

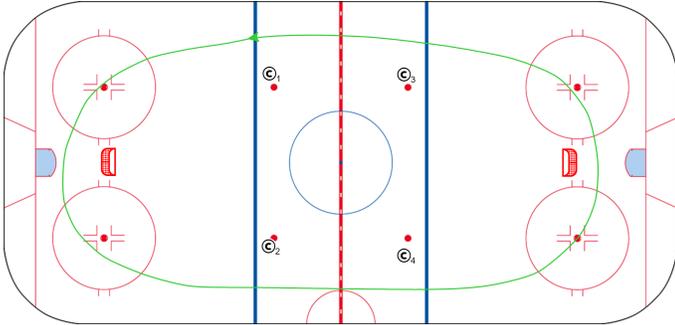


# U9 - Evaluations 2022 Skate #3

Duration: 59 mins

## Daily Skate and Stretch

4 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

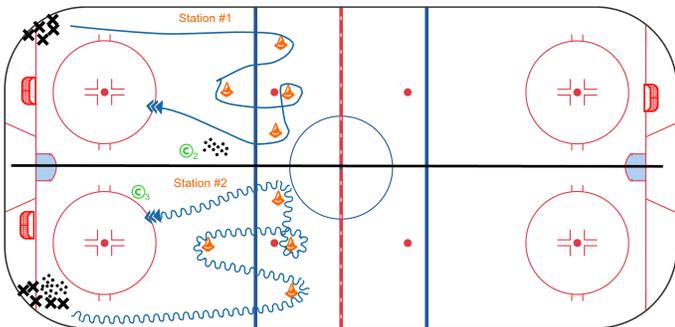
2nd Minute - Hard between bluelines or on coaches whistle. Quick feet/ crossovers around nets, slow down between blue lines

- 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

## U9 - Skating drills stations 2022 Evaluations

12 mins



**\*\*RUN DRILL OUT OF ALL 4 CORNERS\*\***

Station #1 - Skate without puck, pick up puck and shoot on net.

Station #2 - Skate with puck through the same pattern and shoot.

On Ice lead **\*\*Add bumper in front of net to see if skaters can shoot the puck\*\***

### Key Points

#### Evaluators:

##### Station #1

- Watch for stick positioning going around pylons. ie... two hands on the stick, stick behind them, etc.
- Are skaters dragging a skate around cones
- Watch for knee bend

##### Station #2

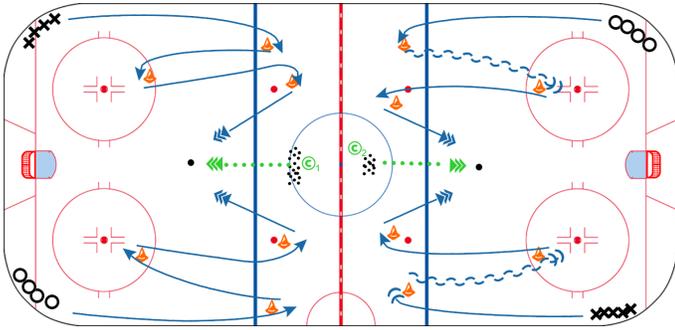
- Are skaters pushing the puck vs. stickhandling.
- Do skaters lead with the stick, protecting the puck.
- Is there head up and can they shoot

## Water Break

2 mins

## U9 - Race for Puck

12 mins



On Coaches command race for puck by skating forward around pylons. Coach spots puck

Progression:

- Same pylon setup but transitional skating around 1st pylon only. **\*\*Move pylons evenly\*\***

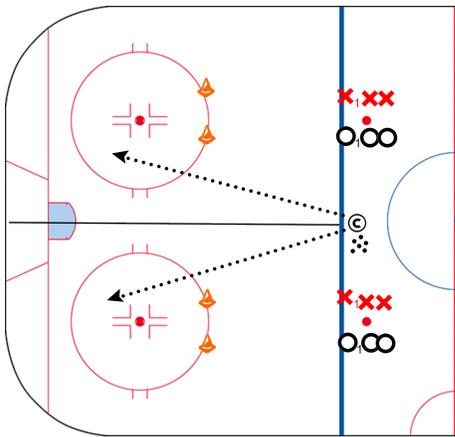
### Key Points

Evaluators

- Watch for focus. Does the skater focus on his path vs. his opponent.
- Stick leads the turn around pylon.
- Does the skater drag a skate around cone
- Can they compete if they're behind

## Trails West U9 - Evaluations 2021 Skate 2 - 1v1 Protect the gate

12 mins



- Place 2 pylons near top of circle about 1 foot apart
- Coach dumps puck in each corner, **X** and **O** race to puck
- Player that gets puck tries to skate it through pylons, player without puck tries to protect the gate.
- If puck gets turned over, change roles
- Run drill out of both ends

### Key Points

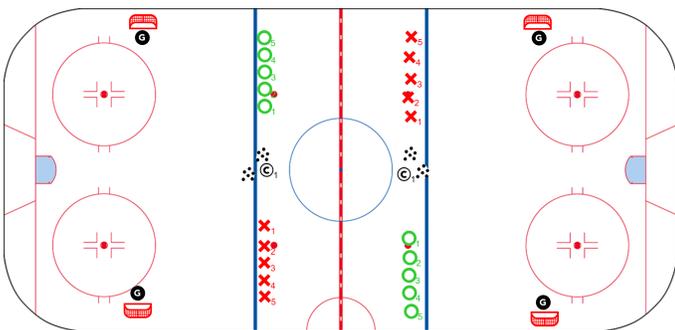
- Quick feet, good puck protection
- Defence stay on defensive side, good stick, stick on puck

## 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