

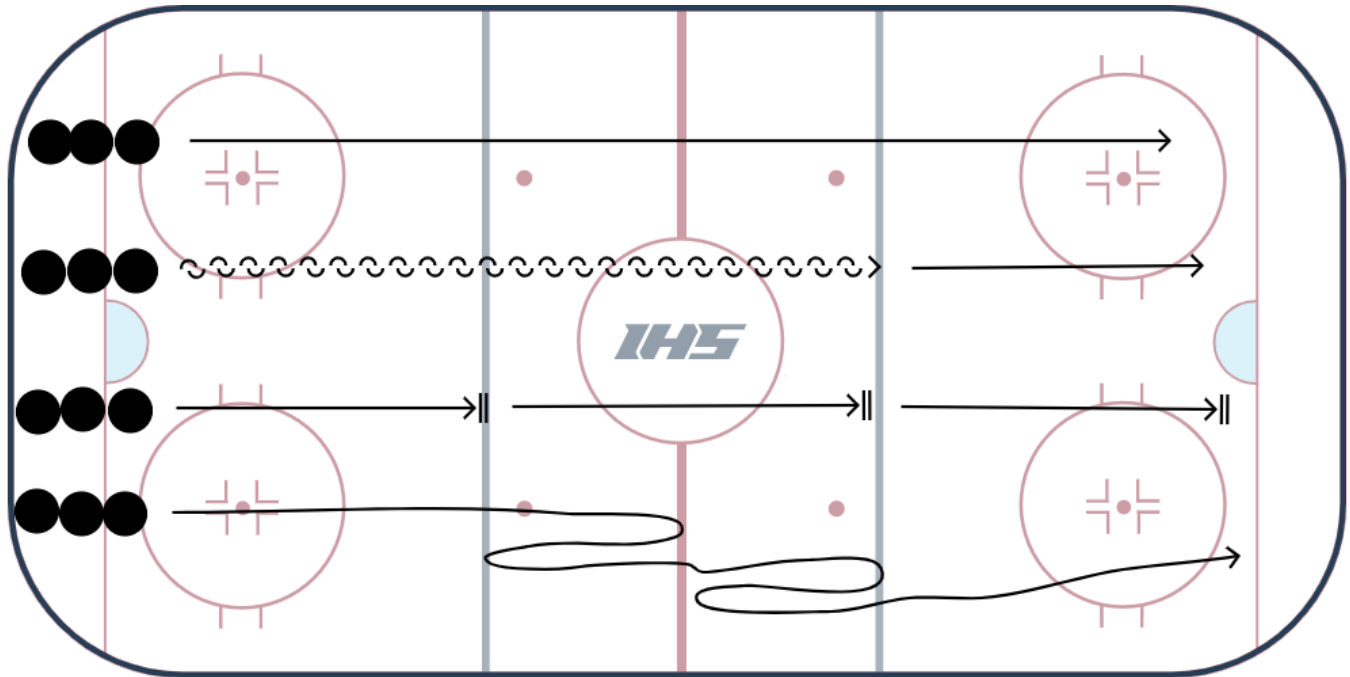


U11 Evaluation Drills



■ Day 1 ■

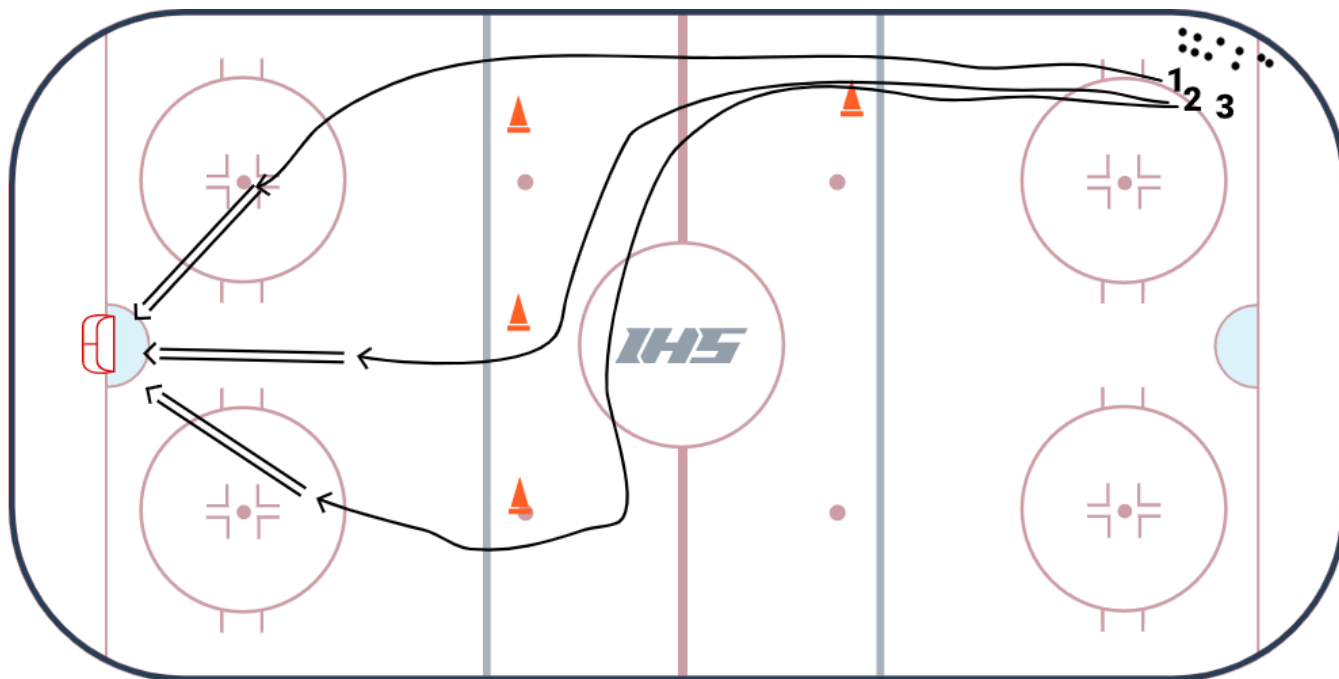
Drill 1 - Skating



Description

- 1) Skate forward (2 Times)
- 2) Transitions (2 Times)
- 3) Stops (2 Times)
- 4) Figure 8's (2 Times)

