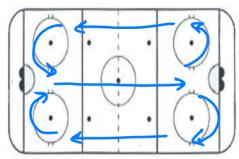


Hockey Evaluations U9- U9-U11-U13



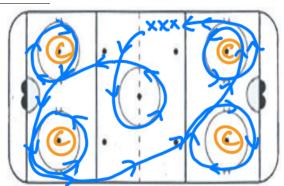
Warmup - 5 Mins

- Skate down the middle ¾ speed, peel off half each way and switch each time you go back down
- ½ speed down the outside
- Quick circle stretch in middle



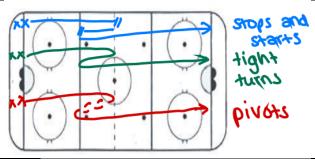
Circle Skate – 10-12 mins

- Players skate around each circle 2x forward / 2x backwards –
- Have coach in each circle directing traffic
- Atom/pw do 5th time to go backwards/forwards face one way
- Continuous drill one after the other as soon as each player finishes the circle next player goes –
- Hurry players along to ensure lots of movement
- Work on crossovers 2 pushes



Lighting Skate – 10-12 mins

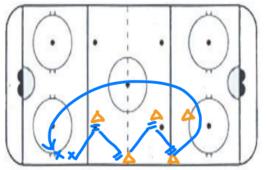
- Players lines up in 6 lines
- Go all the way down and back so 6 times total
- Stops always face same way
- Tight turns— always face same way
- Pivots always face same way
- All lines go at same time on whistle



Stations – 7-8 mins per station Stopping station

- Twice without pucks, twice with pucks
- Stop at each pylon
- Have players continuously do this as this station will be finished first but have players keep going with and without pucks

Rotate stations after the 7-8 mins till players do all 4 stations





Hockey Evaluations U9-U9-U11-U13



(tight turns)

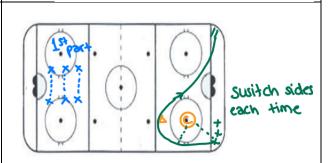
Stations – 7-8 mins per station Tight turn / pivot station

- Twice without pucks, twice with pucks for each tight turns and pivots
- Novice players do without pucks for pivots
- Turn at each pylon
- Have players continually do this till station is over for rotating

Rotate stations after the 7-8 mins till players do all 4 stations

Stations – 7-8 mins per station Passing / Stickhandling station -

- 1st have players passing standing still 10' apart, slowly spread them out to make longer pass
- 2nd start out pass to coach in motion, receive pass back, go around far pylon and shoot on goal
- Coach must move quick on this drill to get all in



Rotate stations after the 7-8 mins till players do all 4 stations

Stations – 7-8 mins per station Shooting / stickhandling station

- 1st Line up in half moon shoot standing still, 2nd back up and take 2 strides and shoot in motion
- 3rd 3 lane shoot filling middle lane with F3
- Coach must move quick on this drill to get all in

Rotate stations after the 7-8 mins till players do all 4 stations

Game – 5 mins if time permits

British Bulldog – coaches in middle

After – have all players pick up pucks

