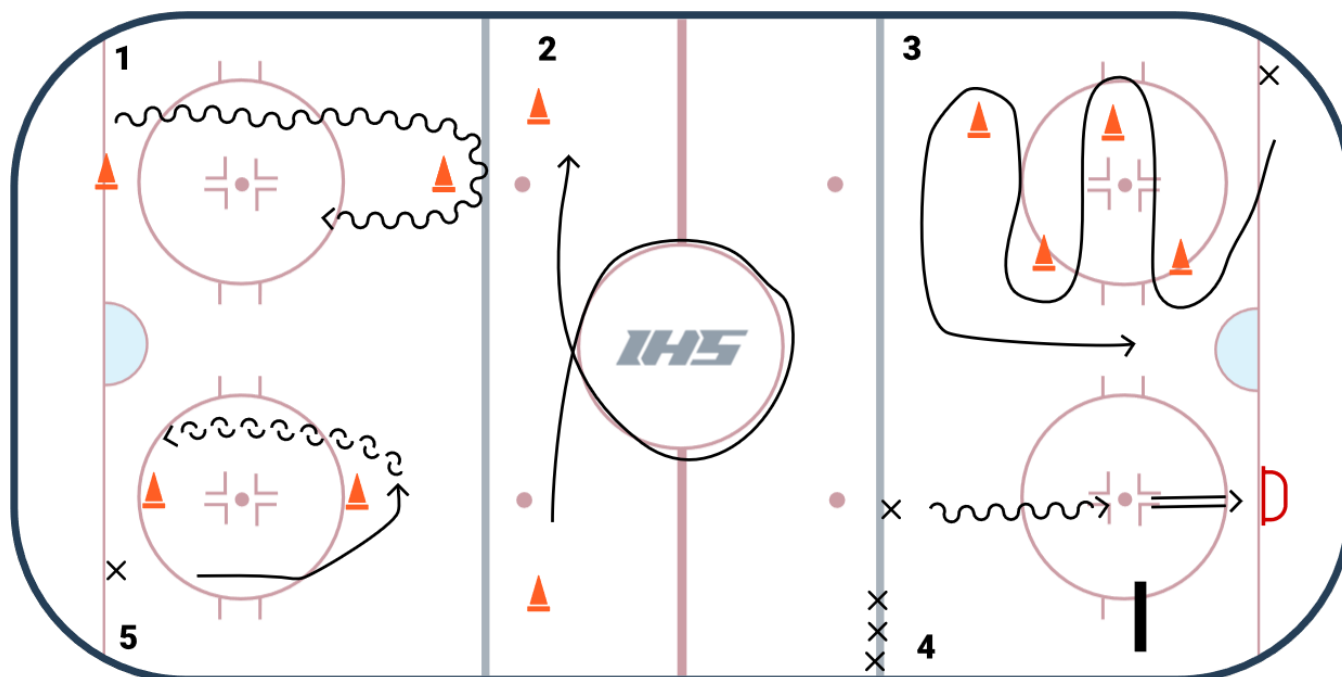


Mite Evaluations



Description

1. Stickhandling - Players will perform 2 puck movement runs from the start cone on the goal line around the cone near the blue line and back. First, they will push the puck forward with 2 hands on their stick. Players want to do this at reasonable speed and not lose the puck. Second, they will stickhandle between their feet or at quarter (11 o'clock for lefties, 1 o'clock for righties) all the way to the cone and back, whichever one they feel most comfortable with.

2. Forward Crossovers - Start at one cone, go straight or "underneath" the circle. Go from both sides. Players should have their stick on the ice pointing into their turn and be able to pick their outer leg up, cross over, and pull their under leg out.

Looking for deep knee bend, front to back balance, and leaning into the turn. Excelling is getting a push on the back leg before pulling it out.

3. Power turns - Players go through two times. They should have 2 hands on their stick and stick out front steering them into the turn, both feet on the ice around the cones. Excelling is maintaining speed and making tight turns around the cones.

4. Shooting - Players line up on the boards by the inzone corner of the blue line. Players skate from the blue, straight at the net and shoot from the bumper. Look for sweeping through puck. Excelling is a shot lifted off the ice and on the net.

5. Transitions - Players start at "x" and skate to the cone closest to the blue line where they transition to backwards skating always facing the cone furthest from the starting point.

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They go around twice each turn and go once from each side. Looking for toes pointed in the opposite direction of transition. Excelling is maintaining speed form, and deep knee bend.