

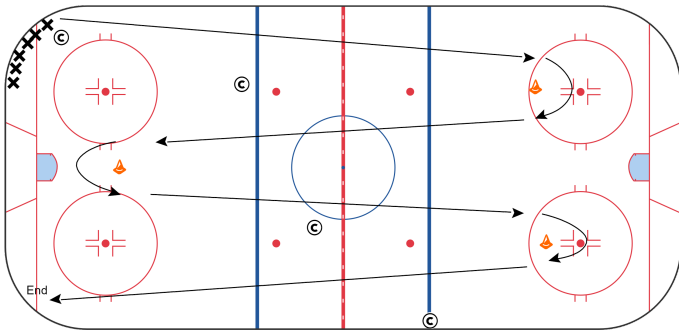


2024 Raiders Eval U9 and U11 SAG (Skate #2)

Duration: 60 mins

Warm Up Wheel

10 mins



Players start in one corner, start drill again in the opposite corner.

- 1) Skate Forward hard to far cone - gain speed and crossover around cone (No tight Turn!) Repeat for all 3 cones - Repeat 2 times
- 2) Skate Forward with the puck - Repeat 2 times
- 3) Pivot to backwards at each line - Repeat 2 times
- 4) U9 Jumps at lines, down/up on tummies
- 5) U11-U18 Only - Skate Backwards
- 6) U13-U18 Only - Skate Backwards With Puck and Give and Gos

Key Points

- Encourage and be positive with all players, Engage them and have fun.
- Wide Crossovers and Speed
- Open ice Skating with Puck
- Pivoting
- Backwards Skating

Water Break Setup for SAG

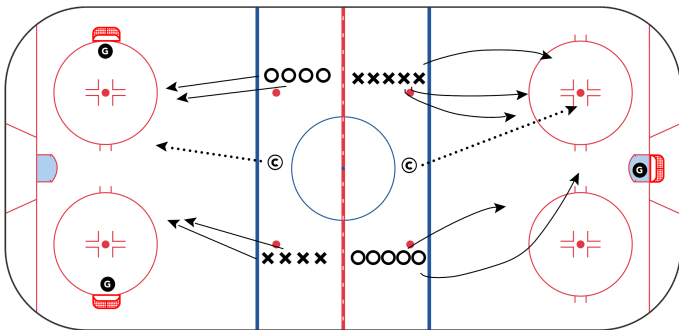
0 mins

Do another Water Break before switch kids between SAG

0 mins

2v2, 3v3, 4v4 and Walrus

48 mins



2v2, 3v3, 4v4 - One Side (Switch after 20 mins)

- 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:
"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, or 4 on 4
etc
Battle for 20-30 seconds each.
Other coaches keep pucks cleared
Try to make sure each kid gets a variety of 2v2, 3v3, etc

Walrus - One Side (Switch after 20 mins)

- 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.