



ORONO WESTONKA GIRLS HOCKEY COOPERATIVE

EVALUATION DRILLS 2025-2026

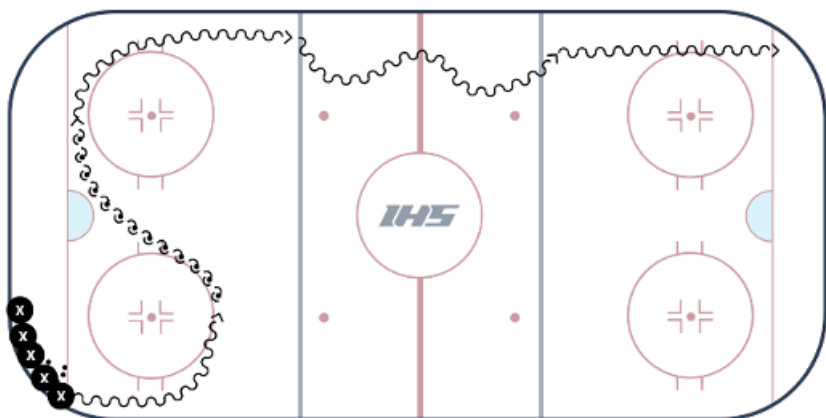
DAY 1

1. Quick Warmup
2. Full Ice Skating: Edge Control & Speed
3. Puck Control Tire Weave
4. Circle Give & Go Passing to Coach
5. Gap Control 1 on 1

DRILL#1 | QUICK WARMUP

Warmup not evaluated.

QUICK WARMUP



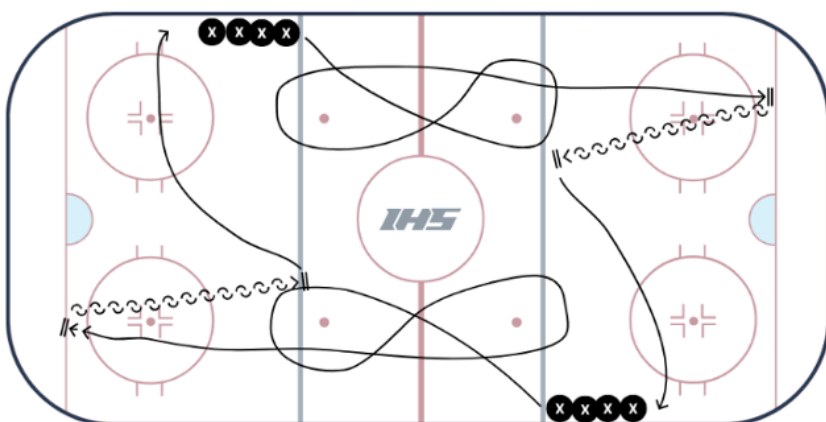
- Players start in the corner with pucks.
- Player skates to the top of the circle with a puck, pivots backward, opens-up forward at the bottom of the second circle and uses the remainder of the ice through the neutral zone (NZ) to do whatever they want (crossovers, stickhandling, backwards, etc.).
- Send one after another quickly.
- One rep at each end, switch sides.



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DRILL #2 | FULL ICE SKATING - EDGE CONTROL & SPEED

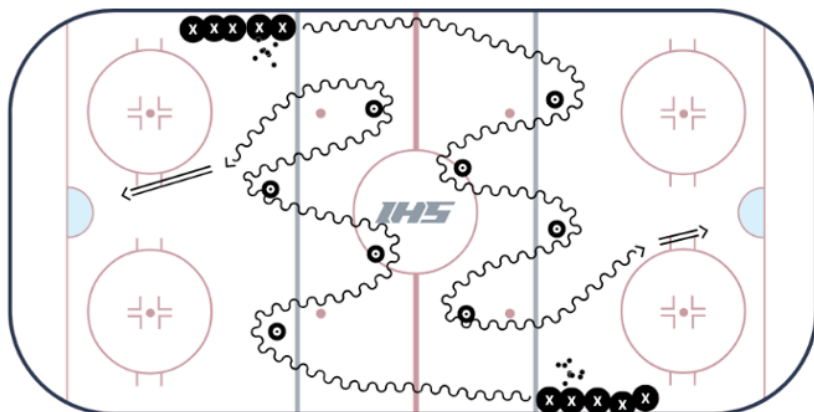
FULL ICE SKATING: EDGE CONTROL & SPEED



- Players skate around the NZ dots in a figure 8 pattern making tight crossovers and picking up speed.
- Coming out of the second dot, the player skates full speed to the goal line.
- Stop or tight pivot FW to BW at the goal line and skate backward to the near blue line.
- Skate to the opposite line for following rep.
- Players should do crossovers around the circles.
- Goalies skate the pattern as well.