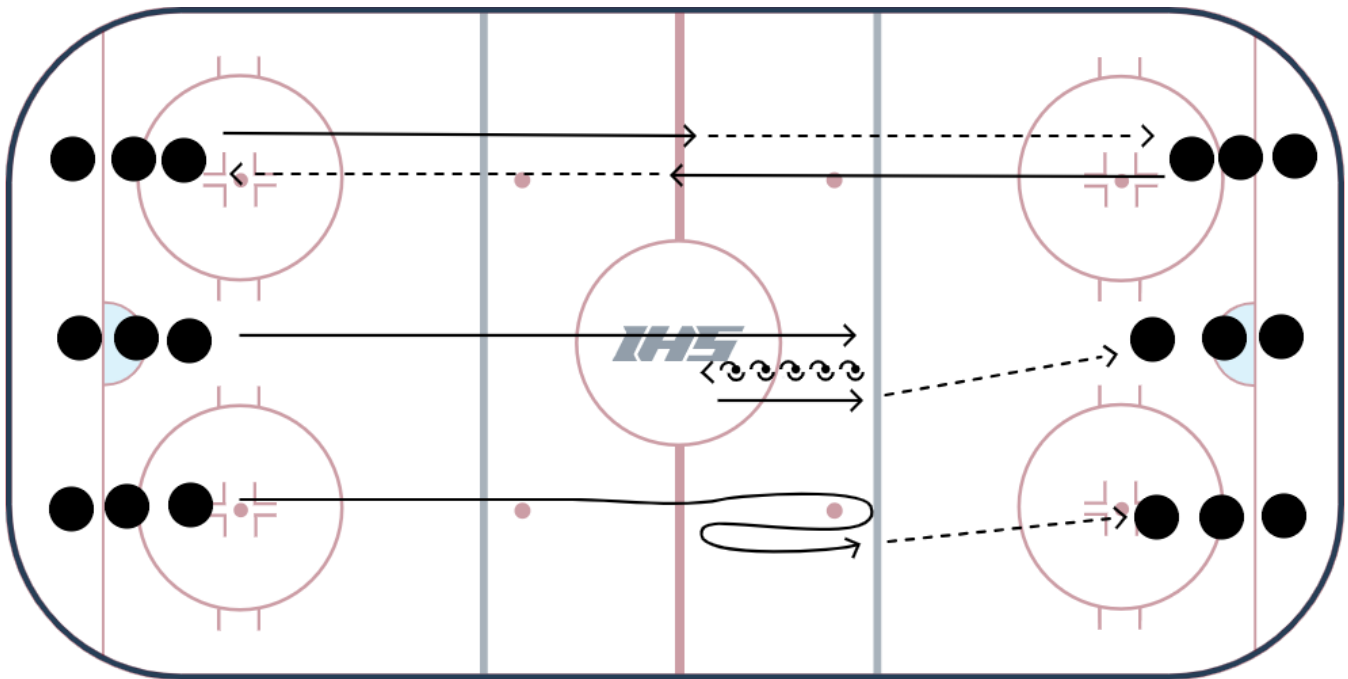
Drill 2 - 3 Lane shooting



Description

- Skater 1 goes straight down boards and cuts to net for shot
- Skater 2 cuts to middle and goes around Pylon for a shot on net
- Skater 3 cuts and goes across ice to far pylon and drives net for a shot

