



U11 - Evaluations 2026 - Skate #4

Duration: 58 mins

Warm Up Laps

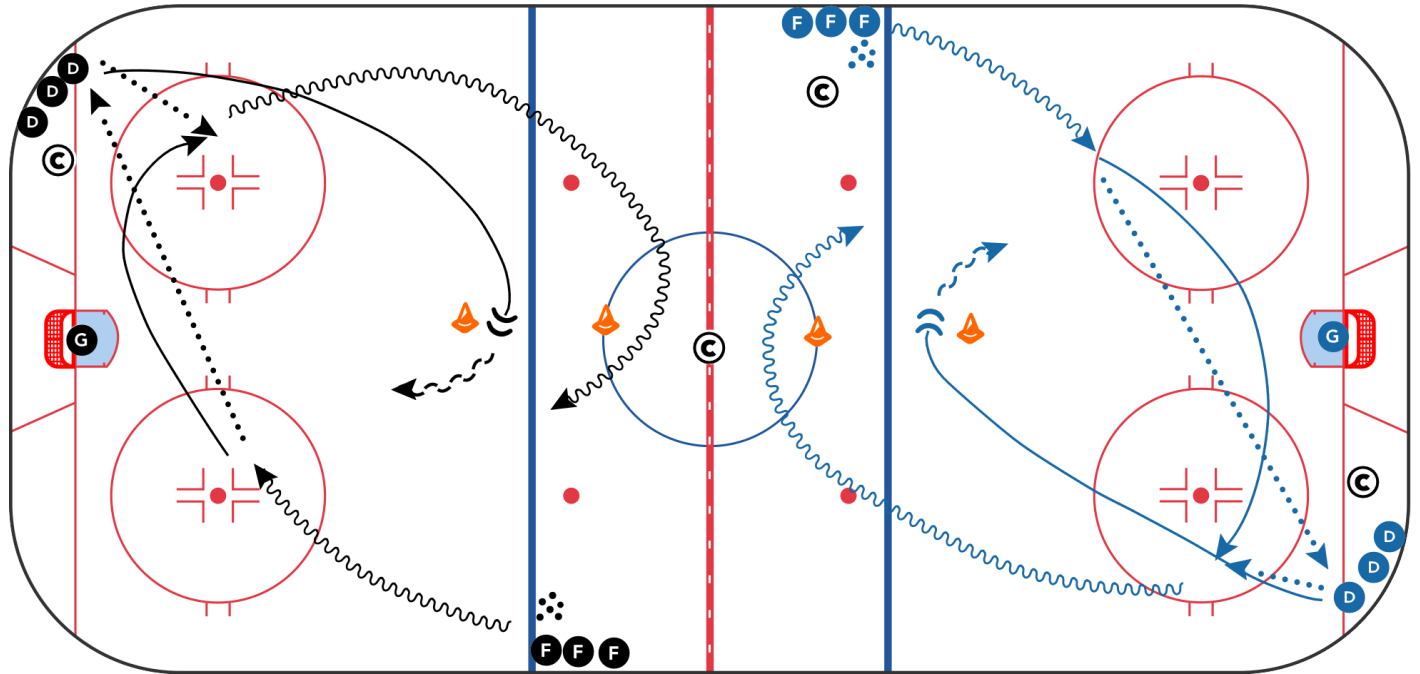
3 mins

Water Break & Drill Setup

1 mins

Swedish Overspeed 1v1

10 mins



Description

Setup

- Forwards: Line up at blue line along the boards with pucks.
- Defensemen: Line up in the opposite corner at the goal line.

Objects: Two cones placed high in the neutral zone (one "near" cone, one "far" cone closer to the opposite blue line).

Drill Actions

- The Forward starts with the puck, takes a couple of powerful strides, and makes a tape-to-tape pass to the Defenseman.
- The Defenseman immediately passes the puck back to the forward, hitting them at roughly the top of the circle.
- The Forward explodes up the ice with speed, carrying the puck all the way around the far cone.
- The Defenseman explodes out of the corner toward the near cone.
- **The 1v1 Engagement:** As the Defenseman reaches the near cone, they pivot backward, looking to match the forward's speed, maintain strict gap control, and contain the forward to the outside.

