



MEI U11/13/15/18 Evals Skills #1

Date: Sep 13 2026

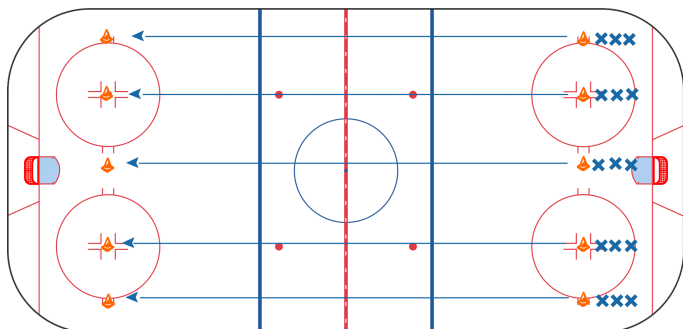
Practice No: 1

Time: 12:00 pm

Duration: 50 mins

30-60-90 Warm-Up

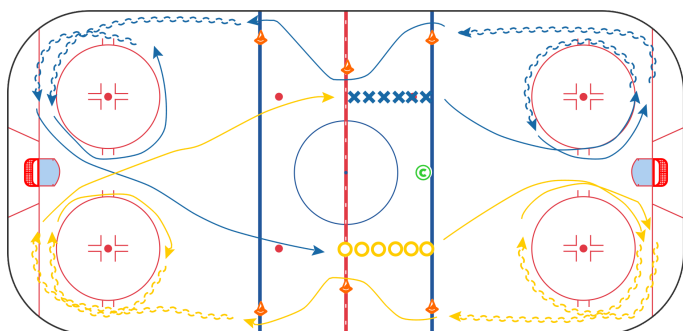
5 mins



- Skaters line up behind designated cones.
- On a whistle, first skater in line goes 30% to the first blue line, 60% to the second blue line, then 90% to the far cone.
- Focus on low stance and long strides.

Skating Evaluation

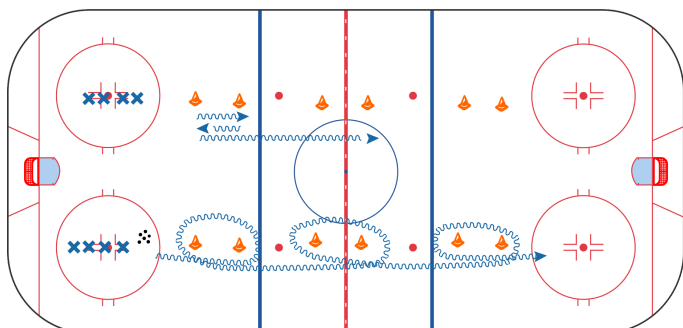
15 mins



- Players follow skating pattern twice, once in each line/direction.
- Always facing up ice.
- Mohawk around pylons in NZ.
- Repeat with a puck.

6 Cone Skill Series

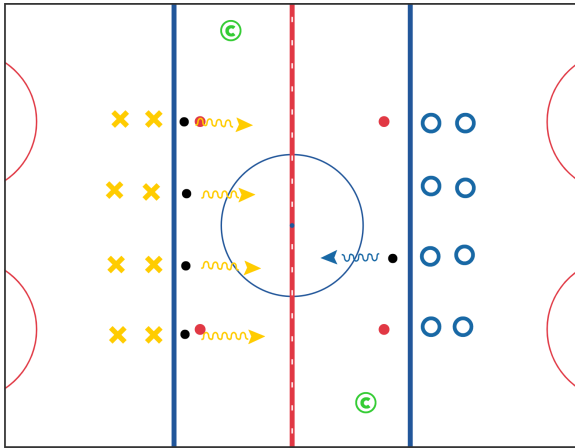
15 mins



- 3 groups of 2 cones, players line up at each series of cones.
- Players will go through each skill twice.
- Option to go 4 times (2 w/o puck, 2 w/ puck)
- Skills: hard direction change, tight turns, inside edge, outside edge, figure 8 tight turns, slide-out to shuffle, slide-out to deceptive shuffle.

Chicago 5 Puck 5 mins

Chicago 5 Puck 5 mins



- On a whistle, each player with a puck explodes from their line
- Players must keep their head up to find an open player to pass to
- Open players should be calling for a pass
- Once a pass is made, find an open spot on the opposite side of the blue line

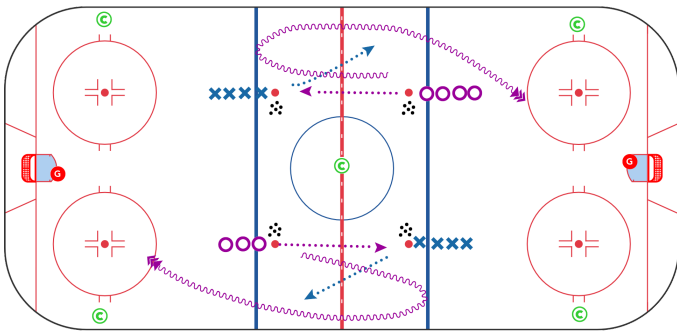
*Goalie(s): in far end w/ coach

Key Points

- Make eye contact
- Call for passes
- Keep your head up
- Buy time when needed
- Awareness

Team Canada 10 mins

Team Canada 10 mins



Variations

1. Tight turn to wall
2. Tight turn to middle
3. Open up
4. Cut to middle
5. Passer joins 2v0
6. Backchecker

Key Points

- Hard passes on the tape
- Calling for return passes
- Shooting in motion - hips forward
- Variations: touch passes, passer joins play