DRILL#3 | PUCK CONTROL TIRE WEAVE

PUCK CONTROL TIRE WEAVE



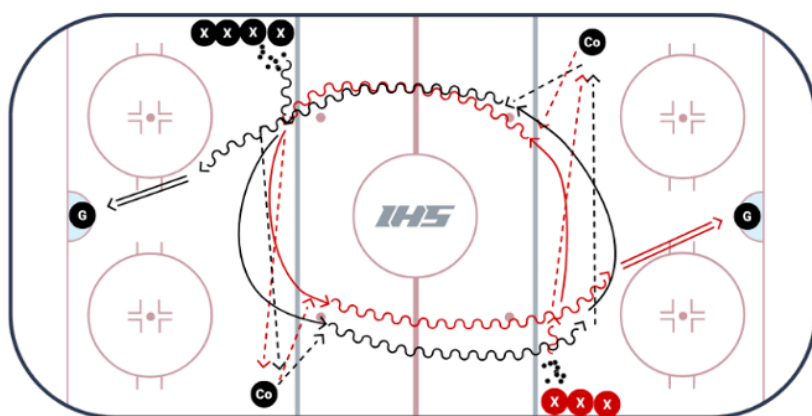
- Player's skate across the red line to the far tire with a puck.
- Make power turns around the tires, skating as fast as they can throughout.
- After the last tire, skate towards the middle of the ice and get a shot on net around the top of the circles.
- Move tires as needed to avoid grooves in the ice.
- Switch sides.
- Goalies in net.



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DRILL #4 | CIRCLE GIVT & GO PASSING TO COACH

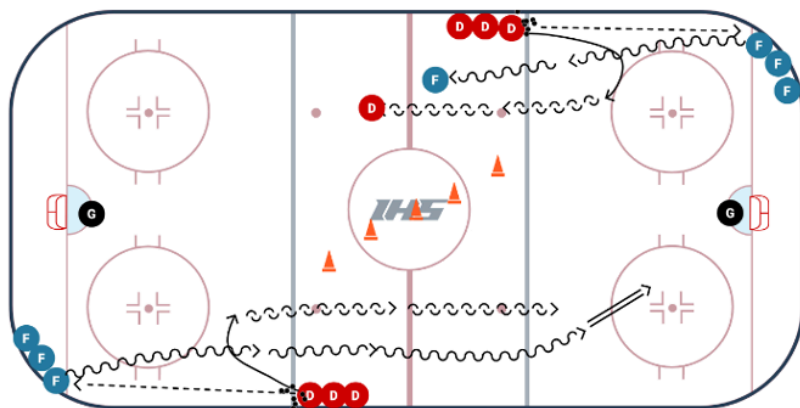
CIRCLE GIVE & GO PASSING TO COACH



- Player's skate across the blue line with a puck and pass to coach.
- Coach passes back to the player who skates down the ice towards the blue line and passes to the opposite coach.
- Coach passes back to the player who skates towards their original line with the puck and moves towards the center of the ice for a shot on net around the top of the circles.
- Switch sides.
- Switch ends as needed to evaluate visibility.
- Ensure adequate skill from coaches making passes and if a pass is missed try to get another puck to the player to complete the drill and get a shot on net.

DRILL#5 | GAP CONTROL 1 ON 1

GAP CONTROL 1 ON 1



- D starts by passing down to the F on the goal line.
- D steps in to close the gap and pivots backward. F skates up ice with the puck for a 1v1.
- If D gets the puck, they should skate the puck out of the zone or return it back to the line, not try to score on the defending net.
- The drill should end with a short 1v1 battle in the zone.
- Players should play it out until the puck is scored, covered, or the coach blows the whistle.
- All players should play both F and D.
- Switch sides after 2 reps at each position.



