



# Hockey Evaluations

## Bantam / Midget

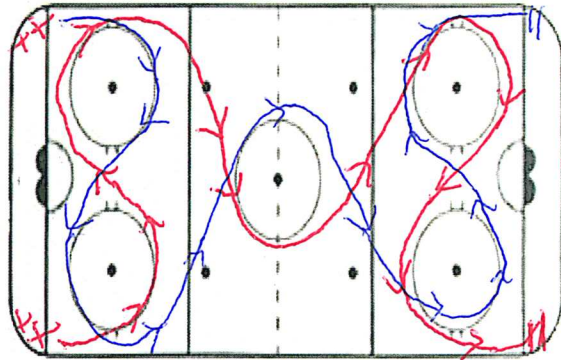


### Warmup - 7 Mins

- Skate down the middle  $\frac{3}{4}$  speed, peel off half each way and switch each time you go back down
  - $\frac{1}{2}$  speed down the outside
  - Quick circle stretch in middle
- Not Drawn in

### 2<sup>nd</sup> warmup

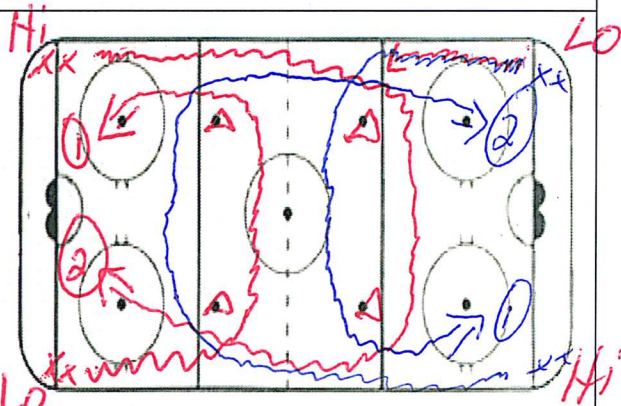
- Quick feet cross overs
- Opposite side go once player hits middle hash marks



### Hi / Lo - 7 Mins

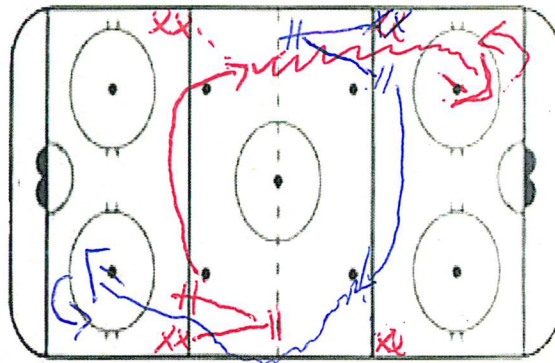
- All 4 corners leave at same time
  - All on whistle and keep going fast
  - Opposite corners go around far dots and other opposite corners go around close dots
- leave pucks

Midgets - add second portion of hi / Lo



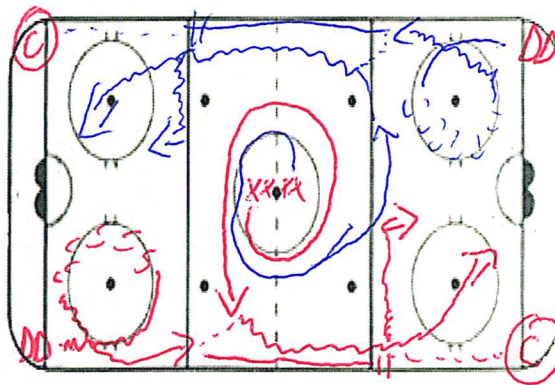
### Rensy - stop / starts - 8 mins

- Opposite blue lines go
- Go to red line, full stop, back to blue line stop and go across for pass from opposite line and go to far end and shoot
- Coaches must ensure all lines are full



### St. Cloud Pivot - 9 mins

- Defence in opposite corners with pucks, forwards in middle circle
- Defense goes around circle with puck and pivots at top of circle and skates backwards to bottom of circle and pivots forward and skates up wall to pass to forwards going around middle circle
- Both sides leave at same time on whistle
- Forwards receive pass and go down wall and shoot on goal, and go back to center
- Defense makes pass and follows up and receives pass from coach and slides to middle for second shot



