

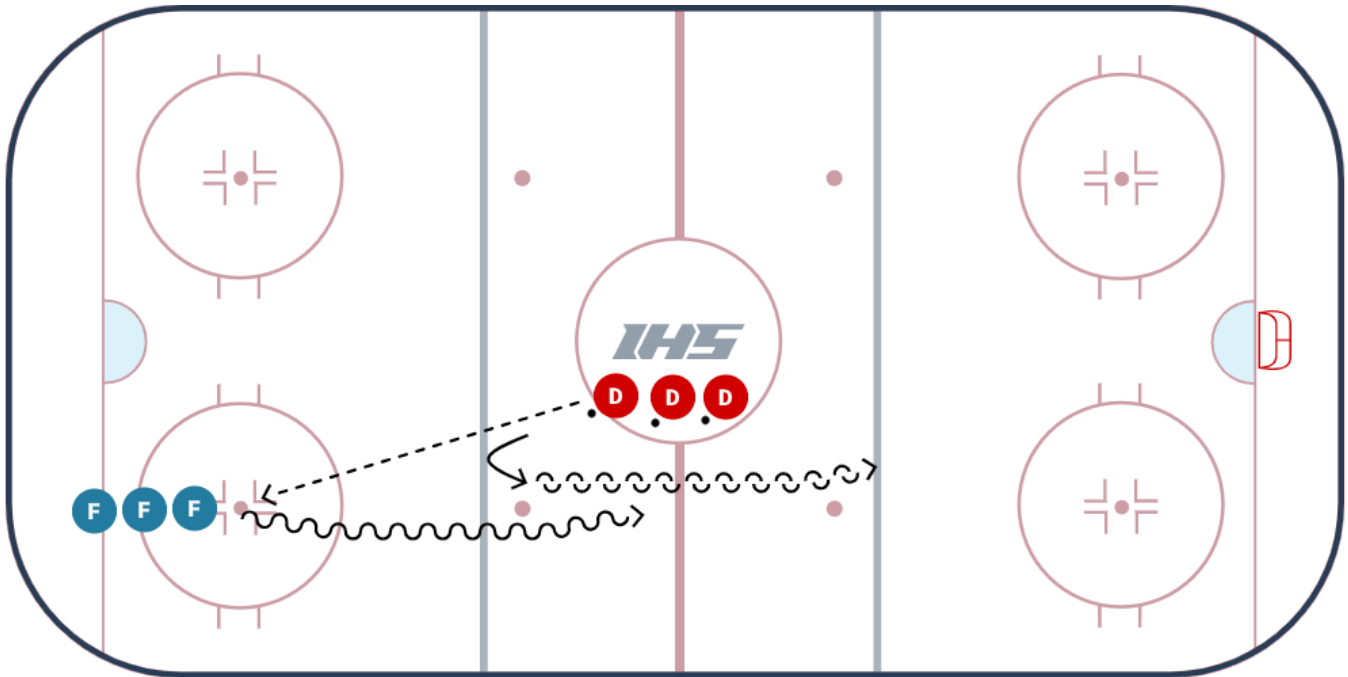


U11 Evaluation Drills



■ Day 2 ■

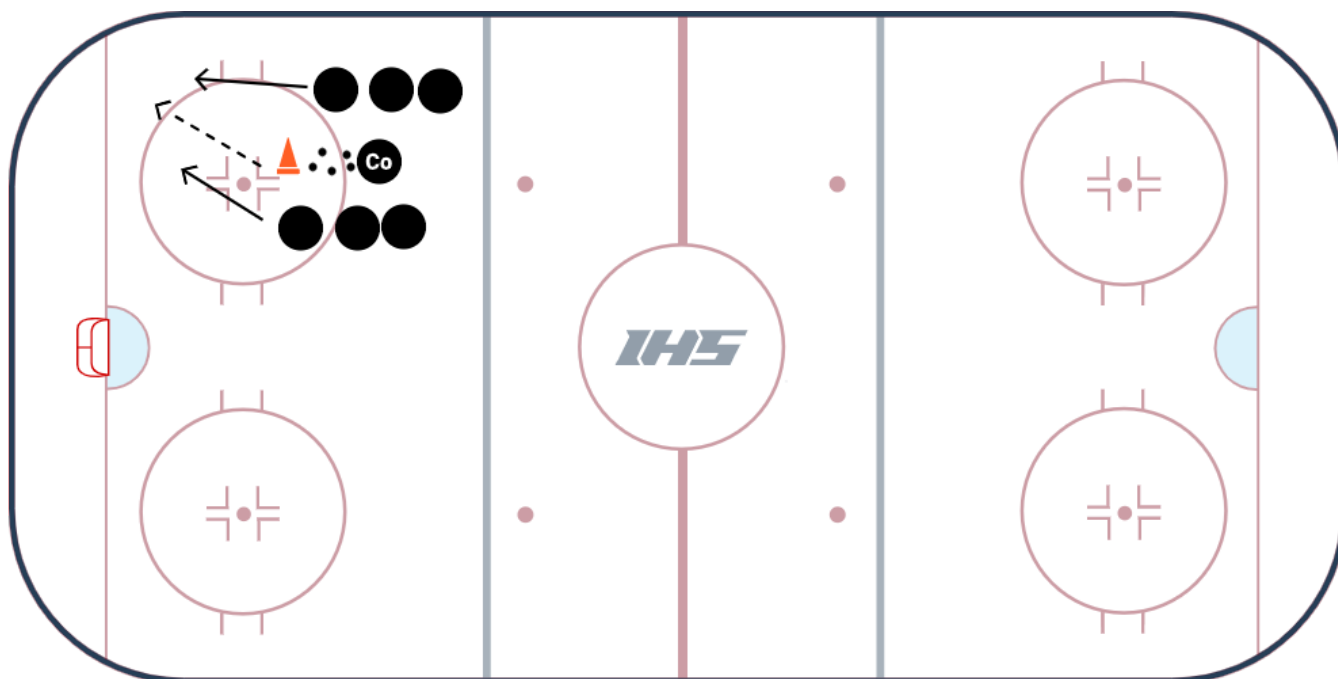
1 on 1's



Description

On whistle Defence at center ice pass puck to Forward then Forward attacks Defence down the ice
Run out of opposite corners.
Switch Forwards and Defence after 5 minutes

Drill 4 - Battle Drill

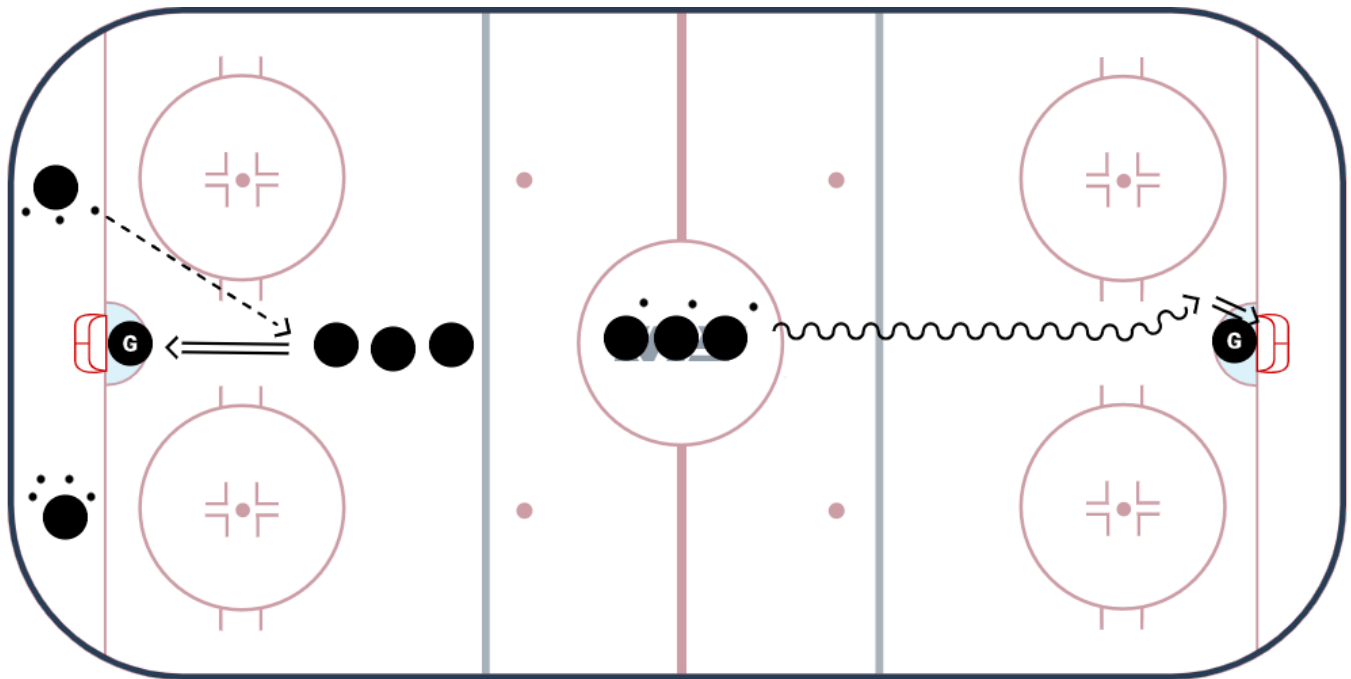


Description

2 lines, coach dumps puck into corner and players try to retrieve puck and score while also defending against other player

Run out of opposite corners

Drill 5 - Goalie Drills



Description

Drill 1

On Whistle, pass from behind net to shooter. Alternate sides no dekes shots only

Drill 2

Shootout/Breakaway, Players can shoot or deke