Key Points

1. Passing Execution & Accuracy

- The drill relies entirely on execution. Evaluators want to see crisp, hard, tape-to-tape passes on the initial exchange. A sloppy pass ruins the timing and speed of the entire rep.

2. Footwork & Edge Control

- Forwards must generate maximum overspeed coming around the far cone using aggressive, powerful linear crossovers rather than just straight-line skating.

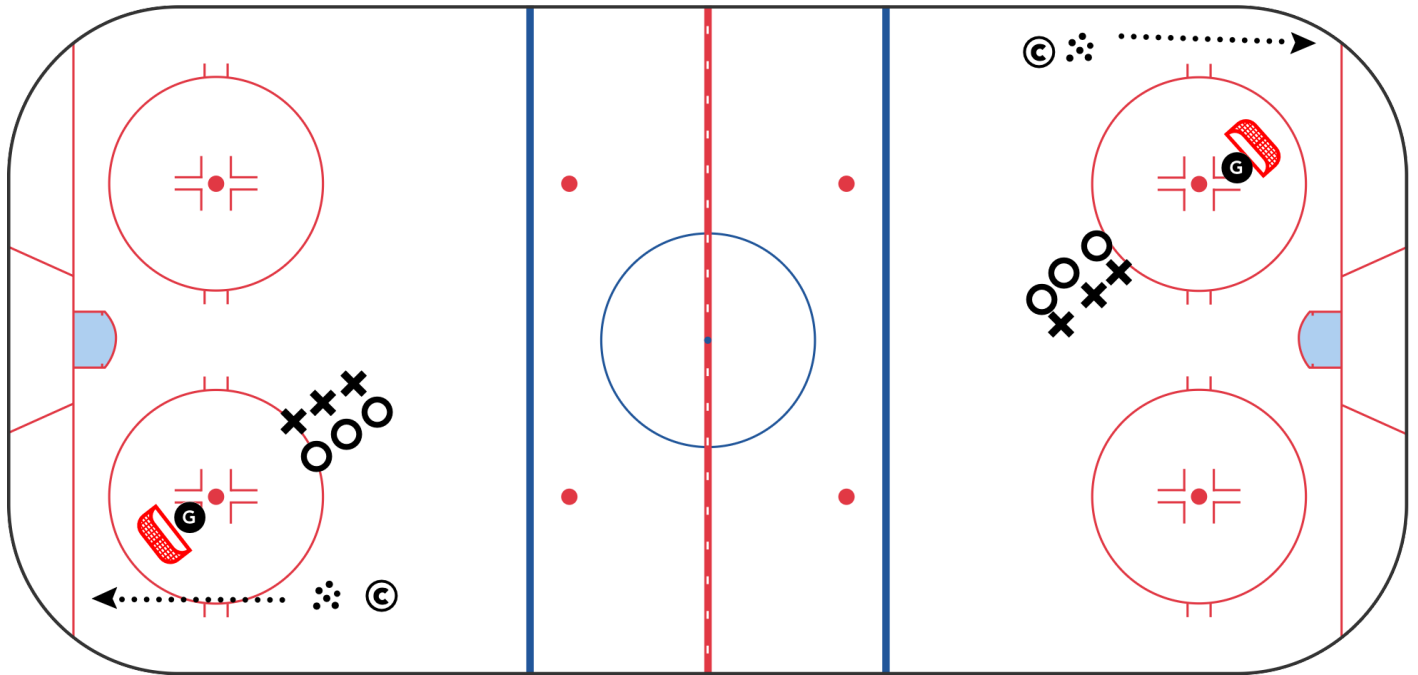
- Defensemen must make explosive forward strides out of the corner, followed by a fluid, seamless transition to backward skating at the near cone without losing momentum or dropping speed.

3. Stick Positioning & Spatial Control

- Defensemen must keep their stick blade on the ice, actively leading with it to disrupt passing lanes, take away the middle, and poke-check when the gap closes.
- Puck Protection: Forwards need to keep their stick and the puck on the outside (away from the defender) to shield it under pressure.

4. Body Position & Contact

- Gap Control & Angling: Defensemen must maintain a tight gap by keeping their chest facing the forward, matching their speed, and using their body angle to force the attacker toward the boards.
- Driving the Net / Steering: Forwards should use a strong body angle to drive hard to the net.