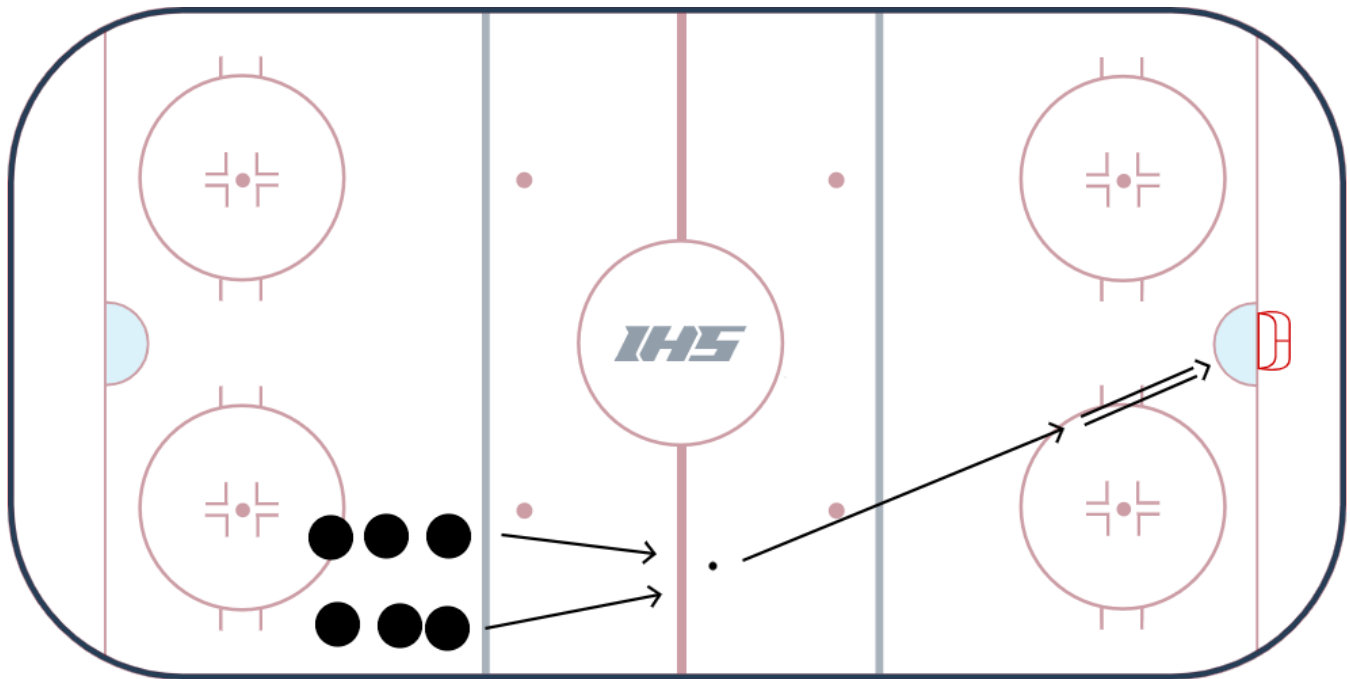
Drill 3 - Passing Drill



Description

- 1) Forward pass (2 Times)
- 2) Transition (2 Times)
- 3) Figure 8 (2 Times)

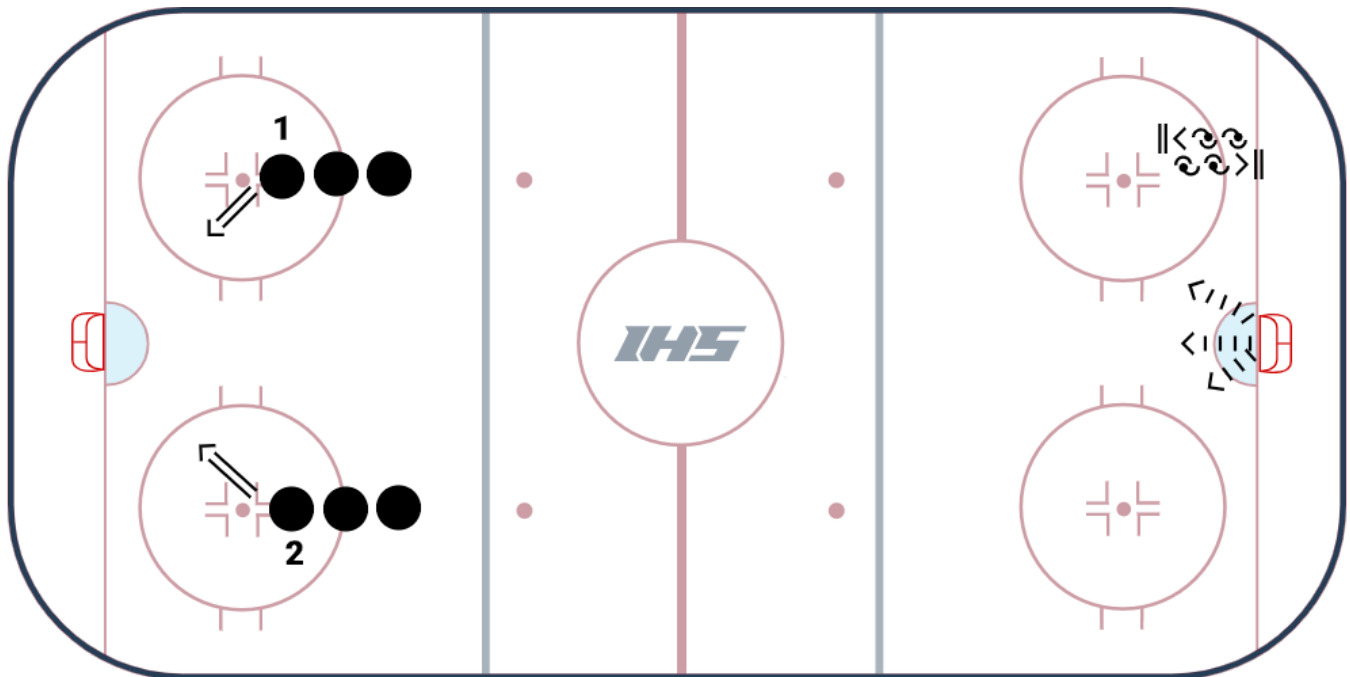
Drill 4 - Battle Drill



Description

2 lines with puck on red line; on whistle, 1 skater from each line race to puck to gain control and drive net for shot, player without puck works to prevent shot

