EFHA U13 SKILL SKATE



DURATION: 57 min. DESCRIPTION:

There are four drills total. Idea is that the evaluators can split sides to watch and then flip half way and watch the other side. 22.8.2023

KEYPOINTS:

 Drill one is looking at passing, skating, shooting.
Drill 2 includes above listed skills but is concerned with i.q and concepts.

1. SKATING WARMUP



TIME: 6 min.

DESCRIPTION:

1. All Players skate the same direction on the ice around the ice. The coach can use their whistle to either:

1. Increase/decrease speed or 2. Change Direction.

KEYPOINTS:

2. NZ PASSING- SHORT PASS- LONG PASS



3. NZ 1 V 1 EVALS



TIME: 12 min.

DESCRIPTION:

Flow Drill that factors in the fundamentals of the passing drills preceding it. Idea is to pass, receive back and be ready to pass again. As soon as third pass is made, the outside player jumps to the middle and the drill starts again. IF the drill is moving to slow. Bring them in, explain that as soon as their job is done we need to restart the drill so they have to hustle to the middle. Part one is the red players and a short pass. Part to is the yellow players and a long cross ice pass.

KEYPOINTS:

Can switch directions halfway through.

TIME: 12 min.

DESCRIPTION:

All Forwards and Pucks will start in the center circle. The drill starts from both sides of the circle at the same time. D are line up with two inside the dot lines and an extra D lined up on boards. The D rotation is just clockwise, you go from boards, to passer, to defesnse. Forwards can play D if there is not 6 D.

Drill starts on the whistle. On each side the first foward in line passed to the D closest to them. The D passes the puck to

KEYPOINTS:

1. This is our awareness drill. Do they understand the drill and are they ready to go.

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Notes:

4. 10 SECONDS 1 V 1 EVAL

5. EVAL 3 V 3



TIME: 12 min.

DESCRIPTION:

Pucks are set up in all four corners and coaches have extra pucks near the middle of the blue line. The drill is simple. Players compete in 10 second shifts. The rotation is Offense to Defense to Back of the Line. Coaches will assign one side to start with the puck and on the first whistle that side will attack and try to score within 10 seconds. If the puck leaves the zone or go's in the net and there is time left, the coach throws an extra puck to the player on offense. On the whistle the first player

KEYPOINTS:

1. Do they attack with speed and take advantage of lapses on defense.

TIME: 15 min.

DESCRIPTION:

Coach controls dirll on whistle and has pucks at redline opposite to player benches. On whistle 3 players from each bench come out and play 3 on 3 between the ringette lines. IF a puck leaves the ringette lines the coach yells "new puck" and throws it into the zone. Aim for 45-60 second shifts. On whistle players on-ice go hard to the bench and new players come on.

KEYPOINTS:

1. How do players adapt to more time having more time and space.