

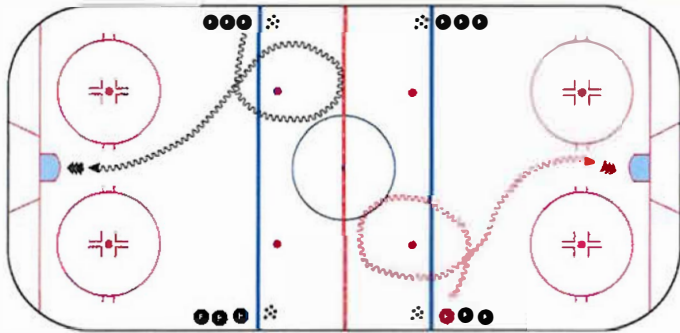


# Evaluation Drills

# HRI Evaluation Drills (Format 2)

## Four Blues Version #1

4 mins

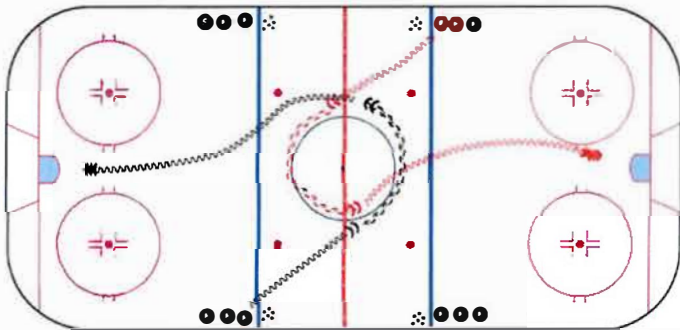


### Four Blues Version #1 (1 v 0)

- 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

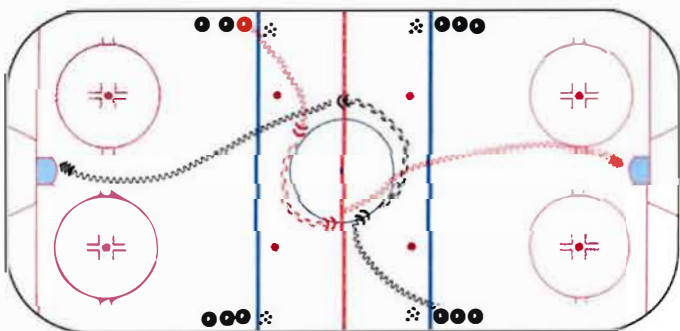


### Four Blues Version #2 (1 v 0):

- 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 opposite line

## 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 (Modified)

4 mins

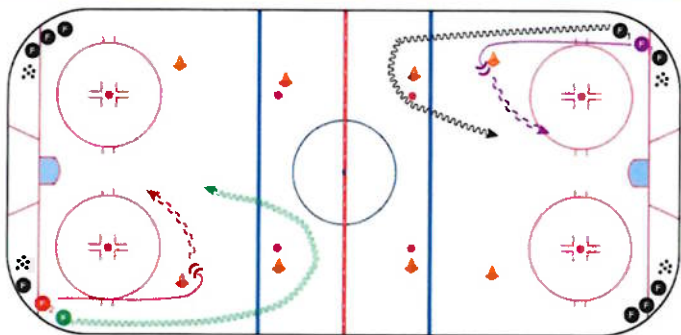


### Four Blues Version #4 (Modified 1 v 0 - shorter pass)

- First player from opposite blue lines skate around centre ice circle and through dot line to receive pass from second player in opposite line as they enter OZ. Players will attack goalie for shot/deke
- Players switch lines after shot