Drill 5 - Goalie Drills



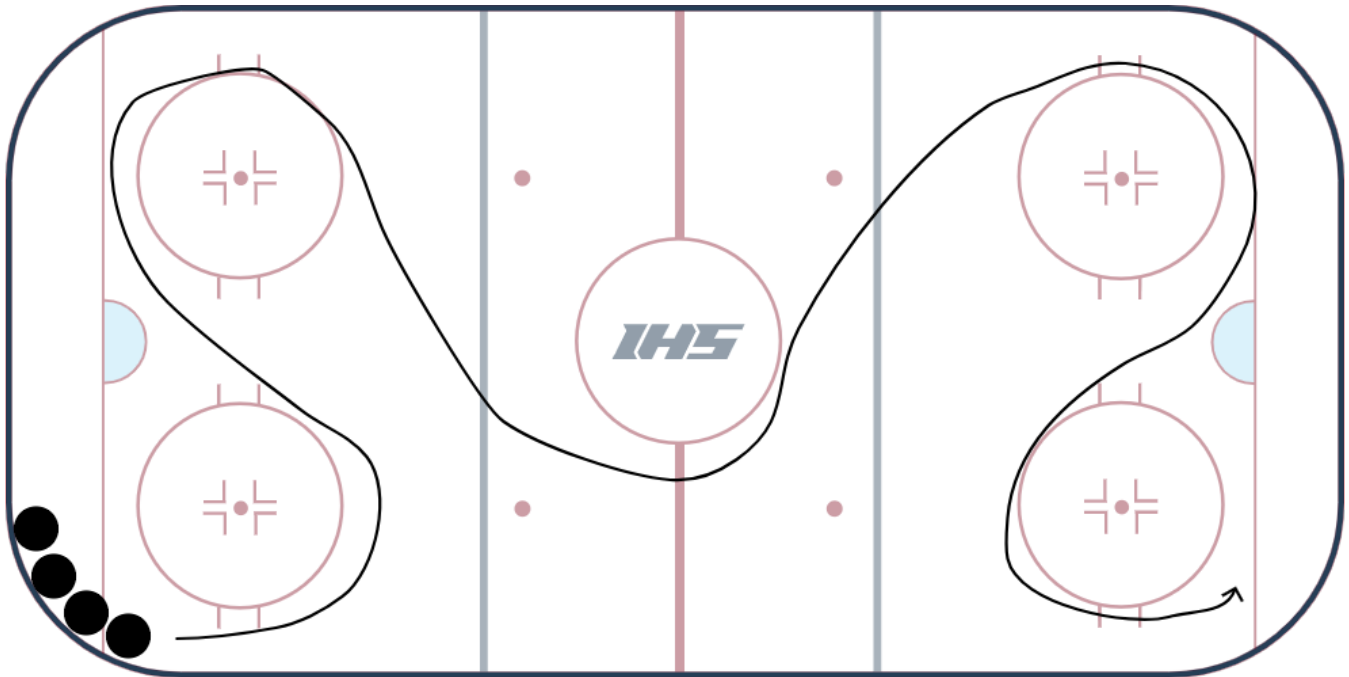
Description

- 1) Lines 1 and 2 alternate shots allowing goalie to stand, move laterally and get set before next shot.
- 2) Pad slides, Shuffles and ups and downs



