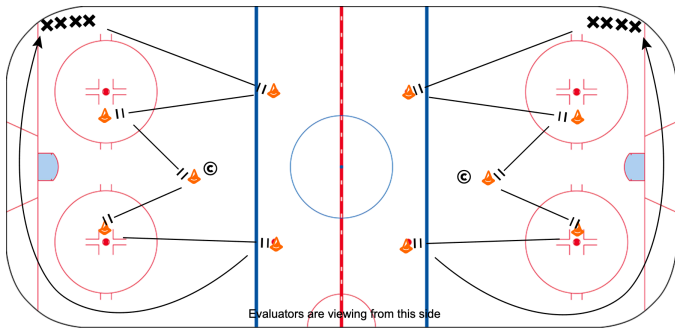


# Evaluation Plan U7 Session #1 and #2

## Start and Stop it U7 Drill#1

12 mins



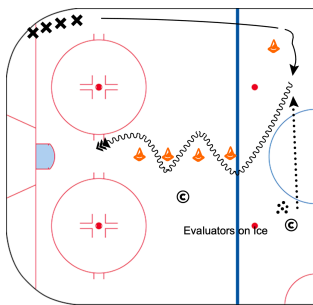
Players line up on one side of the rink and are completing a "W" pattern of straight line skating and stops;  
Coaches should arrange themselves with the drill to encourage stopping

### Key Points

Switch the ends after 5 min to enable the evaluators to see all the players.

## Weave It U7 Eval Drill #2

12 mins



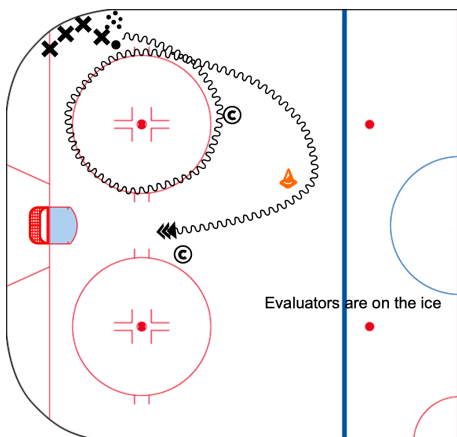
1/2 Ice drill where the players without the puck and skates hard around the top pylon, then receives a pass from the coach and heads into the 4 pylon with the puck, stick handling and taking a shot at the end.  
Other end has same 1/2 ice drill going on

### Key Points

Coaches support and encourage the players and switch ends half way through the drill to help with evaluator viewing

## Circle Shot U7 Eval Drill #3

12 mins



Player X starts with the puck and circles fully around the Circle and finishes by skating a turn around the high pylon then skating in for a shot

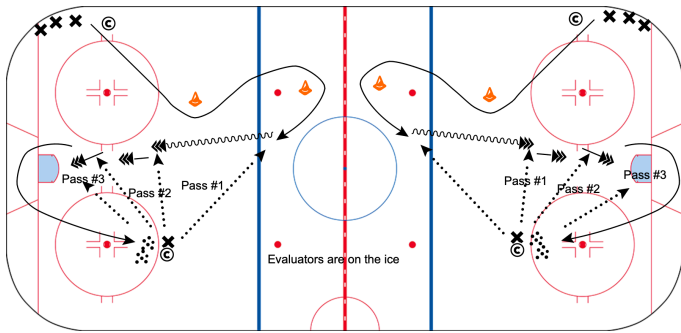
Second player goes after the first one passes from their full circle  
Emphasize skating with control in the tight space of the circle

### Key Points

Not drawn in but switch the ends after 6 min to see turns from other directions  
and encourage the kids as they are doing the drill.

### 3 Pass Sally Drill #4

12 mins



#### Evaluation Drill for the "Pass and Receive"

One Passer will complete 3 passes to one player who will in turn receive and shoot at the net

The shooter quickly goes and becomes the passer for the next skater in line.

Passer heads off and gets in line

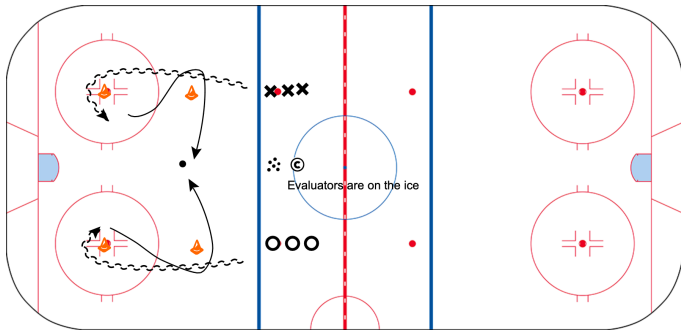
#### Key Points

Coaches hold back the skaters until the last of the 3 shots have been taken

One coach should be helping the passer "pass one at the Blue line, high slot and cross net pass.

### Race & Compete Drill #5

12 mins



Coach starts drill on whistle or stick slap.

Blue line is the start line and player starts off by skating backwards to the far pylon and then forwards around the high pylon and tries to get to the puck first

Coach place the puck and starts the next 2 skaters when the first 2 are out of the way

Same drill going on at both ends

#### Key Points

If too hard for some players, try and switch up so the fast are against the fast.

Trying to gauge the Compete of the players at the end of the skate