

# Evaluation Skate Session Plan

This year, the length of time for each weekday skate is 45 minutes and each weekend skate is 60 minutes.

It is important that all coaches follow a simple plan so that each skate is consistent.

- 8 to 10 minutes on Weekdays, 12 to 15 minutes on Weekend
- Gather skaters for quick explanation
- 2 laps skating Forward
- 2 laps skating Backward
- Full Ice Horseshoe Drill
  - Both lines send a skater without a puck to start
  - Go through each line twice from the same corner. Do not switch corners
- Line up across blueline and shoot
  - Slapshot – 2 times through each line
- Line up across top of circles and shoot
  - Wrist shot – 2 times through each line
- Half Ice Horseshoe Drill at both ends of the ice (Weekend Only)
  - Go through each line twice
- Scrimmage
  - Determine playing time for goalies once scrimmage begins by dividing remaining time between number of goalies
  - Each Goalie should be on the ice twice, once at each end.
  - No Stoppages or Faceoffs.
  - Players and Goalies will need to change on the fly.