Description

This small area game is intended to provide evaluators the opportunity to:

- assess a player's technical skills, as well as their hockey IQ and compete level, in a more game-like environment
- provide a dynamic environment for goalies to demonstrate their positional awareness, movement and compete level

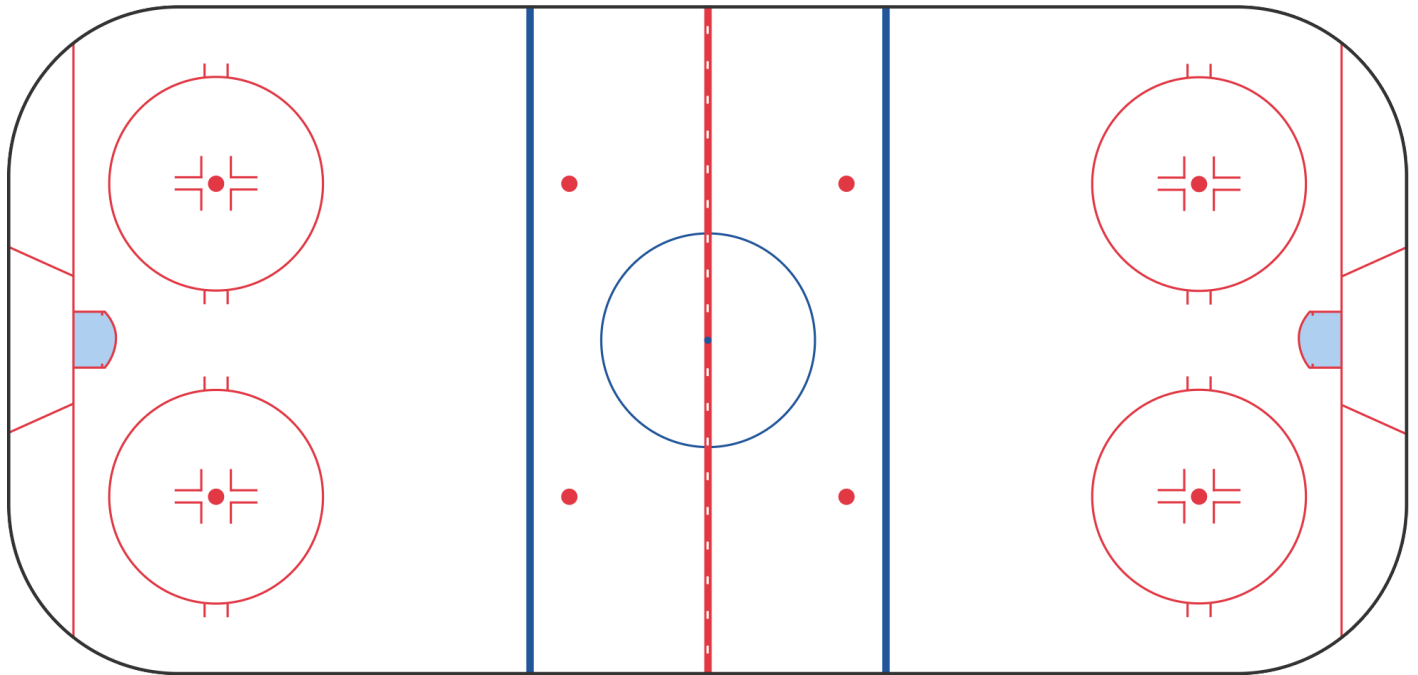
Format:

- Coach puts the puck into the corner to start the play. Two pairs compete for the puck, with either pair able to score on the net without a reset needed (ie no coach pass). Play stops on a goal, when the goalie freezes the puck, or when the puck exits the corner playing area (coach's discretion/whistle).
- Coaches should ensure pairings are regularly mixed so that players play with many partners, and battle different pairings.

