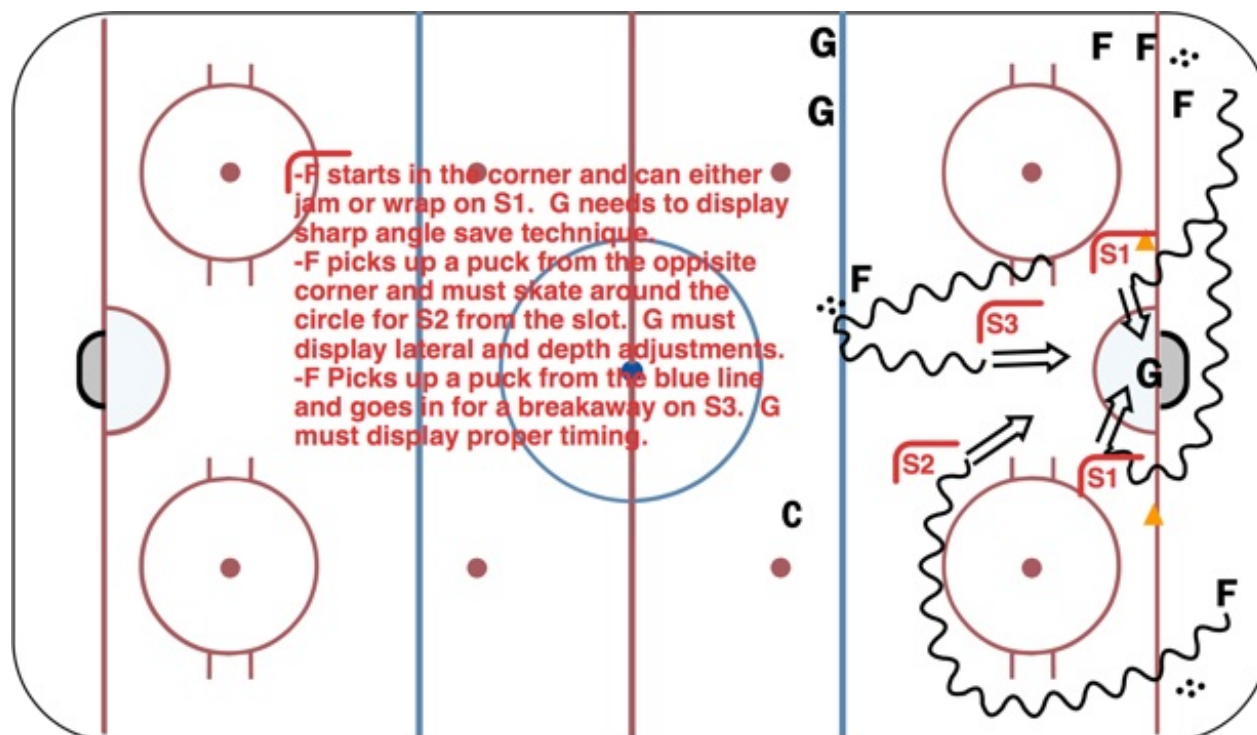


EVALUATIONS/ 3 ANGLE 1-0 ATTACK/ U14-U18 (BANTAM-MIDGET)



