

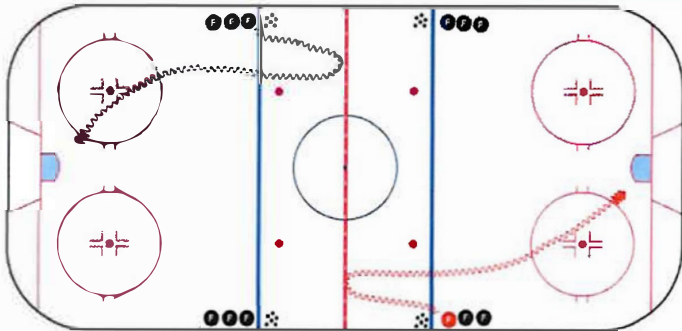


Evaluation Drills

HRI Evaluation Drills (Format 3)

Four Blues Version #1 (Tight Turn)

10 mins



- First player in opposite corners skate with puck from blue line and execute a tight turn at red line and then carry puck into OZ to attack goalie in the same end they started from for shot
- Alternate opposite corners on each whistle

Four Blues Version #2 (Backwards Pivot)

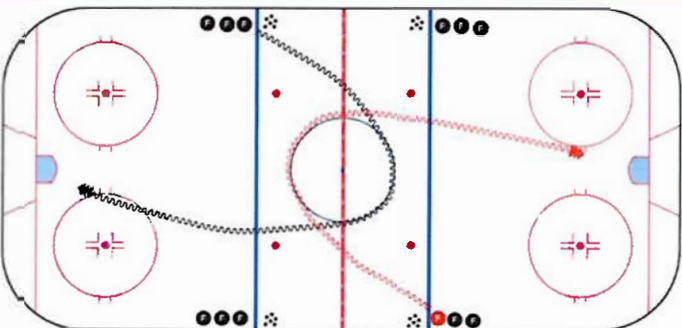
10 mins



- First player in opposite lines skate from blue line to red line pivoting backwards and leaving puck at redline
- Player then skates backwards to blue line without puck and pivots forward
- Player then skates forward back to red line without puck and picks up puck they left and attacks goalie in opposite end from where they started for shot
- Players in opposite corners alternate on whistle

Four Blues Version #3 (Around the Circle)

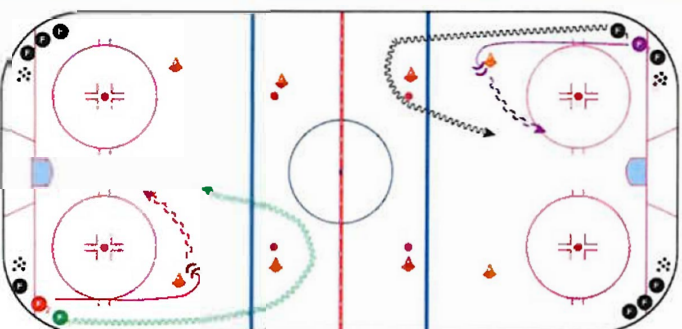
10 mins



- Players in opposite corners skate with puck around top of middle circle and then skate into OZ and attack goalie in same end they started from for shot
- Opposite corners alternate on whistle

1 v 1 Corner Drill

10 mins

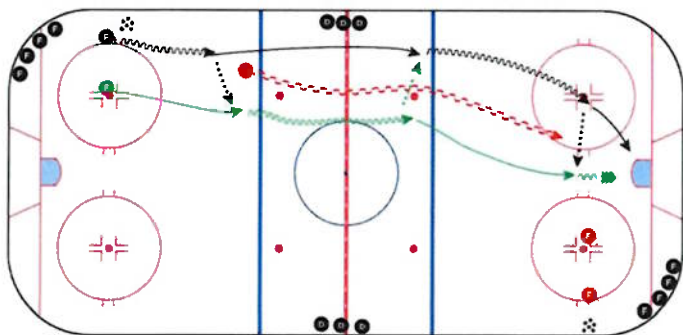


1 v 1 Corner Drill

- Drill runs alternating out of opposite corners
- F1 skates with puck outside of blue line around high pylon and comes back into zone to attack net 1 v 1
- F2 skates around low pylon and defends 1 v 1
- Players should switch sides and alternate as F1 and F2

2 v 1 (Hash Marks)

