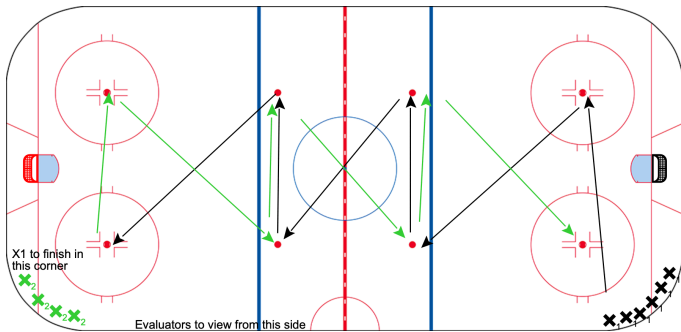


# U13/U15 Eval Drills Forwards

## Face-off Dot to Dot Eval Drill #1

8 mins



Start with all the players in the X1 line, they will skate down to the opposite end and start a new X2 line to return back to X1 line.

The dots are the transition points and there will be a total of 5 dots to transition around and both directions will be illustrated to the evaluators.

First time ( both X1 and X2 directions) skate and tight turn around the dots, leave enough room between skaters so the next skater in line goes after the player in front reaches the second dot transition. Speed and turn control skill being observed.

Second time ( both directions again) stopping/ starting facing the opposite/ far end always from where you started. Stopping ability and step acceleration being observed.

Third time (both directions again) Forward and transition to backwards ....always facing away from the evaluators.

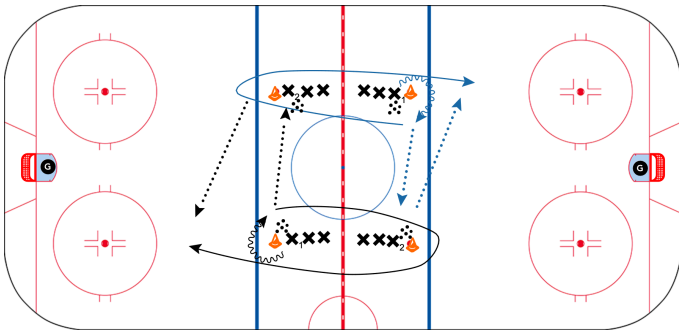
Repeat again with a puck 1 thru 3 to get close to the 12-14 min

### Key Points

Demonstrate, Space out the players, drink of water after.

## Forward Flow Eval Drill#2

12 mins



The drill starts with one player, X1 leaving with the puck and then passing along the blue line to the opposite player X2

X1 continues pattern around pylons to comes back along the wall and receives a pass from the same X2 and carries on to take a shot  
Drill will be occurring with both X1's passing and leaving at the same time from opposite corners.

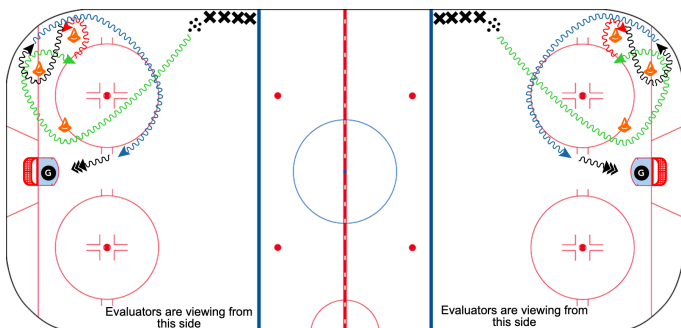
Coach whistle starts the next 2 leaving which would be X2 making the initial pass to the X1 line and skating around the pylons.

### Key Points

Keep the pace moving and try and keep the awaiting players to the inside so the lanes are clear.

## Figure 8 + Half Wall Walk off Eval Drill #3

12 mins



Puck carry from the start of the drill where player cuts around the first two pylons ( green skate line)

Starts a figure 8 with the second and third pylons (red to black skate lines)

And "walks up the halfwall" to the top of the circle to take a shot from the hash marks.

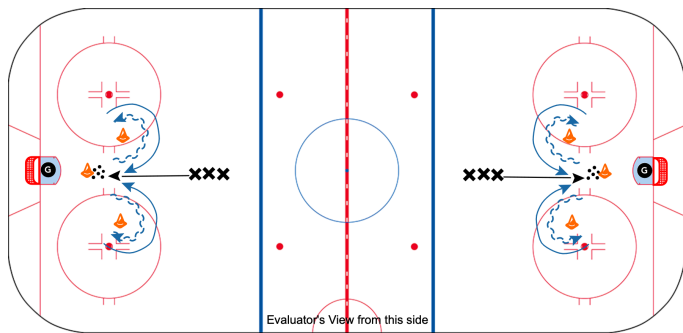
Second player leaves when first crosses in front at the top of the circle.

### Key Points

Switch sides half way through @ the 6-7 min mark

## 4 Shots of Agility please Eval Drill #4

12 mins



A 4 shot drill where player enters the center to pick up a puck. They will skate backwards between the 2 hashmark pylons and transition to one side to take shot #1. Then will head back between the 2 high pylons to pick up their second puck, pulling it backwards and around the other side. This will repeat 2 more times for a 4 shot total.

### Key Points

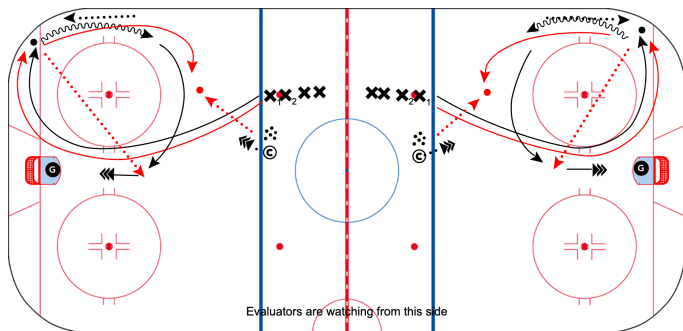
Usually we set up the 4 pucks for each skater in front of the goalie pylon that they are to grab vs a large pile.

Speed and release around the pylons are being evaluated.

Please switch ends after 6-7 min so that evaluators get views of each player.

## Quick Cycle and shots Sequence Drill#5

12 mins



Coach starts with a puck and a line of players on each half.

The Coach dumps the first puck in the corner and 2 players leave at the same time.

The player X1 curls into the corner picking up the puck and skates up the wall dropping it to X2 and continues around the circle opening up for a shot.

X2 picks up the wall pass and waits and passes it out to the slot for a continuing X1 skater.

X1 takes a shot and remains in front for a deflection of the second shot.

The Coach places a second puck for X2 that swings up to get it off the wall and then curls for a high slot shot with X1 screening the Goalie.

### Key Points

Players will change ends half way through the drills time 6-7 min and do the drill at the other end which involves the opposite direction of drill.

We are looking for pace in this drill, game simulation.

Keep it moving between drills plan for a 1 min discussion while the Assistant coaches set up the next drill.