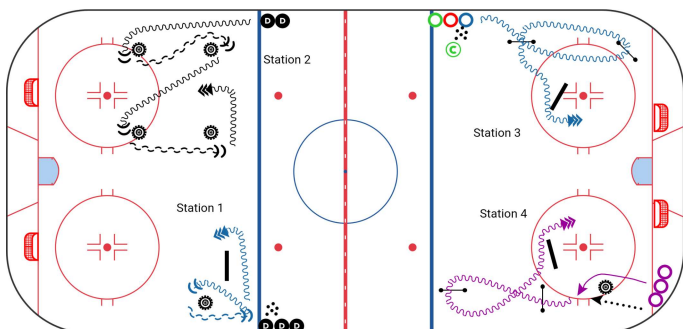


MWF Skill Evaluation Session

10 mins



Station 1: Walking the blue line

- Player leaves with a puck and pivots around the tire.
- skating backwards, player will drag puck along the blue line for a shot.

Station 2: Pivots and escapes

- **X** starts with puck
- **X** skates to top tire, and pivots backwards
- player escapes around the bottom tire.
- repeat and finish with a shot.

Station 3: Skills and Game Application

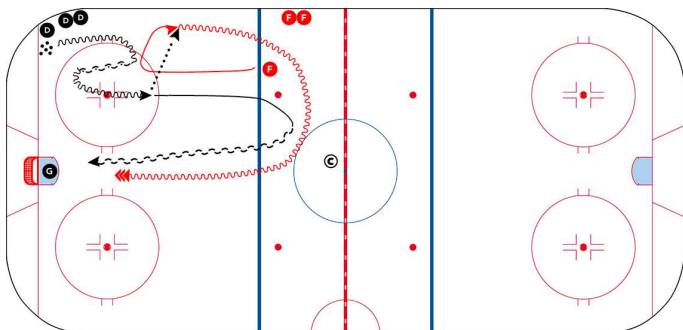
- Players leave with a puck - slip the first stick aid, tight turn and slip the bottom stick aid toward the boards.
- Climb the wall before attacking around the top of the circle.
- Players can slip the stick aid again if they feel confident.

Station 4: Combo Drill - Slips with Turns

- Player leaves without the puck and receives pass.
- Slip under the stick-aid
- attack the top stick-aid, slip with turn towards the wall
- Attack off the wall around barrier.
- Finish with shot.

Defence - Offence - Puck Support 1 vs 1, 2 vs 2

10 mins



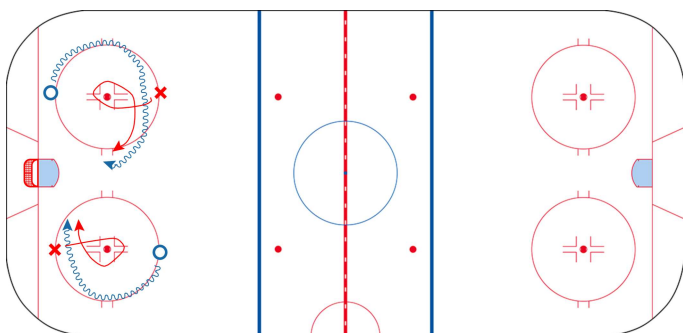
- **D** start in corner with puck, **F** on dot outside blue line
- **D** skates forwards with puck then pivots and skates backwards, forward skates toward defence, then open pivots toward boards giving D a flat passing option. D passes to forward who skates into neutral zone, then regroups and attacks 1 on 1
- **Progression** – add second forward to make it a 2 on 1. 1 forward towards boards, second forward to middle

Key Points

- Flat pass to Fwd
- D gap up

HNS - End zone angling drill- puck to the net

10 mins



Players leave at the same time. X trying to prevent O from getting to the net.
X must match speed and take a good attacking angle so that O cannot cut inside.
Stick positioning should transfer from protecting the middle, to stick on puck.