■ Day 2 ■

Drill 1 - Circles



Description

Circles

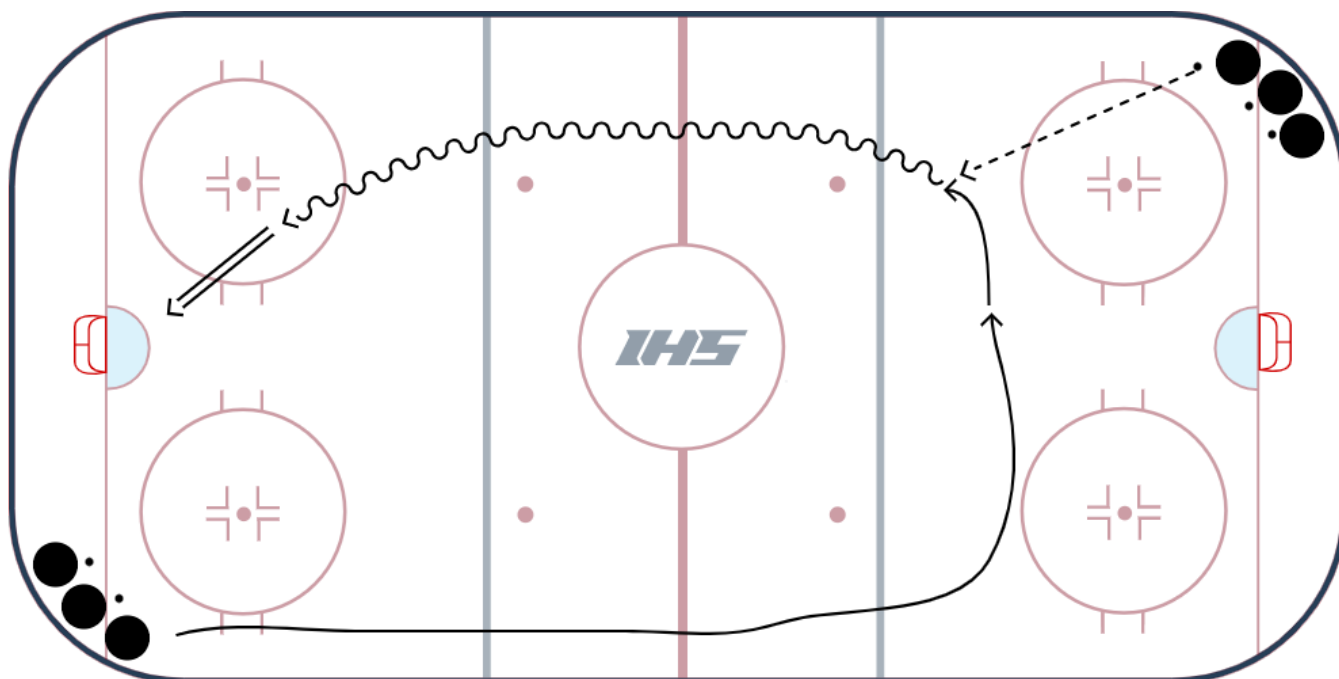
10 Minutes of circles

2X forward no puck

1X Backward no puck

2X Forward with puck

Drill 2 - Horseshoe



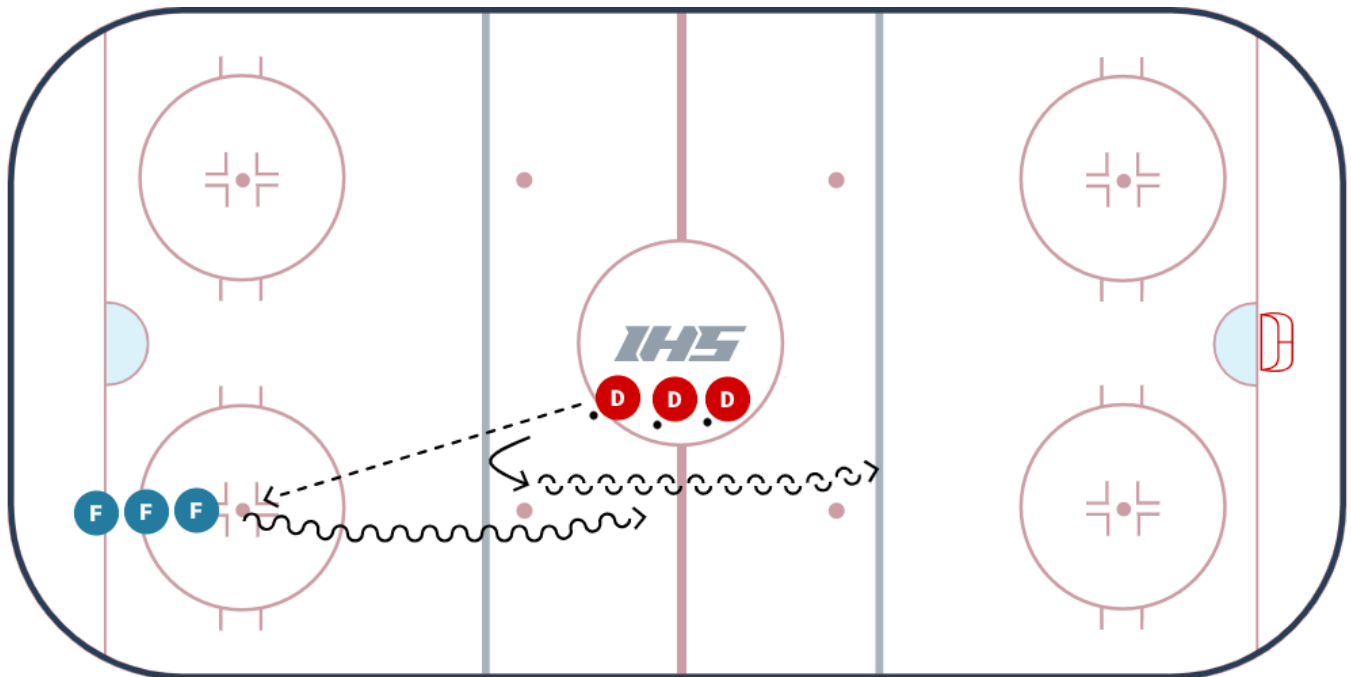
Description

Horseshoe

Start in opposite corners skate down boards curl at top of circles and receive pass from next inline, down ice and shoot.

Both corners go at same time, after you pass you then skate down and curl and receive pass.

