

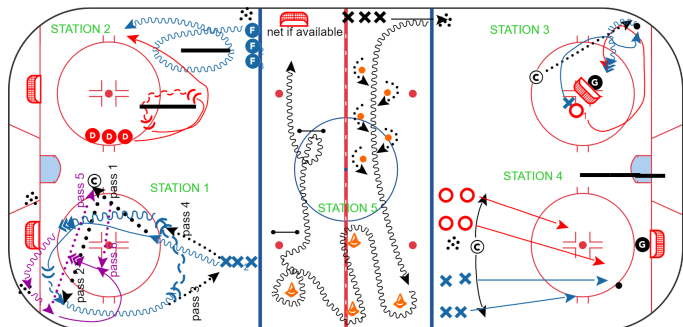


MWF 2022 Evaluations

Duration: 50 mins

MWF U13/U15/U18 Evaluations

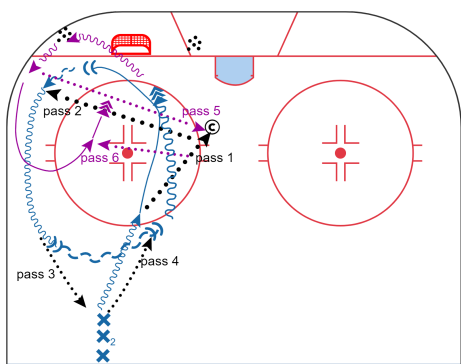
0 mins



- STATION 1: Passing and Shooting
- STATION 2: 1v1 Angling and Battle
- STATION 3: Skating Agility
- STATION 4: SAG 1v1 Activation to 2v2
- STATION 5: Puck Skills

6 Pass scoring drill

8 mins



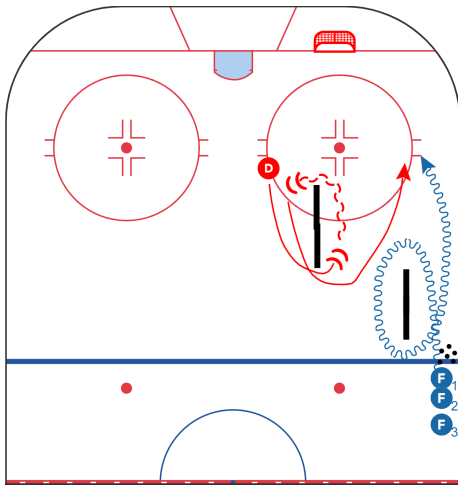
X1 skates towards coach on hash marks and makes pass to coach then curls low to corner opening up always facing the puck, and receives pass 2, then drives up the boards and at top of circle passes (pass 3) to next player in line, X1 then curls out wide to receive pass 4 from X2 and drives for shot on net. Drive net for rebound. (player must shoot no deking)

Immediately following net drive X1 (purple lines) drives to corner and retrieves puck pass back to coach again, then curls into circle for return pass from coach for a quick release shot on net (or 1 time shot for older players).

Swit left and right side so players have equal exposure to forehand and backhand.

Key Points

- Passing techniques: hands off body, receive pass on puck side of body, stick on ice present target, face the puck
- Create passing angles by wide turns always facing the puck
- Call for pass
- Catch and Release quickly on shots
- Eyes up scanning.



- **F1** starts with puck
- **F** skates down the wall, around the bumper and then drives the net for a shot on goal
- **D** skates forwards, pivots around the bumper and then skates forwards and angles **F**

Optional Starts

- F2 start inside offside dot and pass to F1 on the boards
- Players line up off boards and F2 dump puck off boards for F1 to retrieve

Key Points

Stick positioning

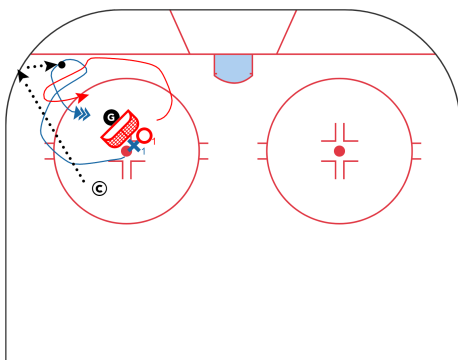
- When angling a 1 vs 1, a defender's goal should be to take away the center ice and force their opposition into "bad ice", ensuring there is no opportunity for a cut back. In defending a cutback, the defender should drag their stick behind their body while closing the gap and then quickly shift to "stick on puck" to completely take away the play.