- Both ends leave @ same time



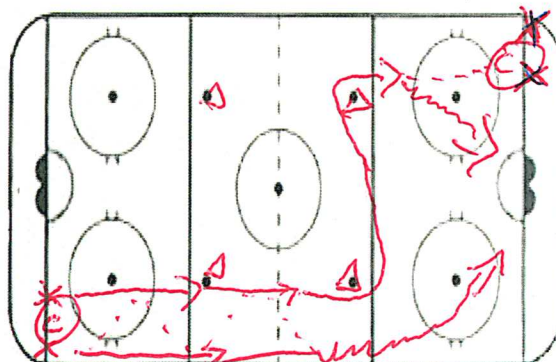
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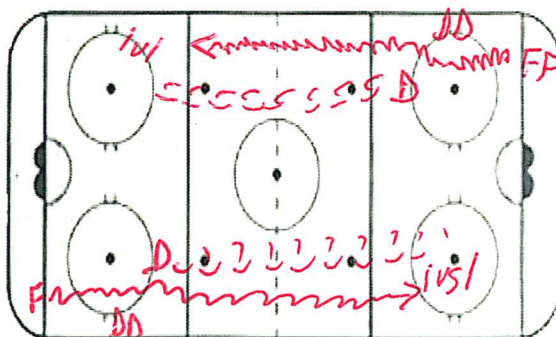
### Draper Pass Drill – 8 mins

- 2 players leave out of each side passing to each other – 4 players leave
- Wall player takes puck and goes down and shoots
- Inside player goes around pylon and receives pass from coach in corner
- On whistle, have players go quickly



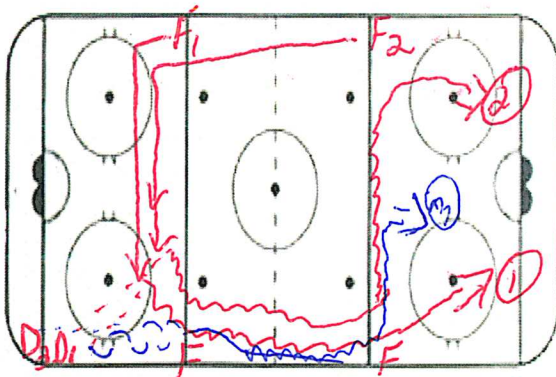
### 1vs1 sprint – 8 Mins

- Defense on half wall opposites sides
- Forwards in corner with one foot on goal line with pucks
- Defense on top of circle start skating backwards on whistle
- Players go 1vs1 all the way down ice
- On whistle and go back to back



### Ranger 3 shot drill – 8 mins

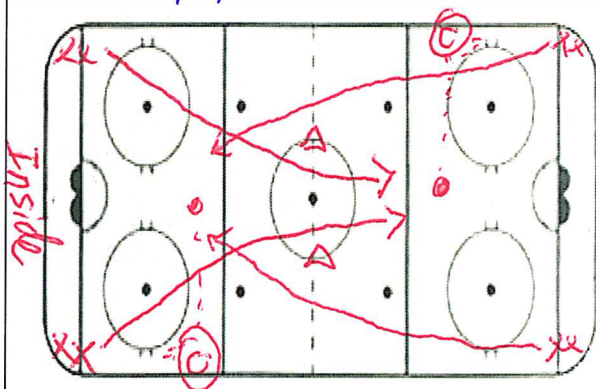
- All 6 players leave at same time
- Forwards at all 4 blue lines and defense in opposite corners with pucks
- Defense has 2 pucks and one defense behind has one puck
- F1 goes down wall and across flat to receive first pass and goes down and shoots, F2 goes down wall and straight flat across to receive second pass and goes down and shoots on far lane, defense skates backwards and receives pass from D2 from corner and pivots forward at blue line and goes down to far blue and skates across and shoots on net
- Coaches ensure forwards are in all 4 blue lines filling lines



- Forwards skate through top of circles
- All 6 players leave @ same time

### Northwest sprint – 7 mins

- 2 pylons on opposite sides of circle
- All 4 players leave at same time
- One side is inside pylons while other side is outside pylons
- Change inside and outside half way through drill
- Coach spots puck out to middle of ice and players race for puck and battle and shoot on goal
- players must have foot on goal line



outside