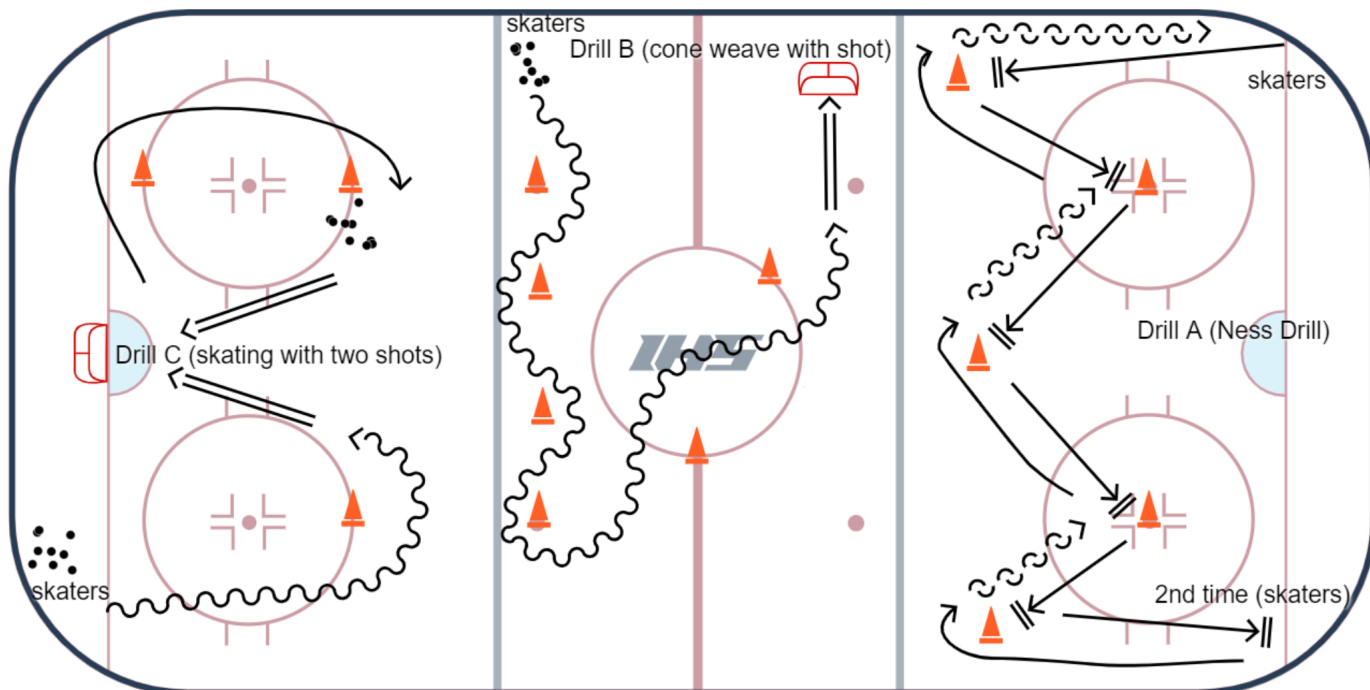


MITE/8U EVALUATION DRILLS



Time:

Station:



Total Need: 14 cones, pucks, 2 nets

Drill A (Ness Drill)

Need: 5 cones (No Pucks)

Process:

Start in corner (one at a time)

First time through drill - Forward skating with stops at each cone. Finish in opposite corner.

Second time through drill - Forward skating to cone, transition to backwards to the next cone, transition to forward to the next cone, etc. Finish in opposite corner.

Drill B (cone weave with shot)

Need: 6 cones, pucks, and net

Process:

One at a time, forward skating with pucks, weave (power turns) through cones, shoot at net

Drill C (skating with two shots)

Need: 3 cones, pucks, net

Process:

Start in corner (one at a time)

Forward skating with puck around first cone, shoot at net continue to other side of rink....

Skate around both cones, pick up puck, shoot at net