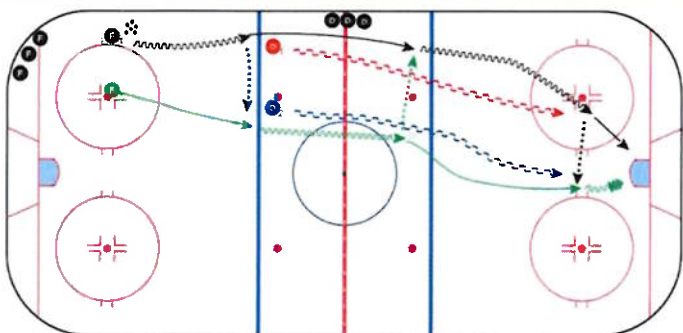
10 mins



- Drill runs out of both ends simultaneously
- F1 lines up at hashmark next to boards/F2 lines up on face off dot/D1 lines up at blue line
- Extra forwards line up in corner along boards. Extra D line up along boards at red line
- On whistle F1 and F2 at both ends start skating down ice passing puck back and forth executing shot on goal
- D1 skates backwards defending 2 v 1
- F1 and F2 can not cut to middle until cross far blue line

2 v 2 Version #1 (Half Side)

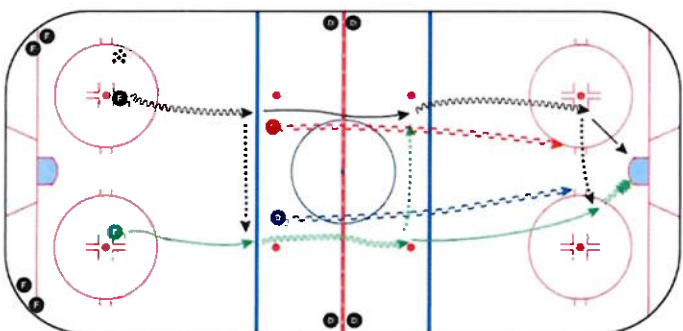
10 mins



- Drill starts out of both ends simultaneously
- F1 lines up at hashmark on boards/F2 lines up at faceoff dot/D1 & D2 line up a blue line
- Extra forwards line up along boards in corner. Extra D line up along boards at red line
- On whistle F1 and F2 skate down ice passing puck back and forth to execute shot on goal
- D1 and D2 defend the 2v2 down ice
- Players can not cross into middle until cross far blue line

2 v 2 Version #2 (Full Ice)

10 mins

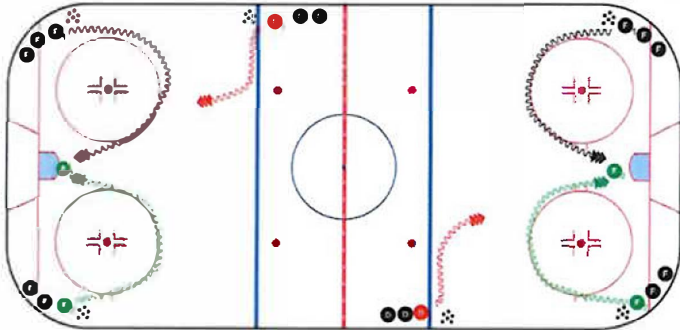


- ** Use version #2 when you don't have enough defenceman
- F1 and F2 start at face off dots in circles. D1 and D2 start at face off dots outside blue line
- Extra forwards line up along boards in each corner. Extra defence line up along boards at red line
- On whistle F1 and F2 skate down ice passing puck back and forth executing a shot on goal
- D1 and D2 skate down ice defending 2v2

HRI Goalie Evaluations

Goalie Evaluation Drill (3 shot)

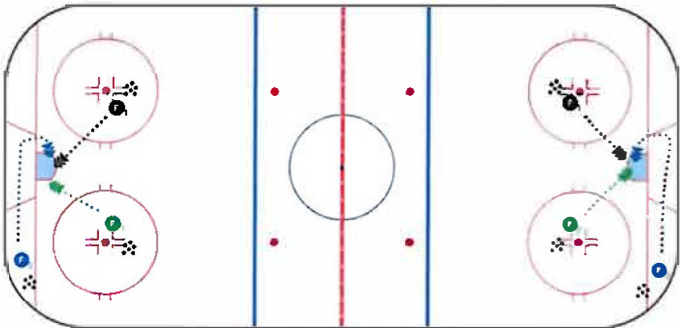
8 mins



- 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