



DURATION: 57 min.

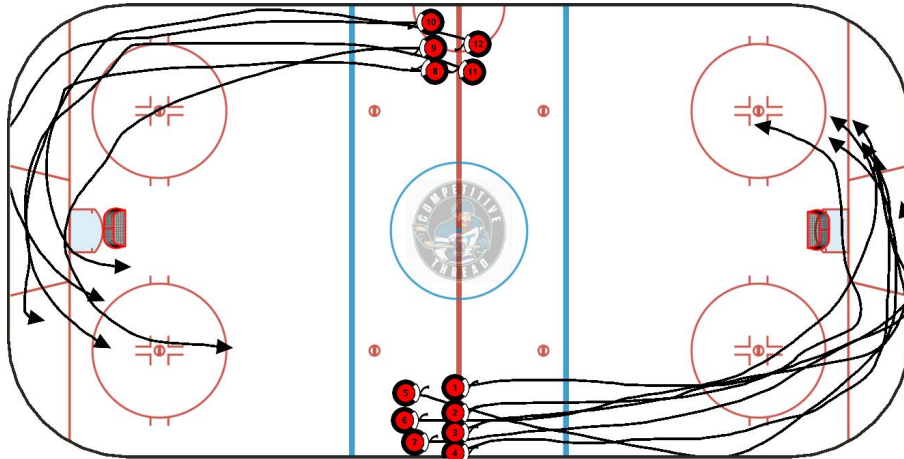
DESCRIPTION:

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.

KEYPOINTS:

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

1. SKATING WARMUP



TIME: 6 min.

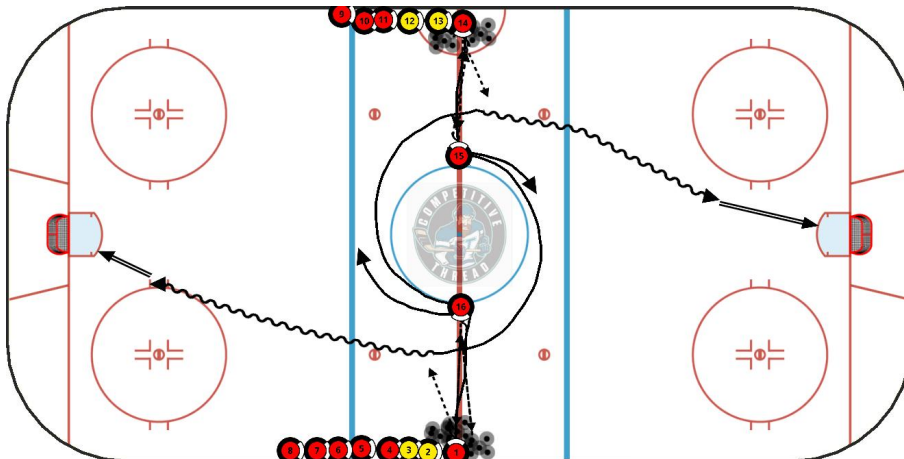
DESCRIPTION:

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



TIME: 12 min.

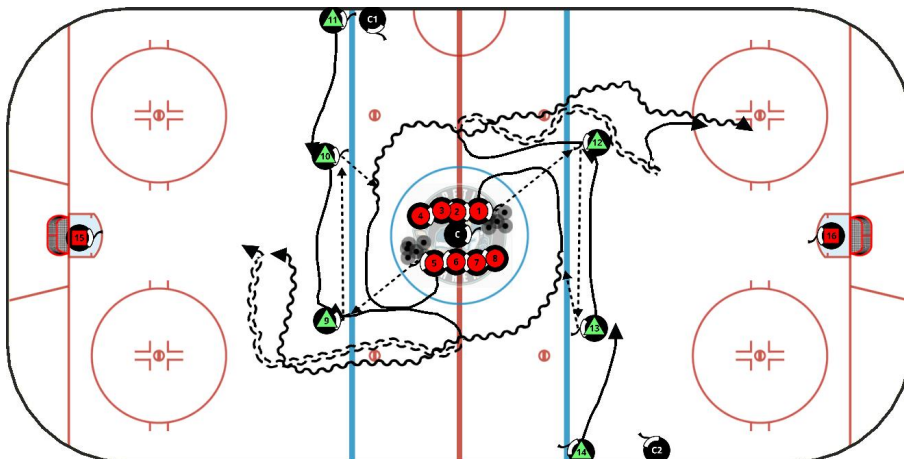
DESCRIPTION:

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 two is the yellow players and a long cross ice pass.

KEYPOINTS:

Can switch directions halfway through.

3. NZ 1 V 1 EVALS



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 defense. Forwards can play D if there is not 6 D.

Drill starts on the whistle. On each side the first forward 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.

