

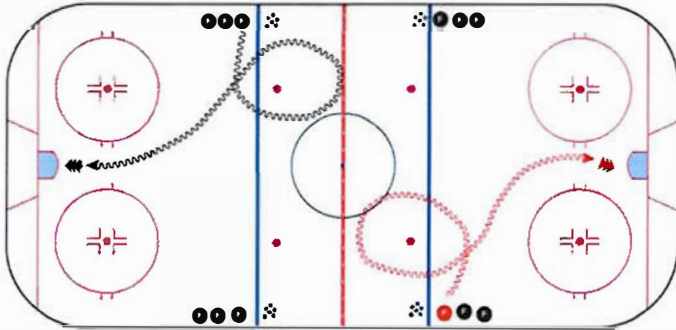


# Evaluation Drills

# HRI Evaluation Drills (Format 1)

## Four Blues Version #1

4 mins

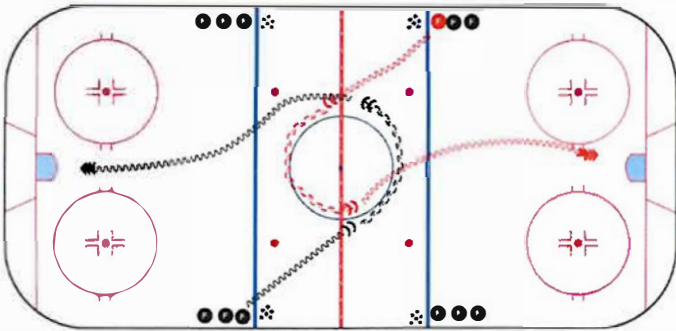


### Four Blues Version #1 (1 v 0)

- First player in opposite corners skate with puck cutting across blue and up towards red and back down across blue using cross overs to build speed to attack goalie for shot/deke
- Players to switch lines

## Four Blues Version #2

4 mins

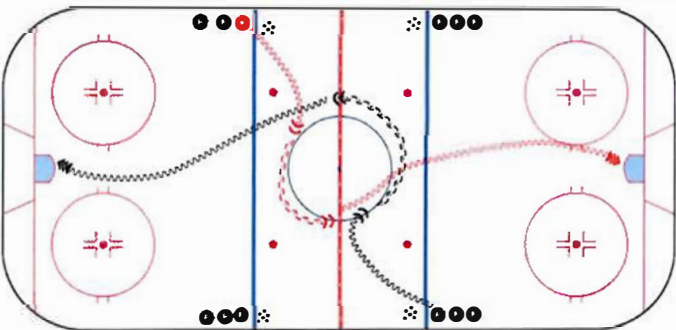


### Four Blues Version #2 (1 v 0):

- First player in opposite lines skate towards top of circle with puck, pivot backwards skating around top of circle backwards, pivoting again forwards and cut across offensive zone to attack goalie for shot/deke
- Return to oppositeline

## Four Blues Version #3

4 mins

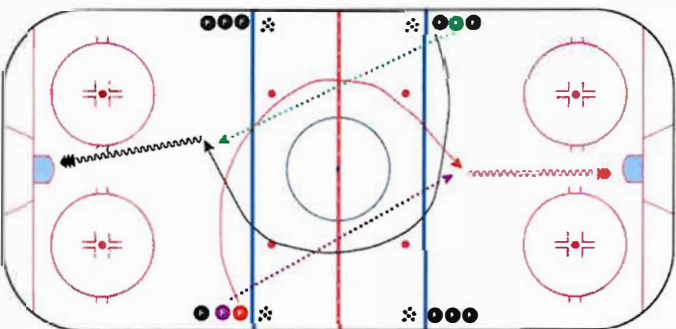


### Four Blues Version #3 (1 v 0)

- Players in opposite corners skate to bottom of circle with puck, pivot and skate backwards around bottom of circle, then pivot forward and attack goalie for shot/deke
- Players switch sides after shot

## Four Blues Version #4

4 mins

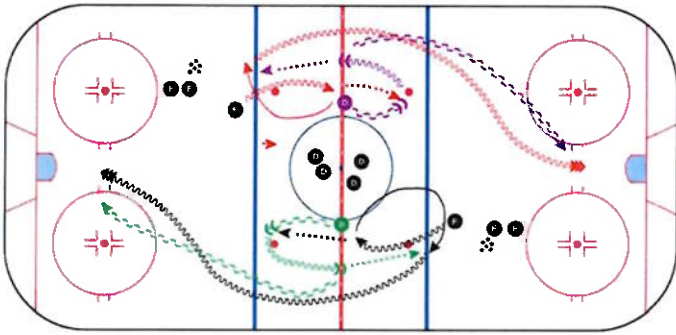


### Four Blues Version #4

- First player from opposite corners skate around centre ice circle and open up to receive a pass from second player in his/her line as they enter into offensive zone. Player will attack goalie for shot/deke
- Players switch lines after shot

