



MEI U11/13/15/18 Evals Skills #2

Date: Sep 14 2026

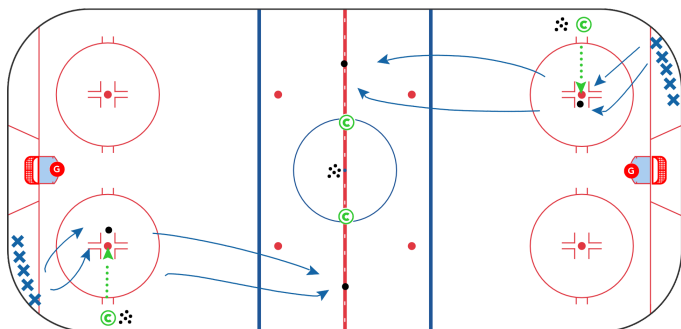
Practice No: 2

Time: 7:00 pm

Duration: 50 mins

Circle Keep Away -> Race

10 mins



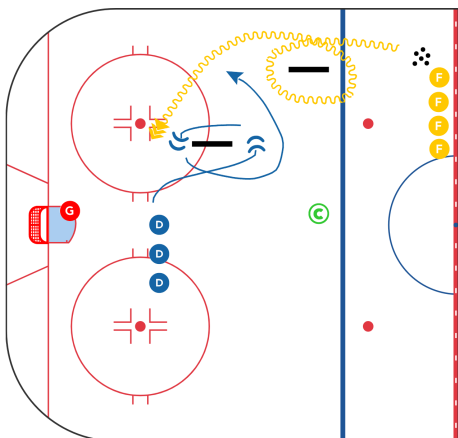
- Run drill out of opposite corners, switching sides halfway through
- On a whistle, **C** spots a puck into the circle
- First two players enter the circle to play a game of keep away
- Keep away must be played within the circle. If the puck leaves the circle, **C** will spot a new puck
- On the second whistle, players leave circle to race for puck spotted on centre ice line, playing 1v1 in the opposite end
- Next two players enter the circle on that second whistle

Key Points

- Puck protection
- Stick lifts
- Speed down the wing
- Battle/compete level
- Finish 1v1's

Bumper Angling 1v1

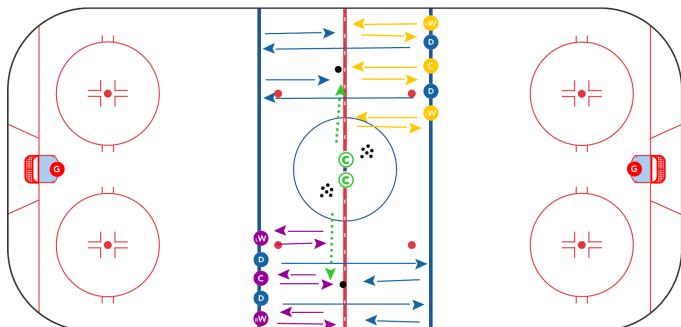
10 mins



- **F** and **D** leave at the same time to follow route around bumpers
- **F** skates forwards with a puck
- **D** leaves without a puck, pivoting around bumper to always be facing up ice
- Play 1v1 until puck is scored, frozen, or cleared
- **G** in nets, switching halfway
- Switch sides halfway

Tag Up 3v2

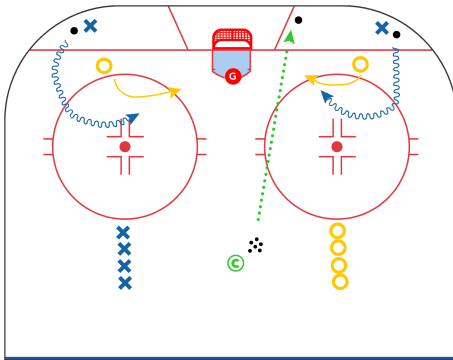
10 mins



- F & D line up on blue
- On a whistle, all skaters tag up to next line, then return to the direction they came from, then break out down ice
- Coaches will lay out a puck for skaters to go 3v2
- Play continues until puck is frozen, scored, or cleared
- Run out of both ends simultaneously

Out of the Corner 1v1, 1v1, 2v2

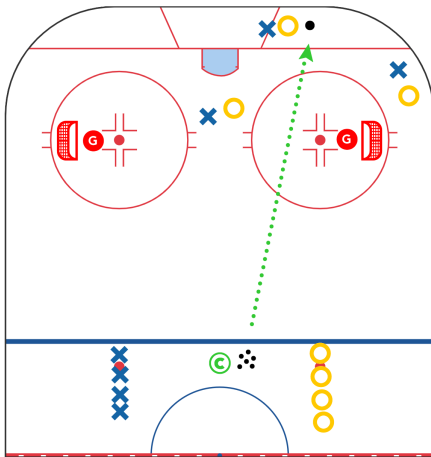
10 mins



- Drill starts with offensive players below the goal line with a puck, and defensive players above the goal line without a puck.
- On the first whistle, 1v1 initiates out of one corner.
- On the second whistle, 1v1 initiates out of the other corner.
- On the third whistle, 2v2 initiates with a new puck.
- Switch offensive team halfway through.

1v1, 2v2, 3v3 Activate SAG

10 mins



- SAG played from the blue line down
- Teams line up on NZ face off dots (dark vs. light)
- Coach yells out 1v1, 2v2, or 3v3
- If a 1v1 or 2v2 is called, players can activate the next girl in line by passing to her
- If 3 players are already active, next girl in line acts as a stationary passing option
- Players must make 2 passes before shooting
- On the next whistle, all skaters must tag up before the next players can enter the zone

Key Points

- Finding open space
- Playing off the puck
- Strategically trying to create an odd-man game
- Hustle in and out of the zone to give your team an advantage
- COMMUNICATE!