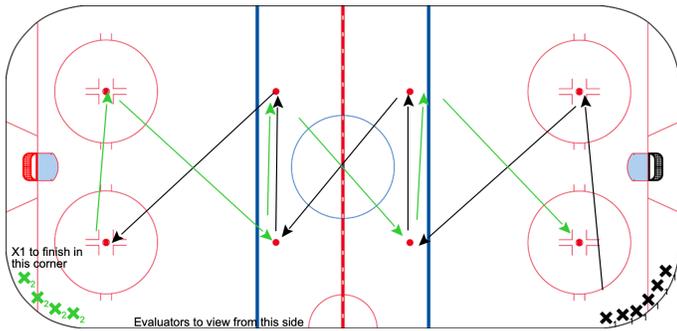


# U13/U15 Evaluation Drills Defence

## 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.

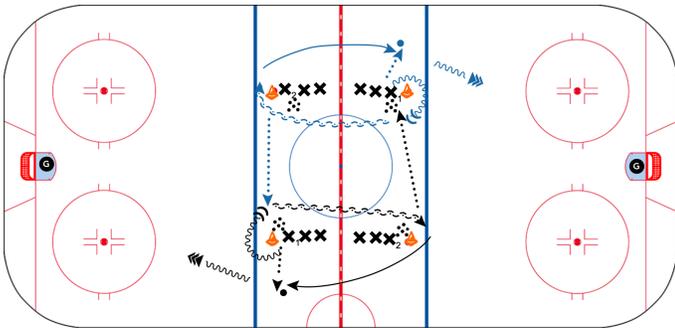
Repeat again with a puck 1 thru 3 to get close to the 12-14 min

### Key Points

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

## Defence Flow Drill

12 mins



2 opposite corners are leaving at the same time X1 with pucks

They will curl out and pivot to backwards skating with the puck and pass across the ice to the opposite X1 line when they pass the second pylon.

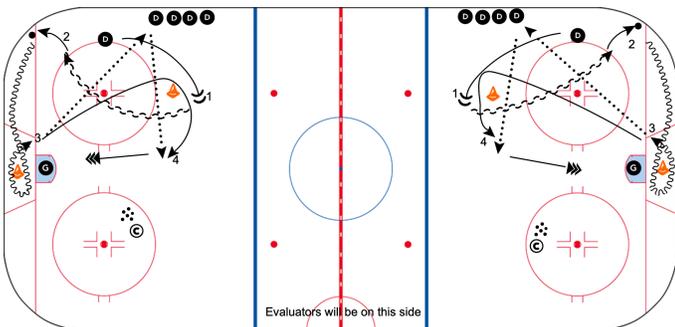
They will then skate forwards picking up a neutral ice drop pass from the other X1 and proceed over the blue line taking a point shot or high circle shot.

### Key Points

Drill will have both X1's go at once on the coaches go signal and then the opposite X2 corners will go next.

## D Escape Move Pass and Shoot Drill #3

12 mins



Defensemen will start at the outside hashmarks without the puck and do a typical D maneuver by skating up to the pylon pivoting and backwards skating to the corner, then turning forward to pick up a pre-placed puck. (1, 2)

The D will then skate with the puck doing an evade maneuver around the pylon that is behind the net, coming out the same side and giving an breakout pass to the next D2 in line on the wall (3).

The D will then skate out and curl around the high pylon to receive a return pass from the D2 and go in and take a shot on the goalie

### Key Points

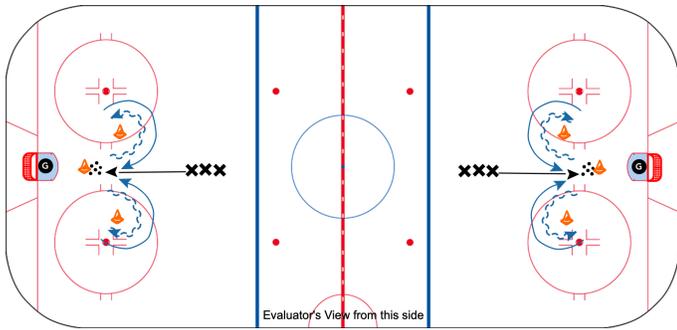
Demonstrate and correct patterns as the D are being evaluated on their D skating Agility.

Coach stays in center and places the puck for the next D in line

Please switch ends half way through the allotted time so that the opposite turn can be observed by the evaluators

## 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

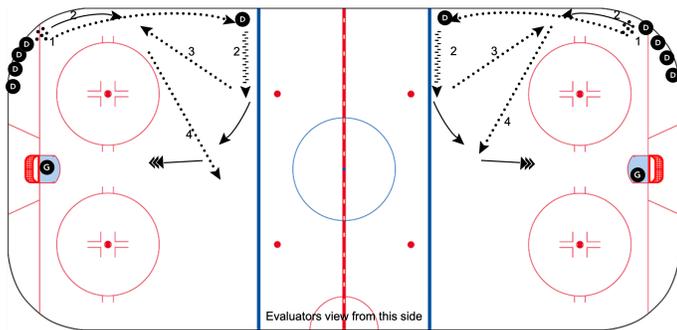
Usually we set up the 4 pucks for each skater in front of the goalie pylon that they are to grab vs a large pile.

Speed and release around the pylons are being evaluated.

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

## Walk the Line - Give and Go Drill #5

12 mins



D starts on the "point" and receives a wall pass (ring/bounce or straight) from the first D1 in line.

"Point" D walks across the line with the puck as the D1 skates up to the wall hashmarks to receive a pass back.

D1 passes back to the "Point" D and keeps going to the line to become the next Blue line D.

Point D moves into slot and takes a shot on goal after receiving touch pass back.

### Key Points

Continuous drill once the "Point" D gets set on the blue line.

Coaches to switch players ends 6 min after starting for the evaluators to see both ways of walking.

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