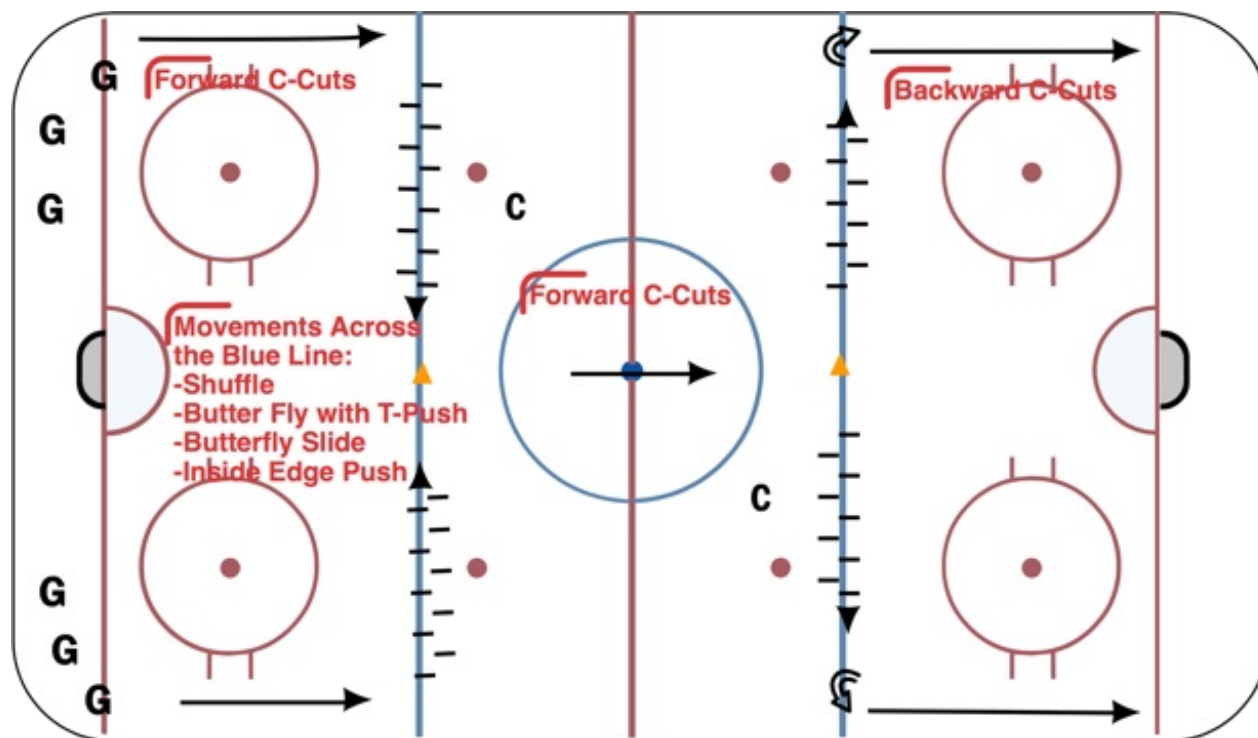
Description

- Goalies can do 3 reps per side or if your'e using both end zones 4 reps per side (only do one side per end zone).
- Goalies not going can stand on blue line walls.
- Need at least 4 shooters.
- The same F takes all 3 shots.
- F must attack the net with speed on all 3 attacks.
- S2 needs to be a shot by mid slot (no deke).
- S3 is a breakaway with speed.

Notes:

- On S1 can the goalie seal the near post (jam)?
- On S1 can the goalie seal the far post (wrap around)?
- On S1 does the goalie display good save ability?
- On S2 can the goalie stay square and manage their depth?
- On S2 does the goalie display good save ability?
- On S3 does the goalie display proper timing?
- On S3 does the goalie display good save ability?

EVALUATIONS/ MOBILITY/ U14-U18 (BANTAM-MIDGET)



