

Trails West Hockey

2020 U9 Evaluations Skate 2

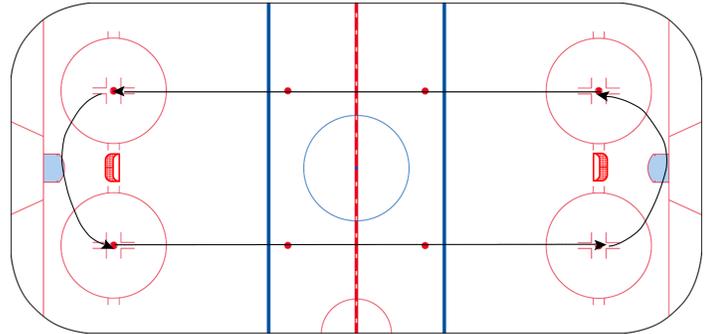
Duration: 58 min

Warmup Laps

5 mins

Description:

- Leg stretches
- Arm stretches
- Lateral crossovers
- Backwards
- Hard skating



Crossovers and Shot

5 mins

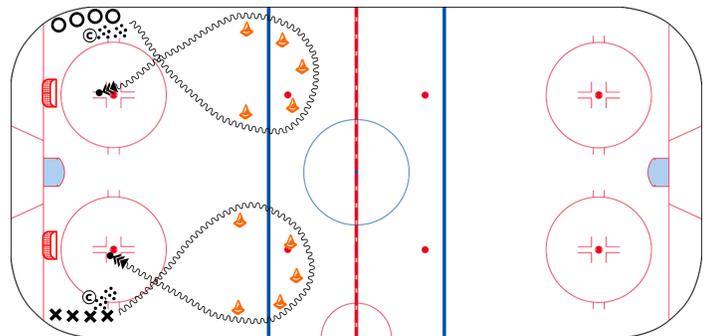
Key Points:

- Not a timed drill. The goal is to observe the players ability to carry the puck efficiently while skating.
- Next player leaves when 1st player crosses in front to the net.

Description:

- Player X and Player O both leave on whistle with a puck.
- Accelerate to first cone in a straight line. Crossovers with the puck around the cones. Drive to the net and take a shot at or before the faceoff dot.

Players should switch sides halfway through the allotted time to allow for crossovers in both directions.



Tight Turn Puck Control

12 mins

Key Points:

- Puck control with speed.
- Tight turns
- Hard shot

Description:

- Players start in the corner with a puck and both go on the coach whistle.
- Tight turns around the three cones, up to the top cone.
- Drive the slot for a shot.

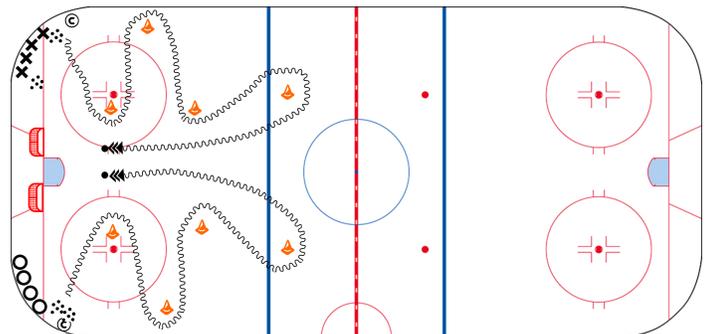


Figure 8 Puck Race 2 Pucks

12 mins

Key Points:

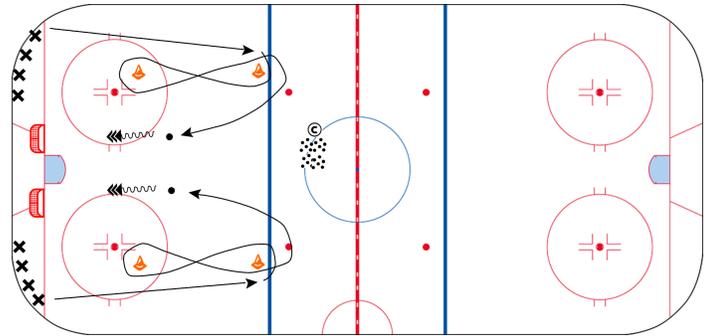
Focus on tight turns and speed around corners and in straight away.

Description:

Players start on the goal line and start on coach whistle.

Fast to top cone, figure 8 to low cone, back up to top cone and race for the pucks

2 pucks to avoid close contact



3 Cone Weave Race with Transitions

12 mins

Key Points:

Smooth transitions around the cones with acceleration after the transition

Forward acceleration with crossovers around the final cone

Hard shot on net

Description:

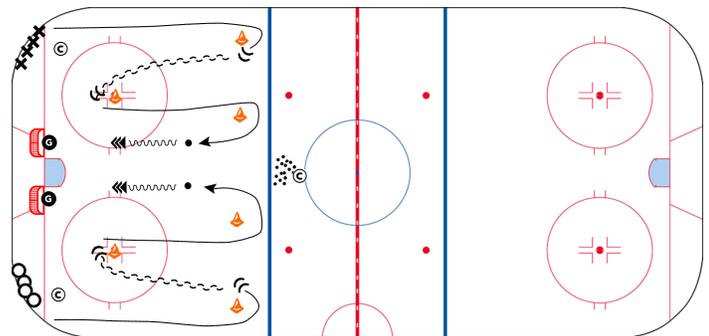
Players line up in each corner with the front player on the goal line. On the coaches whistle, a player from each corner forward skates to the cone directly in front and inside the blue line.

Transition to backward skating at the cone, continue backwards skating to the cone at the faceoff dot.

Transition to forward skating to the second cone inside the blue line, continue forward skating around the cone and race for the puck.

2 pucks to avoid close contact.

Same at both ends.



Give & Go With Transition

12 mins

Description:

Players start with the puck on the blue line

Carry the puck and give the coach a pass.

Transition to backwards at the low cone. Transition to forwards at the high cone.

Drive the slot, receive pass back from the coach. Shot on net.

Same at both ends.