## Snake (1 v 1)

15 mins

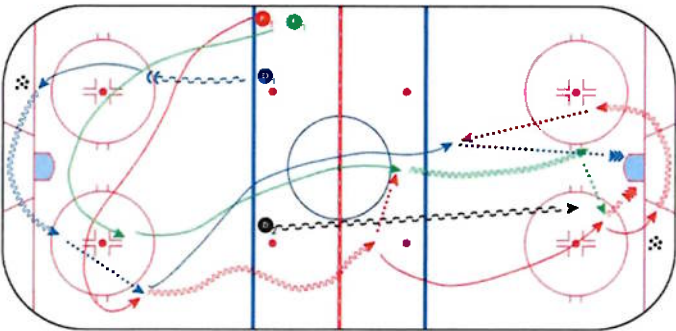


### Snake (1 v 1)

- Forward starts with puck just below blue and skates with puck towards red. D starts on red and skates backwards towards blue. When forward gets to red he/she passes to D. Forward makes a turn and skates back towards blue. D pivots and skates forward with puck to red. When D get to red he/she passes to forward who is now turning back up ice. Forward now attack OZ with D defending a 1 v 1
- Switch side 1/2 way through drill

## Breakout / 2 v 1 / Point Shot

15 mins

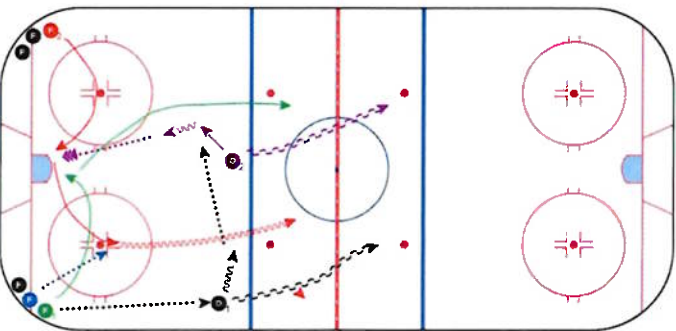


### Breakout / 2 v 1 / Point Shot

- Drill starts at same time out of both ends
- D1 skates backward into zone and pivots forward and retrieves puck skating around behind net to initiate breakout pass
- F1 skates across ice to become winger on breakout
- F2 skates across ice to become centre on breakout
- D1 passes to either F1 or F2 who then skate down ice executing a 2 v 1 against D2
- D1 follows up the ice to receive pass from either F1 or F2 (after their shot on net) to execute a second shot in the drill (point shot)
- F1 and F2 get to front of net to screen/tip shot, while D2 defends front of net

## D Tip / 2 v 2

15 mins



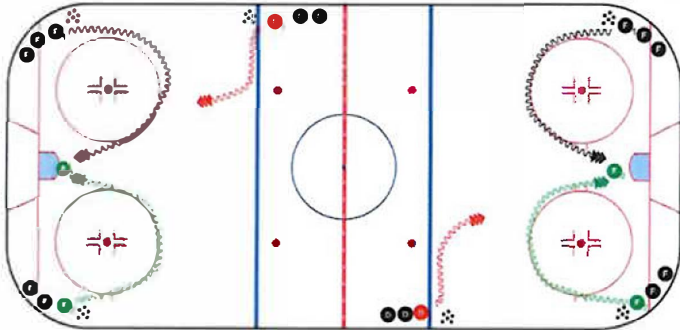
### D Tip / 2 v 2

- Drill starts with F1 passing puck to D1
- D1 passes to D2 who takes shot on net
- F1 and F2 get to front of net for screen/tip
- After shot, F2 swings dot line to opposite side to receive pass from player in line
- F1 swings out of DZ weakside
- F1 and F2 attack D1 and D2 down ice for a 2 v 2
- Switch side 1/2 way through drill

# HRI Goalie Evaluations

## Goalie Evaluation Drill (3 shot)

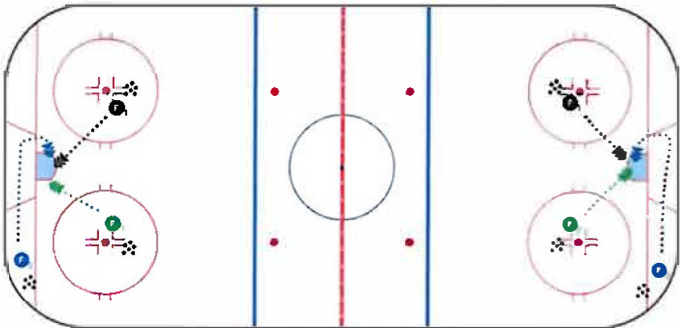
8 mins



- F1 skates around top of circle and takes shot then returns to line on opposite side
- After F1 shoots, F2 skates around top of circle and takes shot then remains in front of net
- After F2 shoots, D1 walks the blue line and takes point shot. F2 acts as screen or deflects point shot
- Drill works out of both ends
- Goalies change after 3 rounds of shots

## Goalie Evaluation Drill (Save and Recover)

7 mins



- F1 shoots
- Goalie recovers to opposite side and F2 shoots
- Goalie recovers to track player skating behind net - F3 executes a wrap around
- Drill works out of both ends
- Goalies rotate after 3 rounds and switch ends