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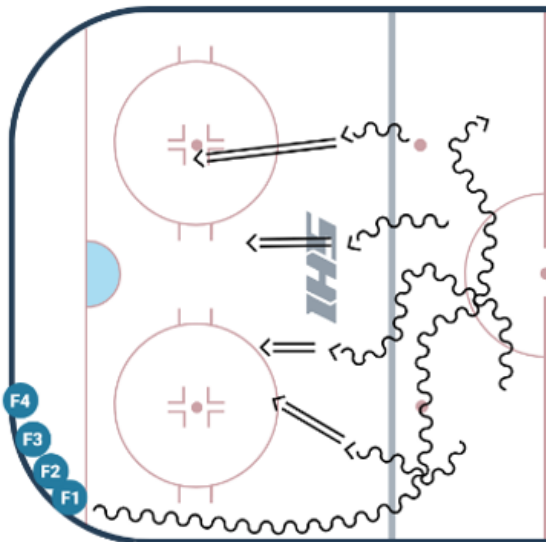
DAY 3

1. Chaos Warmup w Shot
2. 3 Shot Drill
3. Corner Battle 1 on 1

DRILL#1 | CHAOS WARMUP WITH SHOT

Warmup not evaluated.

CHAOS WARMUP W SHOT



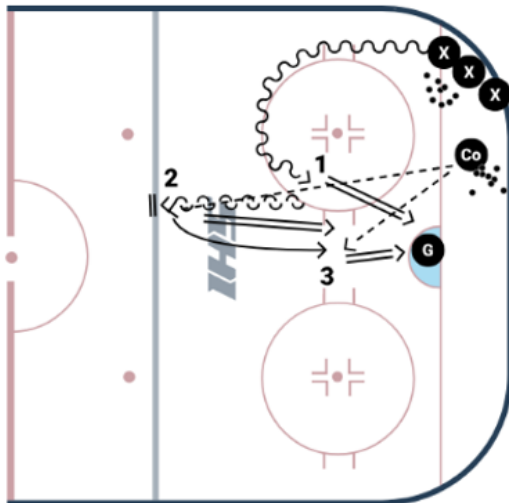
- Can be run out of both ends based on number of players.
- On the coach's whistle, 3-5 players from each end skate from the corner into the neutral zone with a puck.
- Players should remember their "number" place in line. Ex, the first player in line is #1, second player #2, etc.
- Players skate in the neutral zone handling the puck in traffic in any way they like (BW, FW, etc).
- On the first whistle, player #1 skates in and shoots.
- On the second whistle, player #2 skates in and shoots and so on until the neutral zone is empty.
- A new whistle will send a new group into the neutral zone to run the drill again.



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DRILL#2 | 3 SHOT DRILL

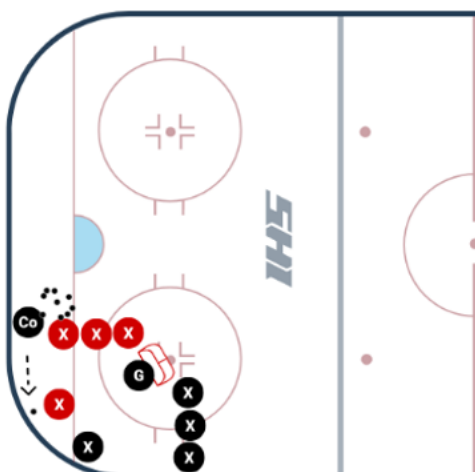
3 SHOT DRILL



- Player skates out of the corner with a puck and shoots before the hash mark (1).
- Player stops and skates backwards to the blue line and stops. Player receives a pass from coach and shoots from the blue line (2).
- Player skates in the slot and receives a pass from coach for a quick release shot or one timer (3).
- Drill is done at both ends.
- If a pass is missed send another to evaluate shot.
- Drill needs to be done from both corners/sides.
- Switch ends for evaluator visibility as needed.

DRILL#3 | CORNER BATTLE 1 ON 1

CORNER BATTLE 1 ON 1



- Net is facing the corner by the dot.
- Coach throws the puck in the corner, and two players battle for possession and get a shot on net.
- Play for about 20 seconds, send in additional pucks as needed when scored, covered, etc.
- Players lined up help keep the pucks in.
- Run out of both ends on the same side.
- Have players switch ends after 2-3 reps