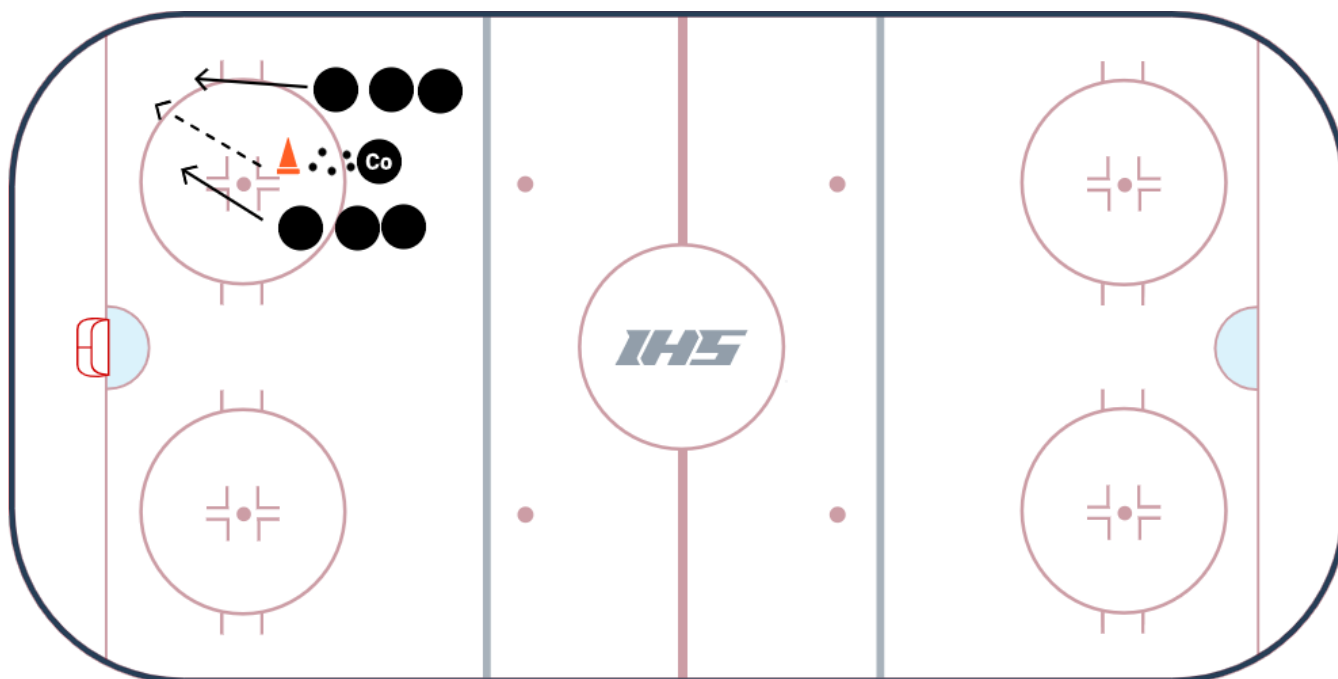
Drill 3 - 1 on 1's



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

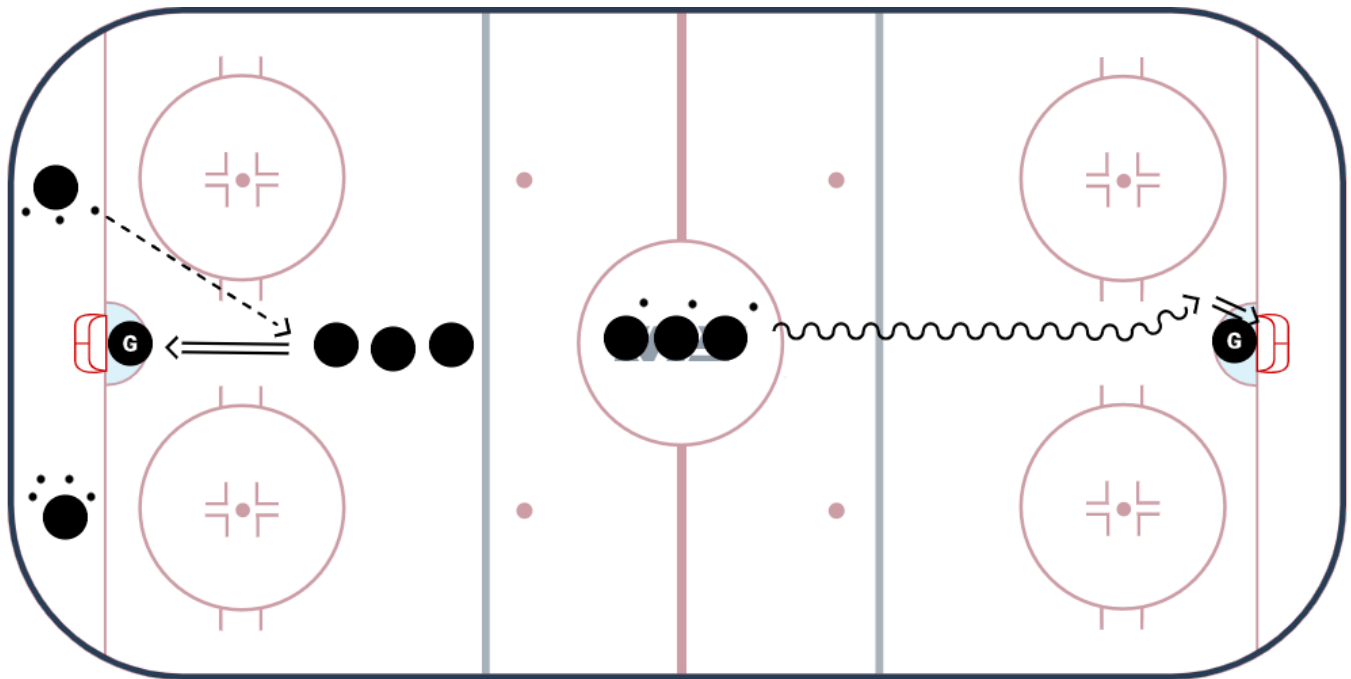
Drill 4 - Battle Drill



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