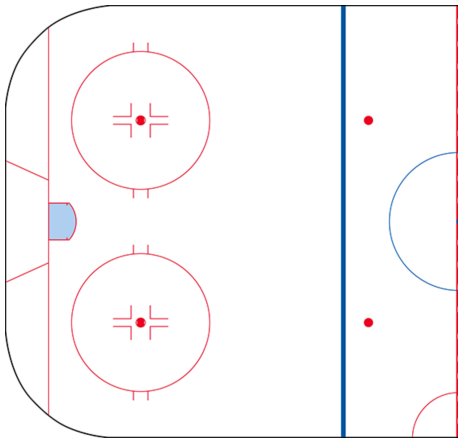
Date: Sep 19 2021

Time: 9:30 am

Duration: 60 mins

## Captains Coming

10 mins



Kids spread out in the rink, coach calls out directions  
Bow, Stern, Port, Starboard (kids can skate forwards to all or try to face same direction entire time)  
Scrub the deck (scrape ice)  
Walk the plank (march forward)  
Jellyfish (bubbles)  
Man overboard (slide on belly)  
Sword fight (stick up, roll wrists)  
Sharks (kids skate to dot, coaches try to chase them) - only 1 kid per dot.

### Key Points

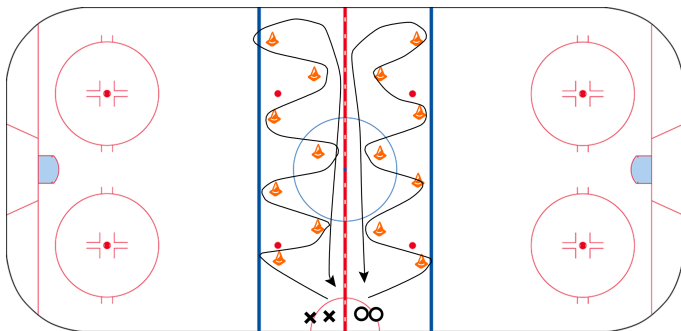
Head up  
Try hard & Have fun

## Water break & split into stations

5 mins

## Race Car Turns - U7 Evaluations

10 mins



Run drill in two lines. Skate through cones and back to the start along the red line.

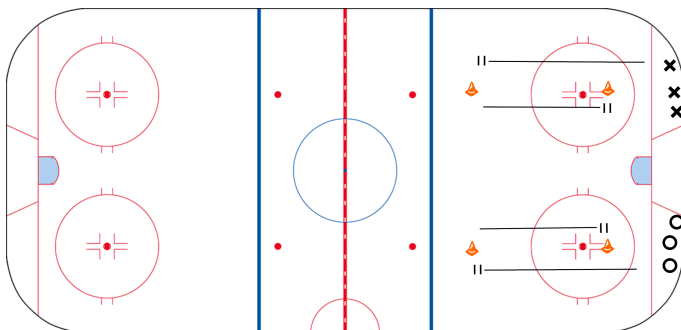
You are a race car, so use your stick as your steering wheel (two hands)  
Progression options: Do drill with puck, only inside edge, only outside edge,

### Key Points

Two feet on ice  
Stick first "use your stick as a steering wheel"  
Head and shoulders turn the body - look where you want to go  
Inside foot leads  
Weight balanced and evenly distributed

## Stops & starts - U7 Evaluation

10 mins



Stop at each cone. Always face the boards when stopping. Switch sides halfway through.

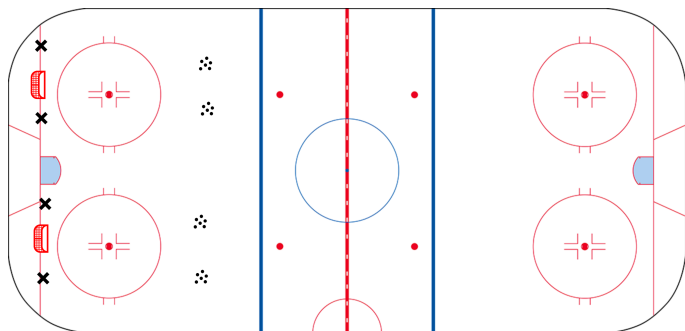
Progression : Introduction to two foot stop (Glide, Up, Turn, Sit)

### Key Points

Knees bent, chest & heads up.  
Make a pizza and shave ice with inside edges, or push one foot out to 1 or 11 o'clock position.  
Two foot stop - toes point in same direction. Glide, Up, Turn, Sit

## Clean Your Room - for Evaluations

10 mins



- Run drill out of both corners.
- Two players start at the same time, skates across ice, picks up a puck and carries it back to the net.
- Wait until both players are finished before next two go.
- Team with the stuff in thier net wins.

### Key Points

Proper stick grip & hand position

Wrist action - spread butter, don't chop onions.

## Water Break

5 mins

## 3 puck Cross Ice Scrimmage in each zone

10 mins