Key Points

- **Compete Level** - are they willing to engage and compete for the puck within the rules?
 - Do they immediately compete for the puck?
 - Do they battle hard without giving up when initially beaten?
 - Do they show a **second and third effort**?
 - Do they continue competing until the play is over?
- **Puck Battles**
 - Do they use their body, regardless of the size of the player, effectively to protect the puck?
 - Do they use their stick to disrupt or steal the puck?
 - Do they keep their feet moving while battling?
 - Can they win a puck when they don't have the best position initially?
- **Hockey IQ / Awareness**
 - Do they know where their teammate is?
 - Do they recognize how to **support the puck carrier**? Do they get open when their teammate wins possession?
 - **When in possession**, they use their teammate/make a pass when appropriate instead of forcing a play on their own?
 - Do they recognize when to pressure?
 - Do they understand where the opposition is?

- Do they make a play when they get the puck rather than immediately throwing it away? Do they show patience?
- **Positioning**
 - Do they get between the opponent and the puck?
 - Do they stay on the defensive side when appropriate?
 - Do they support their teammate instead of both players chasing the puck?
 - Do they find space when their team has possession?
 - Do they recover quickly if they lose the puck?
- **Transition of Play**
 - This is a great thing to watch in a small-area game. When they win the puck:
 - **How quickly do they transition from battling to attacking?**
 - Do they recognize they have possession?
 - Do they look for their teammate?
 - Do they move the puck or skate into space?
 - When they lose it:
 - Do they immediately try to get it back?
 - Do they transition quickly to defending?
 - Do they stay engaged in the play?



Description

- **Game Format:**
 - **5 on 5 full ice game, 3 periods, Red vs. White.**
 - 28 minute allowance: 8 min periods, 60 second buzzer (8 team shifts per period) run time
 - 35 minute allowance: 10 min periods, 75 second buzzer (8 team shifts per period) run time
 - 50 minute allowance: 15 min periods, 60 second buzzer (15 team shifts per period) run time
 - Based on number of players on each colour/side, the game will be set up with the following positions for each side:
 - 10 players: 4D, 6F
 - 11 players: 4D, 7F
 - 12 players: 4D, 8F
 - 13 players: 5D, 8F
 - 14 players: 5D, 9F
- **Game Rules**
 - Face-off at centre ice at beginning of each period
 - Continuous flow of play
 - On a goal, team that scored will retreat to the red line to "touch up" and allow opportunity for zone exit
 - No stoppages for offside but coach on the ice will call for players to exit and touch up
 - Icings will be called out by coach on ice and players will retreat to red line and touch up to allow opportunity for zone exit
 - No scores will be kept on scoreboard
- **Rotation Format:**
 - Every period, there will be designated players in D and F who will stay in those positions for the entire duration of that period. The game and period times (8 minutes, 60 second buzzer) will allow each player to play at least 3 shifts of the same position in that period (depending on total players per side).
 - Once a player has played D for one period, they will play F for the other 2 periods, subject to the below.
 - Players on D will wear "beanies" for that period they are designated D.
 - Every player must play D for one period. During the third period, the "unfilled" D positions (per the chart below, unfilled positions shown as (+x)) will be rotated into by the players designated F or, alternatively, on a volunteer basis. The goal is

to allow ensure all players have played both positions, and a minimum of 3 shifts in D.

	P1		P2		P3	
# of players	D	F	D	F	D	F
10	4	6	2+2	6	2 (+2)	6
11	4	7	4	7	3 (+1)	7
12	4	8	4	8	4	8
13	5	8	5	8	3 (+2)	8
14	5	9	5	9	4 (+1)	9

- Bench coaches will do their best to ensure that all players rotate as evenly as possible through the 3 forward positions. At the end of each period, bench coaches will shift players who have not played D to that position and replace beanies; they should also shuffle players such that they have a chance to play with players that they have not yet played with, where possible.
- The goal of this format is to provide all players with balanced ice times and the ability for bench coaches to organize the players in a consistent yet manageable way, insofar as possible given potentially differing number of players on each side etc. at any given group skate.

Key Points

- Does the player seem to understand where they are to play on the ice?
- Do they support the puck in defensive and offensive situations?
- Does the player show patience or do they tend to panic when pressured?
- Do they protect the middle lane and force opposing players inside out?
- Can the player angle another player off of the puck?
- Does the player force the play or do they wait too long?
- Does the player play aggressively and pursue the puck?
- Does the player shy away from other players?