2. Quiet feet

- Avoiding unnecessary crossovers and lower body movement is a huge key to angling. Keeping a strong base and using a powerful inside edge will allow players to quickly change directions if need be. At the more skilled levels of hockey, offensive players will wait until defenders cross over and then make a cut in the opposite direction, leaving the defender vulnerable to be beat.

3. Contact through the hands

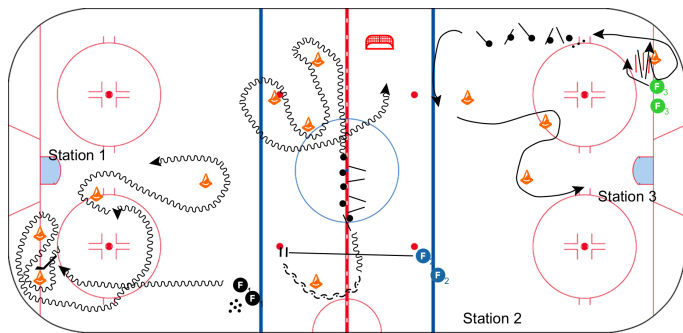
- The last step of the angle is separating the puck from the player. If your league has body contact, hitting through the hands is a sure fire way to force a loose puck and gain possession. Without body contact, the defender can finish the play off with a strong stick on the puck, knocking the puck free for your team to control.



1v1 battle drill. Give players 30secs or until goal or covered puck. Have player initiate contact and use puck protection drills. Puck carrier get low use wide stance and knee drive holding puck in protected area, keep body between defender and puck location.

Key Points

- Sprint to puck work to obtain position before possession
- Puck protection skills and compete
- Want to see players work to score not just puck protect without getting to the net. Create positive ice and attack
- Can defender angle and contain puck carrier



Station 1

F 1 starts at blue line, skate down and flicks puck over stick, than cuts back and tight turns around the cones trying to build speed, make tight turns around the cones and look to shoot quick

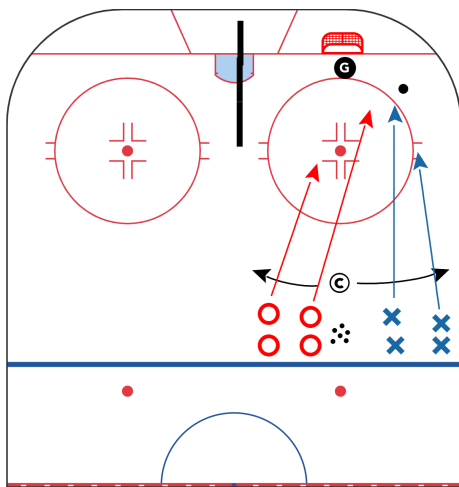
Station 2

F 2 skates hard to the dot and stops, quick feet backwards around cone and Pivots forwards to the line of sticks laid out, skating slow on one side of the sticks, reach out and toe drag the puck back to you, continuing to the cones with a burst of speed and a shot on goal

Station 3

F 3 skates up a turns back, stick handling wide through the sticks laid on the ice, tight turn up ice, quick feet moving then slow down and as fast as you can stick handle tight through the dots, again full speed with quick feet around the cones for a shot on goal

2v2 Low to High D Activation (station option)



2v2 game with a D confined to space

- Players battle in SAG and main rule is that on any transition you must find you designated COACH and pass to them before scoring.

Variations

- Each Team can have a D must only pass or D can shoot and score.
- Fs must catch and release only off D pass.
- F who passes to D must exchange places so D activate and moves down once they receive the puck.

Key Points

- Creating Space and being passing support
- Pass and move concept.
- Keep stick on ice call for pass
- Create 2v1s offensively
- Pass to D or Coach and drive the net
- Stop on net if D or Coach is shooting