Description

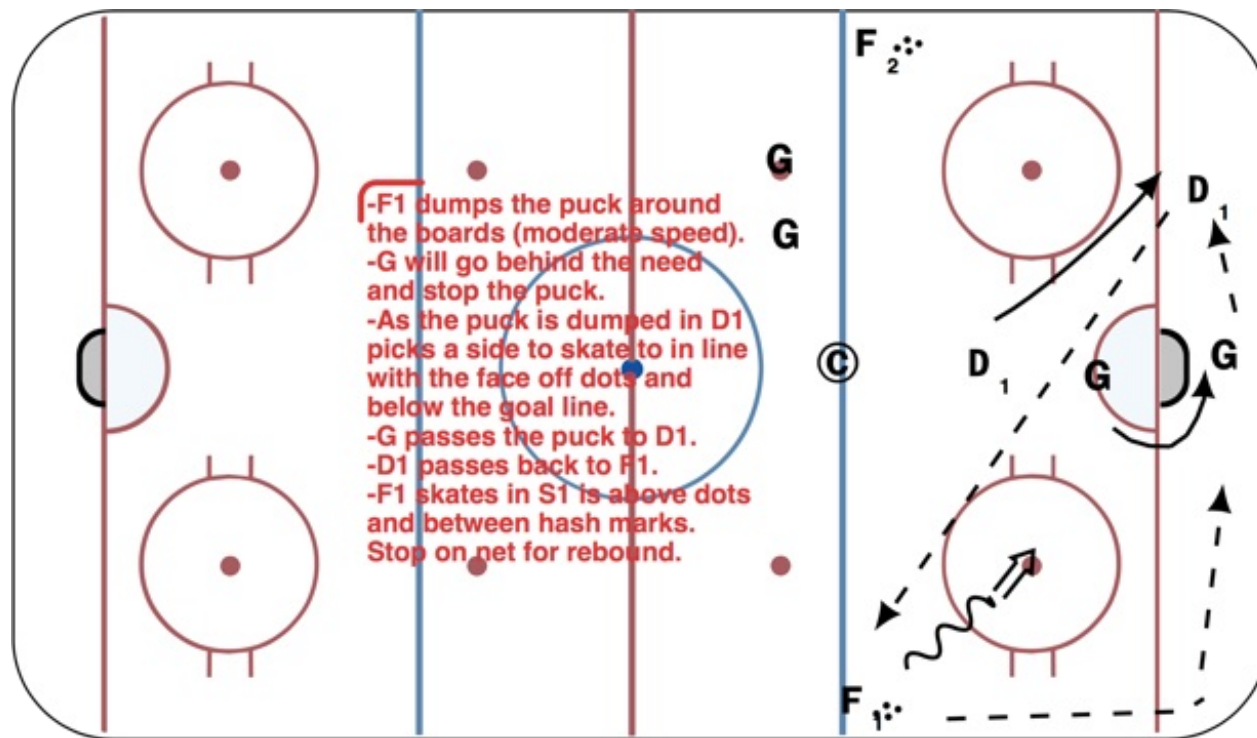
- Using your roster sheet break the goalies into 2 groups (alternate each corner) from lowest to highest jersey number. Once the kids are ready make sure you have a coach demonstrate the pattern and movement (if you have access to a demo goalie use them).
 - On the first whistle the goalie with the lowest jersey number goes. On the second whistle the next lowest jersey number goes (alternating will allow you to space the goalies out).
 - When you get to the opposite end of the arena demonstrate the next movement and repeat this until the movements are all completed.
- Sequence: Forward c-cuts to blue line wall, movement from wall to cone, forward c-cuts to cone on the blue line, lateral movement to blue line wall, and backward c-cuts to the corner.
- Movements: Shuffle, Butterfly with T-Push Recovery, Butterfly Slides, and Inside Edge push (if you have time or have an elite group remove shuffle in place of inside edge push).

Notes: Focus points:

- Can the goalies maintain their stance during the skating patterns?
- Can the goalies perform clean forward and backward c-cuts?
- Do the goalies bobble up and down during their lateral mobility patterns across the blue line?
- Can the goalies perform a proper butterfly?
- Do the goalies recover with the outside leg?
- Do the goalies maintain control with their upper body during slides and inside edge pushes?
- Do the goalies complete the drill properly (no short cuts)?

Tags: -Make sure on ice evaluators are in a good position to see all the goalies., -Goalies need to be wearing a numbered jersey that lines up with the score sheet., -Depending on skill level or time you can move the cones along the blue line to increase or decrease distance of each movement.

EVALUATIONS/ PUCK HANDLING AND TRACKING/ U14-U18 (BANTAM-MIDGET)



Description

- Goalies will do 3-4 reps on one side then repeat on the other side. Goalies that are not going will be above the blue line.
- F1 dumps the puck in at a moderate speed (if the goalie misses it they can have 2 extra dumps). The goalie must quickly get out of the net, set the puck, and attempt a clean pass to D1 (D1 goes to whatever side they want).
- Once D1 gets the pass they will wait for the goalie to get to post coverage and then pass the puck back to F1 just below the blue line. The goalie will follow the pass.
- F1 will skate in a shoot to score above the dots and between the hash marks. F1 needs to stop on the net and play the rebound quickly if it is playable within 15 feet of the net.
- The goalie needs to gain a good stance under F1, track the puck in/out, and compete on the rebound.

Notes: -Can the goalie get out of their net efficiently to stop the puck behind the net?

-Can the goalie make a clean direct pass to D1 in both directions?

