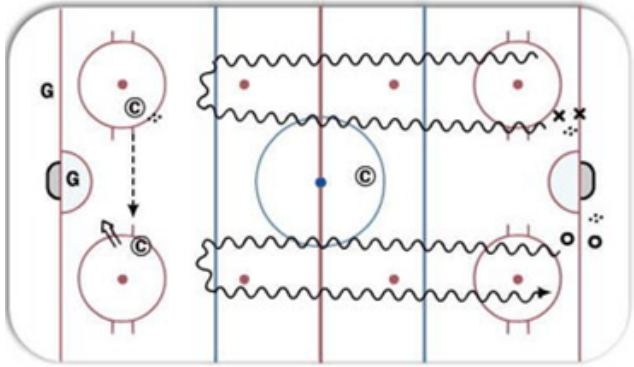


RAIDERS 2023 U11-U13 Small Area Games/Skills Evals



1

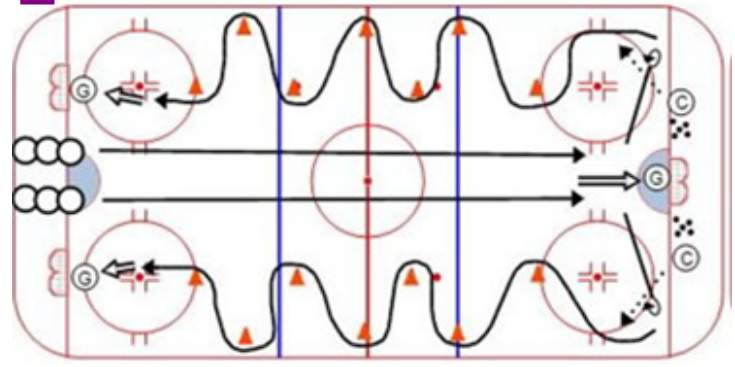


Lane Skate Warmup - 10 mins

- 1) Players divided into 2 lines at hash marks.
- 2) The 1st two players from each line skate down the ice to the far circles performing various skating movements and edgework then butterfly up the wall and back into the OPPOSITE line
- 3) Progressions:
 - a) Accelerations: Straight & X-Overs
 - b) C- Cuts: One leg at a time, both legs, alternating, if time permits same skills but backwards
 - c) x-overs on outside edges
 - d) FWD with a puck
 - e) BWD with a puck

*Goalies in one end with 2 coaches warming up. Director of goalies may have some specific things he'd like to see for these warmups, we can touch base with him before the first ice time. But we are linking just get the goalies doing some side to side movement (not trying to beat them but so the goalie evaluators can see how well they move laterally and if they are tracking the puck after they make the save etc). Them maybe some straight on shots. We'll confirm with Trevor at first ice time)

2



Butterfly Passing Warm up - 10 mins

Start with 2 lines in front of net.

1. On whistle perform a variety of passing skills down the ice.
 - a) One touch
 - b) Pass and follow
 - c) Cross and drop
 - d) Fwd/Bwd
2. Finish with shot on net.
3. Each receive puck from coach weave through cones with a variety of skills
 - a) tight turn
 - b) transitions
 - c) Mohawks
 - d) FH only, BH only
4. Finish with shots on the net.

Depending on the group, try to find a proper cadence so not too many are going at once and the goalies are taking shots too quickly to recover for the next skaters. This will change based on the group.

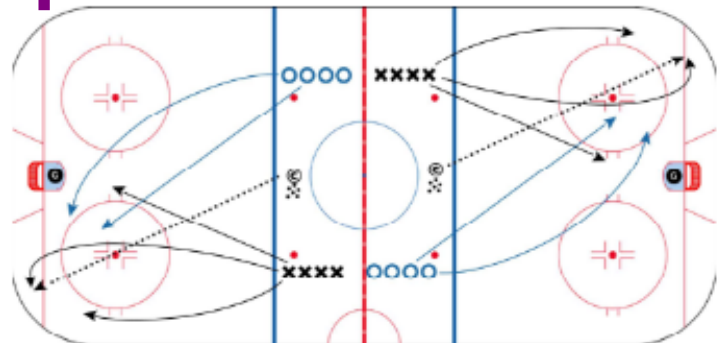
3



1v1 2v2 3v3 – 15 mins (in one end)

- 1) Players line-up on the face off dot (Black on one side White on the other)
 - 2) Coach dumps in a puck and yells:
 - "1" and 1 players from each line goes in and battles 1 on 1
 - "2" and 2 players from each line goes in and battles 2 on 2
 - "3" and 3 players from each line goes in and battles 3 on 3
 Battle for 20-30 seconds each.
- Other coaches keep pucks cleared
Try to make sure each kid gets a variety of 1v1, 2v2, 3v3, etc

4



Walrus – 15 mins (in one end)

- 1) Players line-up on the face off dot (Black on one side White on the other)
- 2) If the coach dumps the puck in your corner, you are on offence and send 3 players to try to score and the other side sends 2 players in to defend. Defensive team must skate the puck out past the tops of the circles or utilize their partner to pass the puck out of the zone.
- 3) Alternate which side randomly. Let the kids know it's their job to pay attention and send the right number of kids to battle.

Note: Some sessions will be very limited for goalies. Tutor shooters can be used instead.