

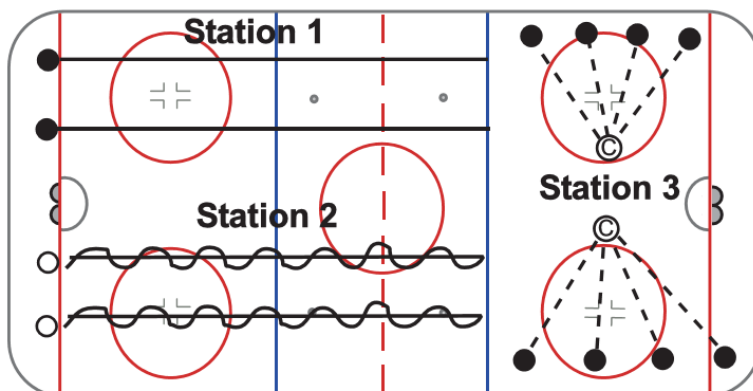
## 8U/10U EVALUATION SESSION

### 8U/10U Ice Session 1

General Objective:	Skating and Puck Control Skill Evaluation	
Specific Skills Being Evaluated:	Forward Skating Backward Skating Stationary Passing and Pass Receiving Skating with Puck Stopping	Tight Turns Agility/Acceleration with puck Passing and Pass Receiving Skating with puck

### Overview

Warm-up	Stretch and Skate <i>Explanation/Drill Set Up</i>	5 minutes
	<i>Break Into Stations</i>	2 minutes
Three (3) Stations	1 Forward and Backward Skating 2 Skating with Puck 3 Passing and Receiving – Stationary	30 minutes (10 minutes per station)
	<i>Explanation/Drill Set Up/Cool Down</i>	5 minutes
Three (3) Stations	1 Tight Turns, Crossover 2 Agility Skate with Puck 3 Passing and Receiving in Motion	30 minutes (10 minutes per station)
	<i>Finish/Drill Tear Down</i>	3 minutes
		<b>75 minutes</b>



#### Station 1

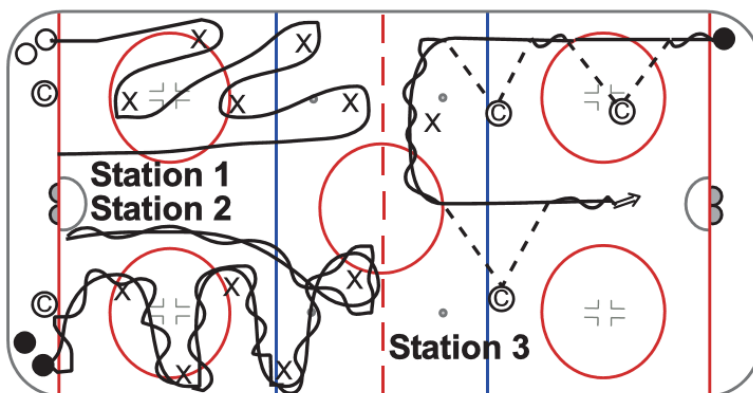
Forward and Backward Striding - down and back

#### Station 2

Skating with the Puck forward - down and back

#### Station 3

Stationary Passing and Receiving with Coaches



#### Station 1

Forward skating without a puck, tight turns around the pylons

#### Station 2

Skating with the Puck forward - around the pylons, full 360 around last pylon

#### Station 3

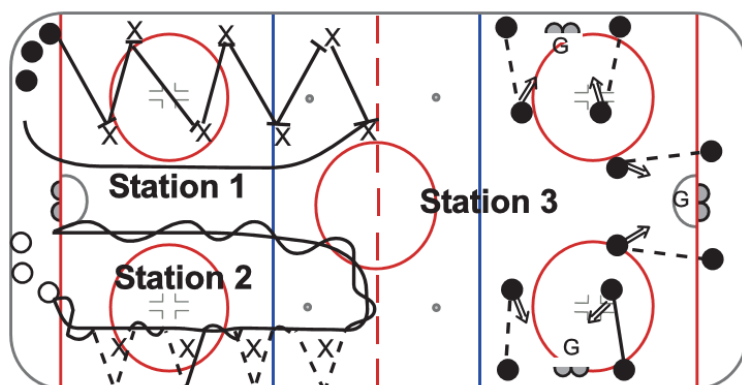
Passing and Receiving in motion with Coaches - finish with shot

