

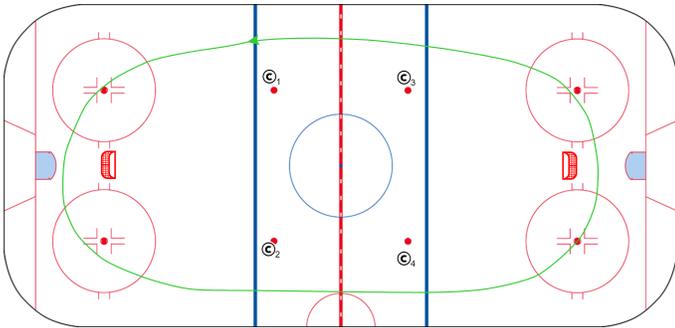


# U9 - Evaluations 2022 Skate #2

Duration: 61 mins

## Daily Skate and Stretch

5 mins



1st Minute - Simple stretches between blue lines. Go around the nets. Lead Coach will have players do

- Bubble Push
- Crossovers
- Jump Over Lines
- 360's
- Belly down/ups

2nd Minute - Hard between bluelines or on coaches whistle. Quick feet/ crossovers around nets, slow down between blue lines

- Double whistle stop and hard the other way (4 hard strides)

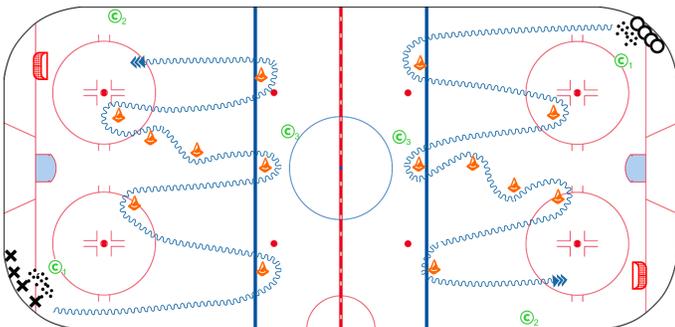
3rd Minute - Backwards pivot at Bluelines. Pivot forward again at next Blueline and go hard to the boards

## Water Break

2 mins

## Trails West U9 - Evaluations 2021 Skate 2 Drills - Puck Control Weave

10 mins



This drill is not timed but ran out of both ends of the ice. Puck control weave through pylons with a shot on net. Next skater starts when the first player is around cone 1.

Progression:

- Depending on skill level of skaters have them pivot around cones. Tight Turns around cones. And/ Or give and go with the coach off the start and before the weave.

Key Points

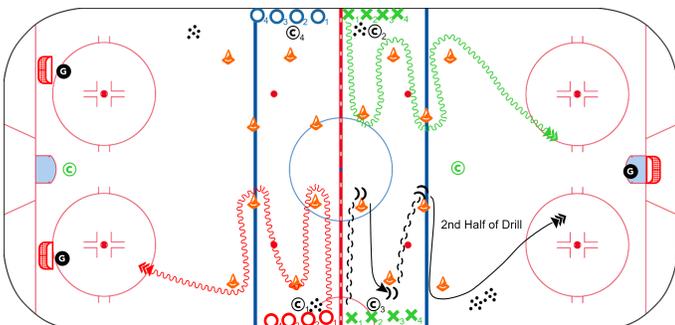
- Knees bent, Head up!!
- Lead with the inside skate and turn with your shoulders and head
- Puck in front but protected while going around cones

## Water Break

2 mins

## Edges around cones

13 mins



1st Half - Player starts with puck and performs tight turns around pylons. Takes a shot on goal. \*\*Don't shoot at Goalie - Try and Score\*\*

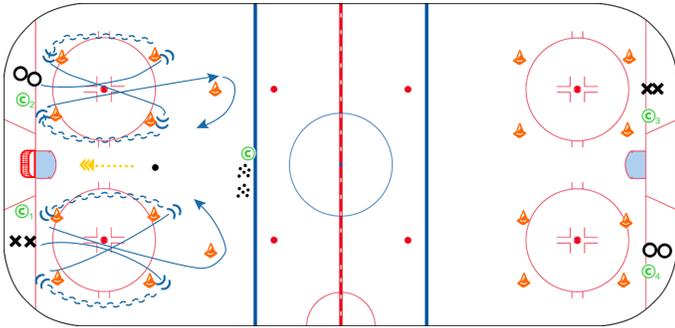
- Speed through the turns. Puck out in front leading around cones

- Head up skating into the slot

2nd Half - Player starts backwards without a puck. Transitions from Backwards to Forwards around cones and maintains their body facing the boards where they started. After the 4th pylon grabs a puck and takes a shot on goal. \*\*Don't shoot at Goalie - Try and Score\*\*

## Trails West U9 - Evaluations Skate 2 - Box Transition races

12 mins



### Box Transitions Puck race:

- Change matchups frequently to allow players to race against their skill level
- Puck race between players. X races O to the puck spotted by coach.
- FWD skate to first cone, pivot backwards to the next cone. Pivot forward again diagonal across to next cone pivot straight back to 4th cone. Pivot and skate forwards around the top cone and race for the puck.

### Key Points

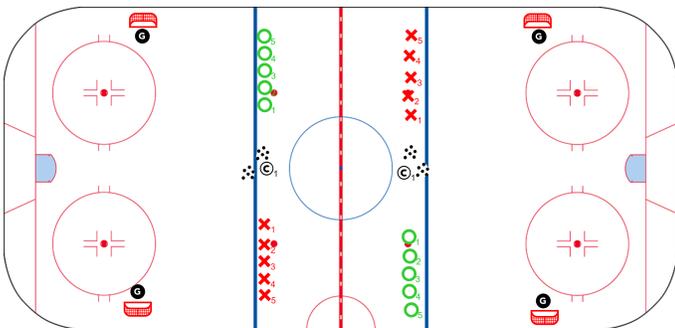
- Accelerate forward and identify a players speed. Transitions FWD's to BWD's and if they can use their edges on both feet. Heels show going around cone.
- Shoulders square while controlling your stick as you make pivots around cones.

## Water Break

2 mins

## Trails West U9 - Evaluations 2021 Skate 2 - 3v3 Cross Ice Competitive Scrimmage

15 mins



2vs2, 3vs3. On ice coach has discretion so try to split groups and pit kids against other kids they haven't played against.  
Two passes before a shot on goal!

### Key Points

Find open ice so you can receive a pass, Stick handling, Stops and Starts