## 1 v 1 Corner Drill

15 mins

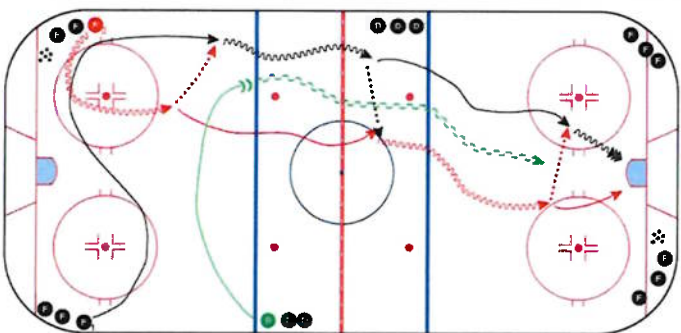


### 1 v 1 Corner Drill

- 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 v1
- F2 skates around low pylon and defends 1 v1
- Players should switch sides and alternate as F1 and F2

## 2 v 1 Low Swing

15 mins

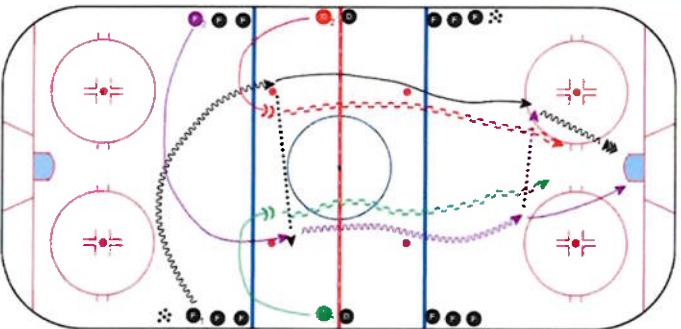


### 2 v 1 Low Swing

- Drill starts out of both ends simultaneously
- F1 swings across ice (top of near circle/bottom of far circle) and then up ice along boards
- D swings across ice with F1 below blue line and gaps up to defend 2v1
- F2 swings below F1 with puck skating through dot line and starts up ice to initiate 2 v1
- F1 and F2 skate down ice passing puck executing 2v1 for shot on net

## 2 v 2 Double Swing

15 mins



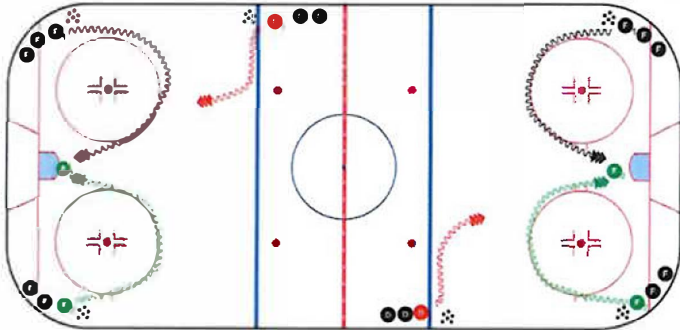
### 2 v 2 Double Swing

- F1 swings across zone with puck coming up dot lane. F2 swings across from opposite side also coming up dot lane
- D1 and D2 swing down below blue line and transition backwards to defend 2v2
- F1 and F2 pass puck down ice executing 2v2 for shot on net
- Drill is continuous, as soon as shot taken opposite side initiates 2v2 in opposite direction

# HRI Goalie Evaluations

## Goalie Evaluation Drill (3 shot)

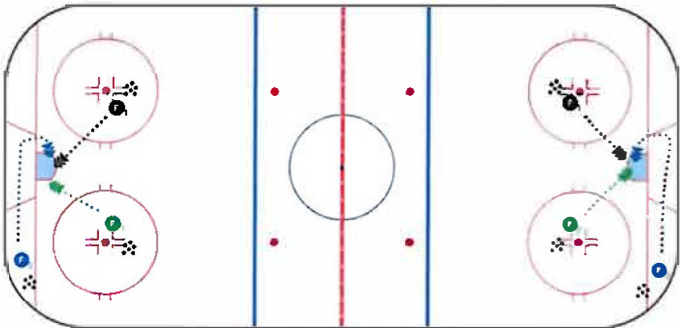
8 mins



- 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