## 8U/10U Ice Session 2

General Objective:	Skating and Puck Control Skill Evaluation	
Specific Skills Being Evaluated:	Starts and Stops Forehand Shooting Backhand Shooting Skating with Puck Bank pass and angles Edge Control	Tight Turns Agility/Acceleration with puck Passing and Pass Receiving Skating with puck

### Overview

Warm-up	Stretch and Skate <i>Explanation/Drill Set Up</i>	5 minutes
	<i>Break Into Stations</i>	2 minutes
Three (3) Stations	1 Stops and Starts – Edge Control 2 Forehand and Backhand Shooting 3 Skating with Puck and Bank Pass <i>Explanation/Drill Set Up/Cool Down</i>	30 minutes (10 minutes per station)
		5 minutes
Three (3) Stations	1 Tight Turns, Crossover 2 Agility Skate with Puck 3 Passing and Receiving in Motion	30 minutes (10 minutes per station)
	<i>Finish/Drill Tear Down</i>	3 minutes
		<b>75 minutes</b>



#### Station 1

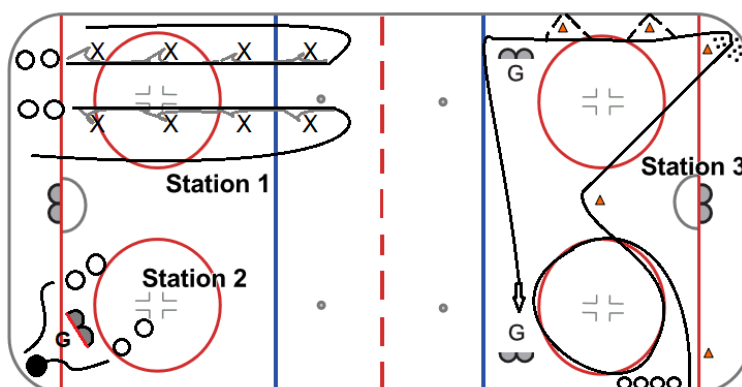
Stop at each pylon, accelerate to the next pylon and stop. Feet should always face the far end when stopping

#### Station 2

Forward skating with the puck, player will bank the puck off the boards before each pylon and pick it up on the other side

#### Station 3

Player receives a pass from behind the net and shoots. 5 shots on forehand, 5 on backhand and then switch passers and shooters



**Station 1** Players set up in two lines. Players skate along one side of cones and display puck handling ability and control by doing stickhandling/toe drags.

**Station 2** Players will compete in small area puck battle. Coach will put puck off wall and allow opportunity for players to showcase offensive/defensive capability.

**Station 3** Players will line up along wall. Full circle crossovers. At cone, transition backwards to corner. Transition forward with puck. Bank off wall, around net and take shot. Switch sides after 5 minutes.

### 8U/10U Ice Session 3

Scrimmage – Full or Half Ice	75 Minutes
Objectives	General Game Understanding Participation in on-ice activity – Does the player participate in and influence the outcome? Evaluation – evaluators should be able to identify top 1/3, middle 1/3 and bottom 1/3

### Ranking Criteria

Skating	Can the player play with and without the puck? How does the player skate in the game situation?
Passing and Receiving	Does the player share the puck? What is the quality of the passes? Does the player support the puck carrier?
Work Ethic	What is the player's attitude toward the scrimmage? Does the player have a willingness to work? Does the player demonstrate team play or individual play?
General Feelings	Does the player rate in the top, middle or bottom?