

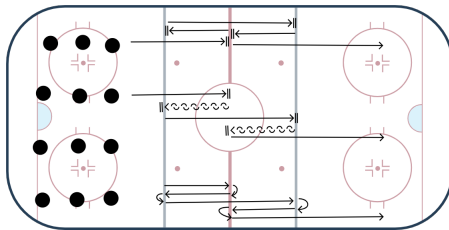
EVALUATIONS (U11)

2024/2025

SKATING EVALUATION- U11 and UP

Time: 10 Minutes

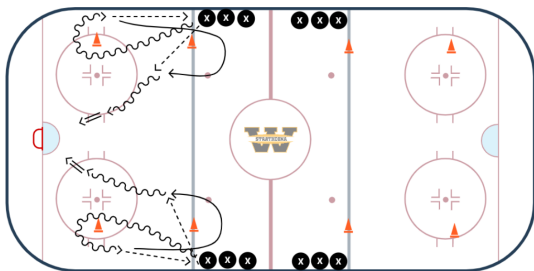
Station #:



- Stops and starts (facing same way)
- FWD/BWD Pivots (toward same way)
- Tight turns (toward same way)

EVALUATIONS- PASSING- U11

Time: 10 Minutes



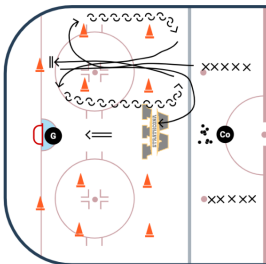
- **U11 ONLY**
- Player leaves line with puck and passes to player in the line they left from
- Player skates towards line and turns to middle of ice and gets return pass from the player in their line
- Player skates down and shoots on goal
- Other line starts when player in opposite line hits blue line

EVALUATION- Agility U11

Station #:

Time: 10 Min

Time: 10 Minutes



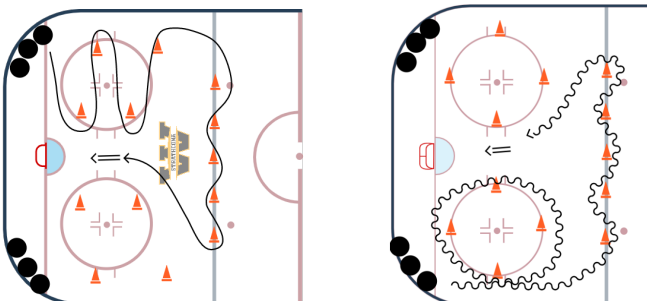
- Start at cone closest to goal and pivot to the outside of the circle
- Ensure 2nd pivot also to the outside of circle
- Player skates down, stops at pylon, continues up and picks up puck from coach and shoots on goal
- Other line starts when player in opposite line reaches 3rd cone

EVALUATION AGILITY CONES- Puck Handling through cones- U11

Station #:

Time: 8 min

Time: 10 Minutes



- Players skate around the circle or cones as shown with puck
- Players will shoot on goalie at end
- Players will alternate sides
- Other side starts when player reaches 5th cone

EVALUATIONS

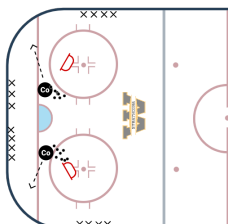


2024-2025

EVALUATION SAG- 1 V 1- **U11 and UP**

Station #:

Time: 10 Minutes

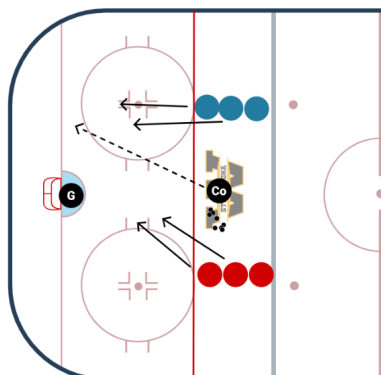


- Coaches will dump puck in corner
- Player from each of two lines will enter corner and play 1 on 1
- Coach will dump new puck in or call for next 2 players at their discretion
- Give players a rest and switch lines half way through

EVALUATION SAG- 1 V 1- **U11 and UP**

2 ON 2 BELOW RINGETTE LINE [EVAL]

Time: 10 Minutes



Small AREA Game 2 on 2

- Out of both ends
- Play below ringette line
- Coach to dump pucks in