

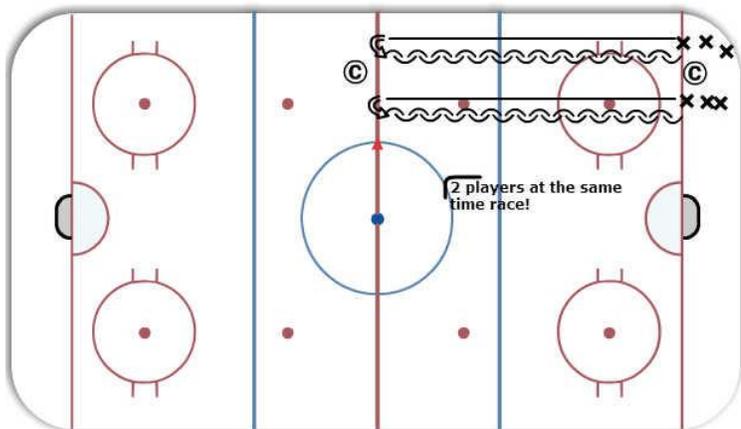


**Date:** 09/12/15 **Group:** \_\_\_\_\_  
**Length:** 45 mins \_\_\_\_\_  
**Start Time:** 7:00pm **Focus:** \_\_\_\_\_  
**End Time:** 7:45pm **Level:** MITE

Length	Drill Name	Category	Notes
15	forward/backwards	Skating	Evaluators look for long extended forward stride, does the players foot return directly under the body, is the players head up, and do they have a controlled upper body. When skating Backwards does the player maintain speed, controlled arm movement.
15	Tight Turns 1	Skating	Evaluators, does the player lead into their turns with their stick, do they have control of all 4 edges, do they maintain speed through turn, do they keep both feet staggered and proper weight shift through turn
15	Transition Skating	Skating	Evaluators look for speed, can the pivot both directions, good weight shift, can they maintain speed in both directions.

**Notes:**

**Drill Title:** forward/backwards (1 Diagram )

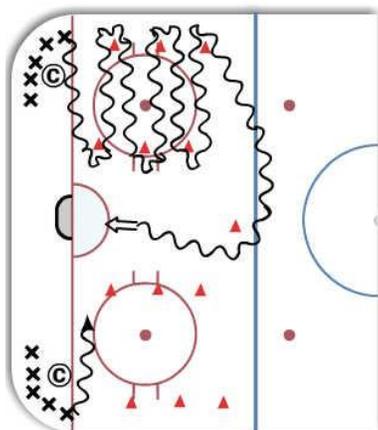


On whistle, 2 players race forwards from the goal line to the red line. At the red line player pivot to backwards and race with backwards C cuts back to goal line.

- sequence 1. Race without pucks
- sequence 2. Race with pucks

**Key Points:** Forwards Stride Backward C cuts

**Drill Title:** Tight Turns 1 (1 Diagram )

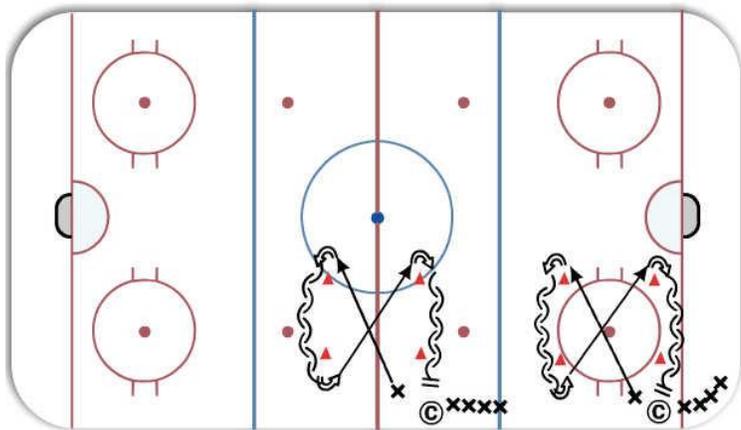


2 lines. On whistle 1 player from each line races through cones. Players are to complete tight turns through the cones then exit through high slot down the middle.

- sequence 1. player races without puck
- sequence 2. Player races with pucks

**Key Points:** Tight Turns lead with stick both edges stagger feet weight transfer

**Drill Title:** Transition Skating (1 Diagram )



On whistle one player executes cone sequence. Player attacks through the middle forwards and pivots to backwards C Cuts on the outside.

- Sequence 1. Transition without pucks
- Sequence 2. Transition with pucks

**Key Points:** Transition Skating Proper Pivot Weight Transfer