

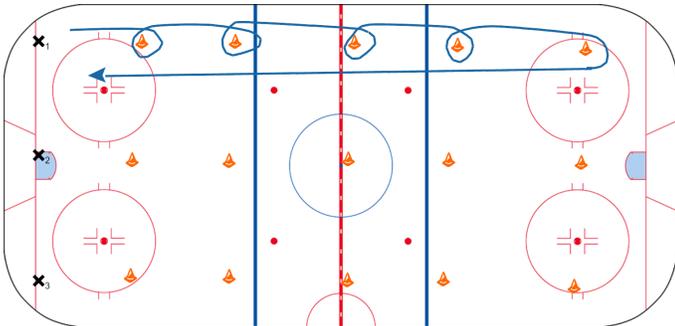


# U9 - Evaluations 2022 Skate #4

Duration: 59 mins

## Skating Warmup

10 mins



### Skating Warmup

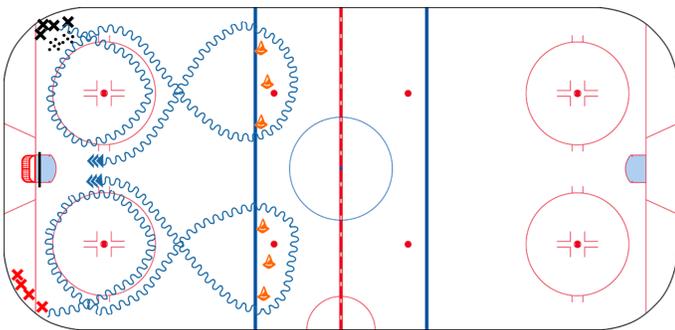
1. Tight turns down the rink, speed up back down the ice to your line, jump the lines.
  2. Facing one end, tight turn pivot each cone, speed up the wall into knee drop on each blue line.
- Can add progress to 1 foot as skill allows

## Water Break

2 mins

## Mazzy's Figure 8's

15 mins



Divide player up in 4 corners with Pylons place in a half moon just outside the blue line.

- X skates out of corner with puck around the circle maintaining control of the puck.
- X skates out around the pylons maintaining speed. Crossovers around pylons
- Take shot on net. Try and raise it over the divider.
- Switch corners after shot.

### Key Points

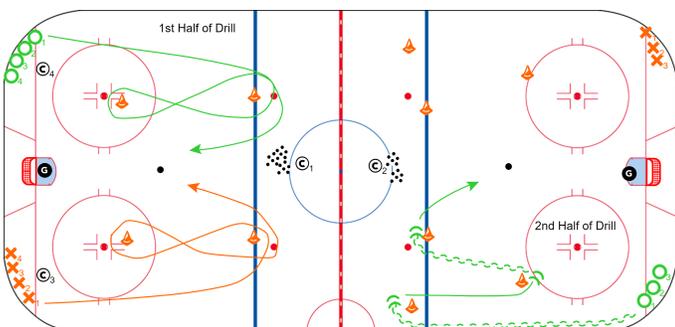
Evaluators.

Looks for puck control.

Controlled crossovers with back leg drive to generate speed and power.

## Trails West U9 - Evaluations Skate 3 - Transition puck races - Forwards/ Backwards

15 mins



1st Half - Players race in a figure 8 as drawn above. Coaches feed the puck up through the blue line after each race.

- Skaters Go/ Stop on Whistle - On © Whistle play stops, next skaters go.

2nd Half - Players start backwards and transition at first pylon (facing the corner they came from), skate forwards to next pylon and transition backwards to 3rd pylon. @ 3rd final pylon transition to forwards and race for the puck spotted by coach.

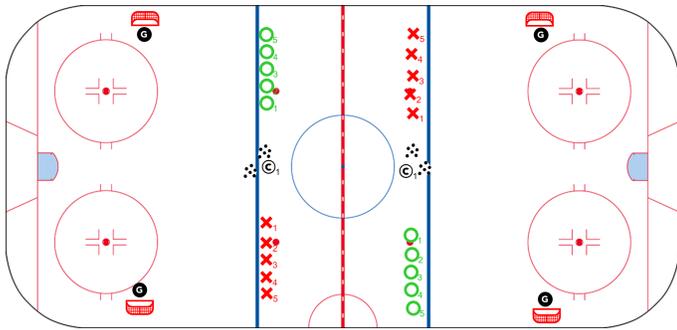
- Skaters Go/ Stop on Whistle - On © whistle play stops, next skaters go.

### Key Points

Tight turns, Speed Acceleration

## Water Break

2 mins



2vs2, 3vs3. On ice coach has discretion so try to split groups and pit kids against other kids they haven't played against.

**Key Points**

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