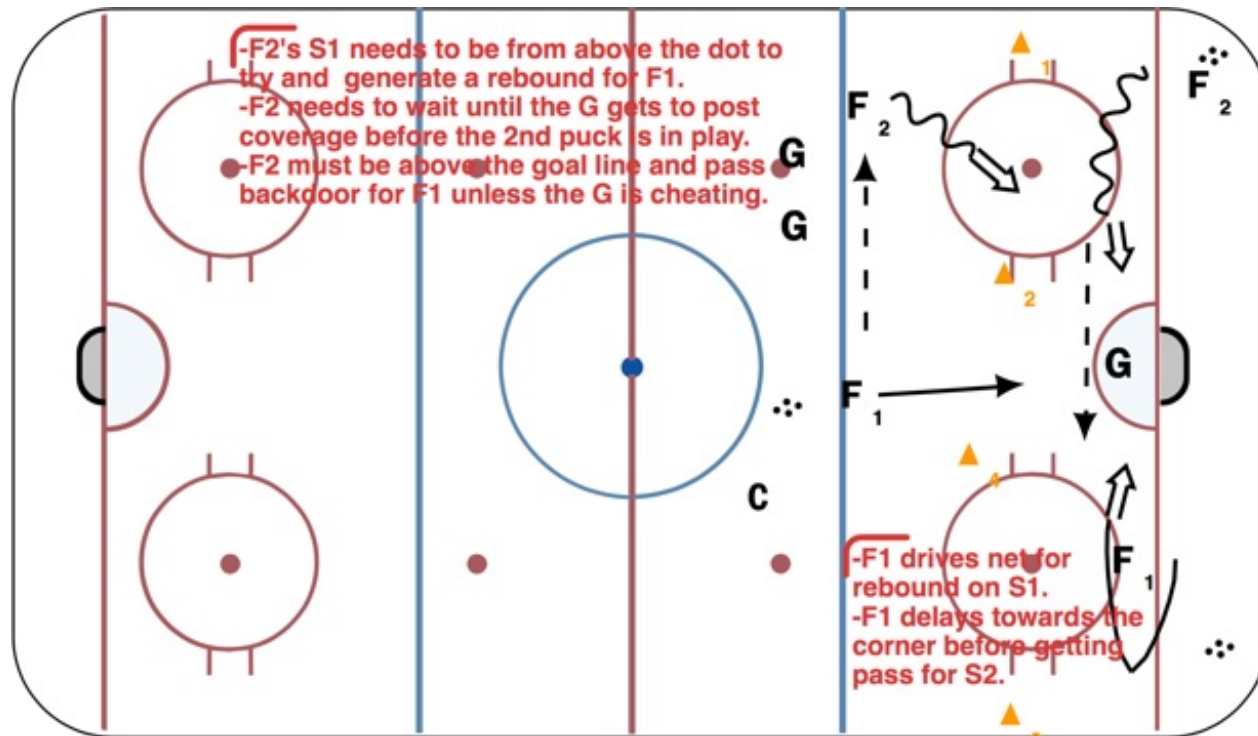
-Does the goalie set their stance before S1?

-Does the goalie track the puck well in and out of the save?

-Does the goalie display save ability and rebound control?

-Does the goalie battle and compete when a rebound exists?

EVALUATIONS/ REBOUND CONTROL AND LATERAL READS/ U14-U18 (BANTAM-MIDGET)



Description

- Goalies will do 3-4 reps then switch sides. If you are doing the drill in both end zones then 4 reps (one end zone does one side of the drill and the other end zone the other side of the drill).
- F1 needs to make a stationary pass to F2 then drive the net. Goalie must display the ability to move laterally on their feet to F2.
- F2 needs S1 to be for a rebound. F1 needs to quickly play the rebound off S1. The goalie must try and control the rebound on S1 and if they give off a rebound display recovery and compete.
- F2 must wait for the goalie to be on post coverage before they start the second attack.
- F1 needs to delay away from the net and come to the back door for S2. S2 must be a one touch shot.
- On the second attack the goalie must honour F2's sharp angle option to shoot but also be able to get across for the backdoor pass.
- Play up to 2 rebounds on S2.

Notes: Focus Areas:

- Can the goalie keep up with the lateral pass from F1 to F2 to start the drill (goalies should be gaining position on their feet)?
- Can the goalie control the rebound off S1 (using their stick/pad, body, or glove/blocker)?
- If the goalie lets out a rebound on S1 can they recover and compete on the rebound?
- On the second attack can the goalie hold position on F2 without cheating to the pass option (F1)?
- Can the goalie make the sharp angle save on F2's S2?
- Does the goalie have the lateral mobility to get under the back door pass in time for S2 and stay in on the puck if there is a rebound?