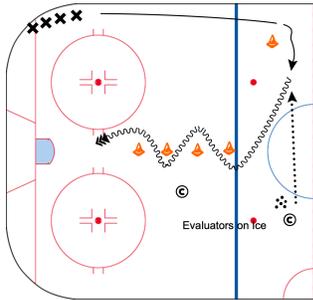


# U7 Free Skate #2

## Weave It U7 Eval Drill #2

12 mins



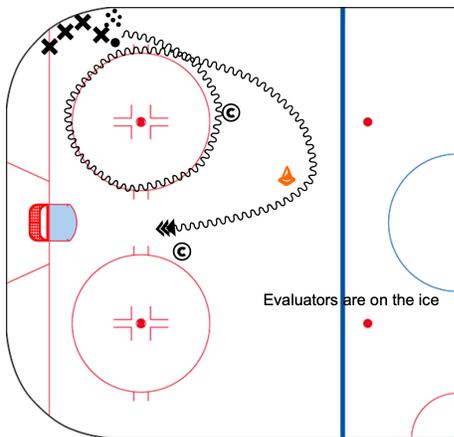
1/2 Ice drill where the players without the puck and skates hard around the top pylon, then receives a pass from the coach and heads into the 4 pylons with the puck, stick handling and taking a shot at the end. Other end has same 1/2 ice drill going on

### 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

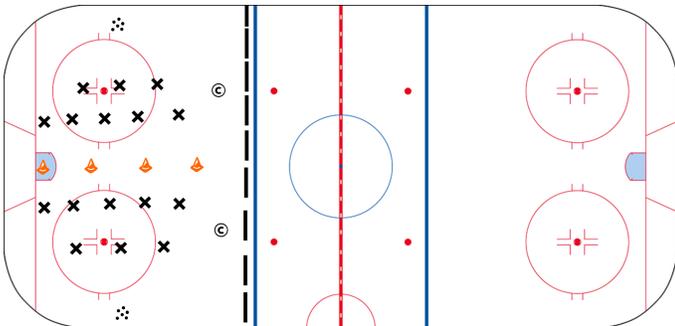
Second player goes after the first one passes from their full circle  
Emphasize skating with control in the tight space of the circle

### 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.

## (Optional) U7 - sweep your side drill

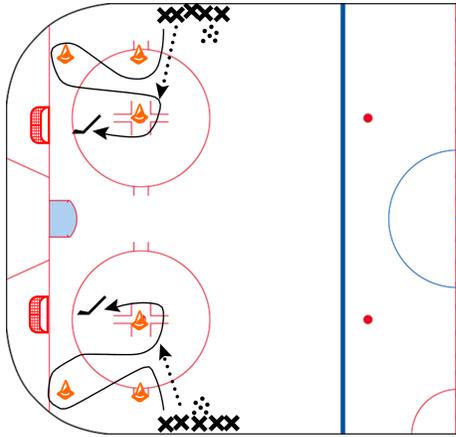
15 mins



- on the whistle players on each side will grab a puck at the back of their zone and attempt to clear all the pucks to the opposing players zone.
- Drill can go on for 2 minutes per round and when the coach blows the whistle to end the drill, count the number of pucks in each zone.
- The team with the least amount of pucks in their zone wins.

## U7 Shooting Drill - Drill #6 - day #1

10 mins



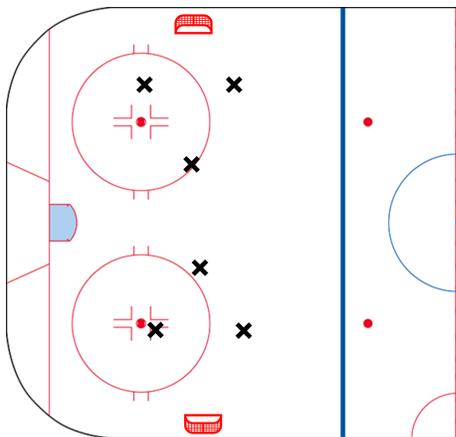
- First player in line weaves through the pylons.
- After the second pylon the player will turn and receive a pass from the next player in line.
- The player will then turn around the 3rd and final pylon and shoot on the net
- return to same line after drill is finished.
- Switch sides once every player has run through thre drill 3 times.

### Key Points

- emphasis on tape to tape passing
- Shoot to score

## U13 - 3 v 3 Scrimmage - Final drill - Day 1 to 4

15 mins



- Coaches blow the whistle to chnage lines
- Institute 3 pass rule or having to pass to coaches before scoring.