

WMHA Evals - Novice Session #2

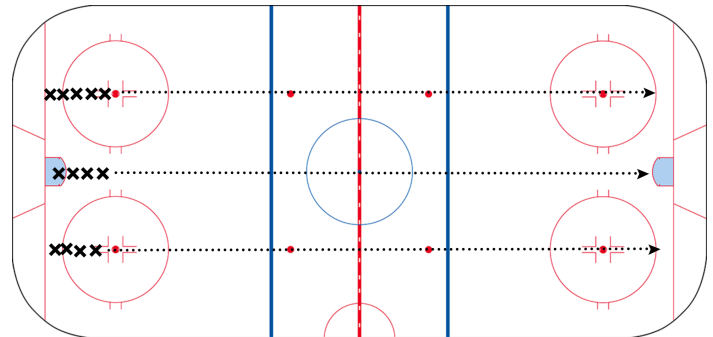
Duration: 60 min

WMHA Evals - Edges (novice 2nd skate)

10 mins

Description:

1. Weave 1 or 2x crossovers in a straight line.
2. Backwards between the blue lines.



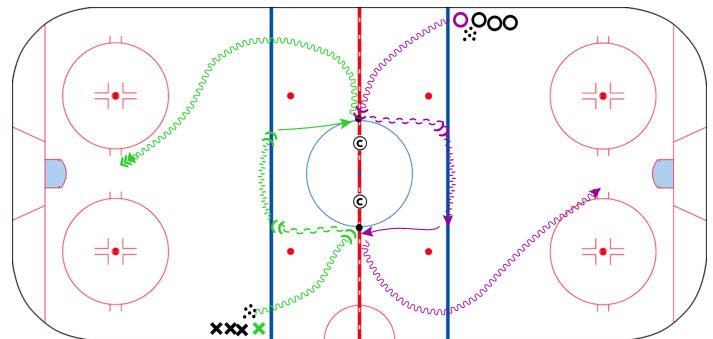
WMHA Evals - Transitions (novice 2nd skate)

10 mins

Description:

"W" Drill. Both players start with puck and leave at the same time. Skate to red line, leave puck, then pivot straight back, backwards until the far blue line, then perform lateral crossovers/shuffle across blue line, pivot forwards, then race to red line to pick up puck left by the opposite player. Turn quickly and explode back to net for a shot.

Tip: 'W' Drill - players never cross the red line, always stay on your side of the ice.



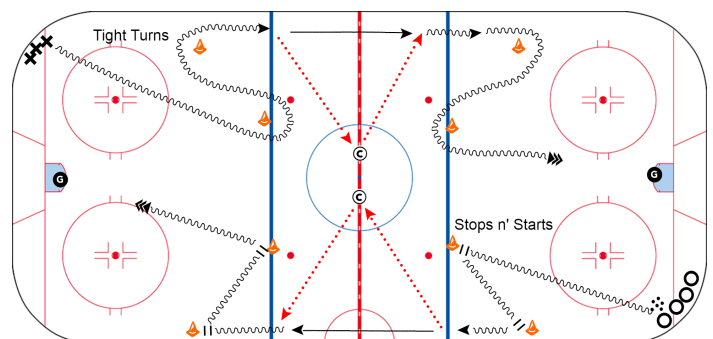
WMHA Evals - passing and puck control (2nd session)

10 mins

Description:

Player starts and ends drill skating with puck and completing tight turns. Middle of ice perform a give n' go with coach on one side of ice.

On other side of ice, player performs explosive starts and stops with give n' go pass.

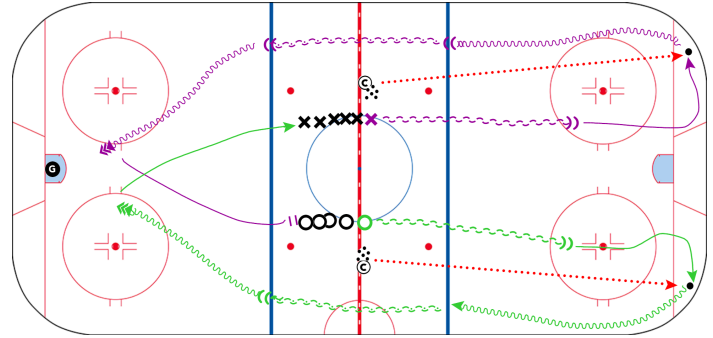


WMHA Evals - puck retrieval and backwards skating

10 mins

Description:

Player starts with feet facing middle of ice, crossover backwards start. Coach dumps puck in corner, player pivots forwards to retrieve puck and explodes up ice, pivot to backwards between the two blue lines, then go in and shoot. Switch sides every time.

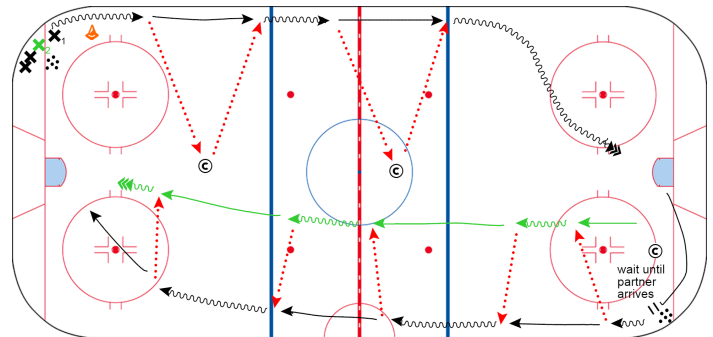


WMHA Evals - Passing

10 mins

Description:

1st player skates along wall with puck and completes give n' go's with coaches then shoots on net. Player skates into corner then waits for 2nd player to come down ice. Both players go back up the ice together 2-on-0.



WMHA Evals - Novice 2on2

10 mins

