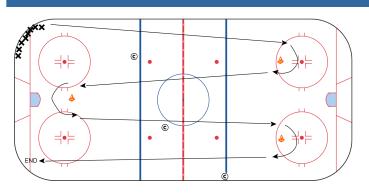


# 2024 Raiders Evaluations U9, U11, U13 Skate #1

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 Puck - Repeat 2 times

3) Pivot to backward 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

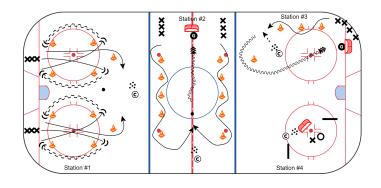
## **Key Points**

- 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 for players at Station #2

0 mins



Each Station and group needs a demo.

Stations are 7 min each.

Remind players they are "shooting to score" all the time even if there is no goalie in the net.

### Station #1

Box Transitions Puck race: Change matchups frequently to allow players to race against their skill level Puck race between players. Races to the puck spotted by coach. FWD skate to first cone, pivotbackwards to the next cone. Pivot forward again diagonal across to next cone pivot straightback to 4th cone. Pivot and skate forwards around the top cone and race for the puck.

#### Station #2

- Players start on coaches whistle - Race through cones - battle for puck and shoot on net.

- Change matchups frequently to allow players to race against their skill level

#### Station #3

**U9** - player weaves through <u>without</u> a puck - Coach passes to playerplayer skates around pylon with puck - and goes in a shoots on goalie -Shown above

**U11** - Players weave <u>with puck</u> through Pylons - pass to coach - skates around pylon - recieves a pass from C and goes in a shoots on goalie. **Station #4** 

Coach dumps puck in corner, and 2 players race to puck. Player that gets puck tries to take it to the net, player without puck tries to protectt he goal. If puck gets turned over, change roles - coach continues to spot puck until 30 second is up then switch players - Coach and players help keep puck in play.

#### **Key Points**

Station #1 Accelerate forward and identify a players speed. Transitions FWD's to BWD's and if they can use their edges on both feet. Heels show going around cone. Shoulders square while controlling your stick as you make pivots around cones

Station #2 - Players skating agility, compete - Watch for focus. Does the skater focus on their path vs. their opponent. Stick leads the turn around pylon. Does the skater drag a skate around cone, Can they compete if they're behind

Staton #3 - skating edges, Stick position for pass, acceleration, shot on goal - Shoot To score

Station #4 - Compete, offensive positioning, defensive positioning - Quick feet, good puck protection, Defence stay on defensive side, good stick, stick on puck

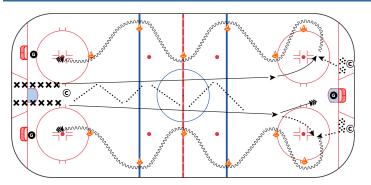
U9 Evaluating Skills (U9 - Skating Agility, Edge Work, Turning, Compete)

U11 Evaluating Skills (U11as! - Skating Agility, Edge Work, Turning, Compete)

Water break for players when they are waiting

0 mins

# **Butterfly Passing**



Butterfly Passing Warm up - 12 mins

- Start with 2 lines in front of net.
- 1. On whistle perform a variety of passing skills down the ice.

a) Full cradle, control and pass

- b) One-touch
- c) Cross-Cross
- d) Fwd/Bwd
- 2. Finish with shot on net.
- 3. Each receive puck from coach weave through cones with a variety of skills
- a) stops
- b) tight turns
- c) crossovers
- d) transitions (\*age appropriate)
- 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.

Bring Players in - Positive works and let them know the next session they will see small area games (2v2, 3v3 etc) or U13 will go to full-ice games 0 mins

## 12 mins