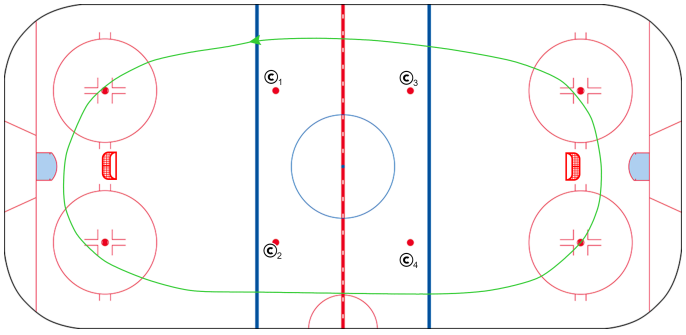
U9 - Evaluations 2022 Skate #5

Duration: 59 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

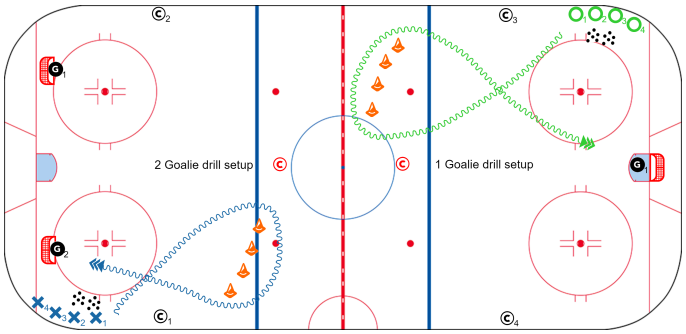
2nd Minute - Hard between bluelines or on coaches whistle. Quick feet/ crossovers around nets, slow down between blue lines

- 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

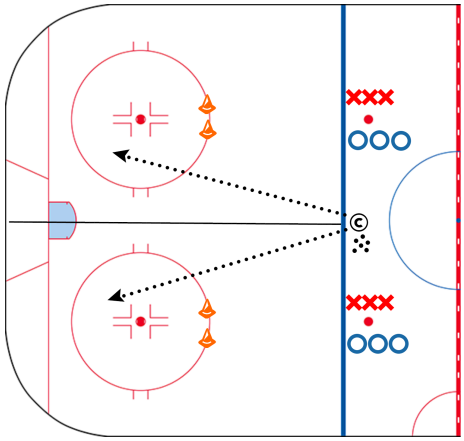
Goalie Warmup — 10 mins



F explodes out of the corner carrying the puck, accelerates around the pylons with crossovers and drives the net for a shot

- Key Points - Ask players to protect puck around pylons with head up. Warm up the goalie - HEAD SHOTS = PUSHUPS
- Run the drill out of all corners whether there is 1 or 2 goalies on a side.

Small Area Game - 1 on 1 - Protect the Gate — 12 mins

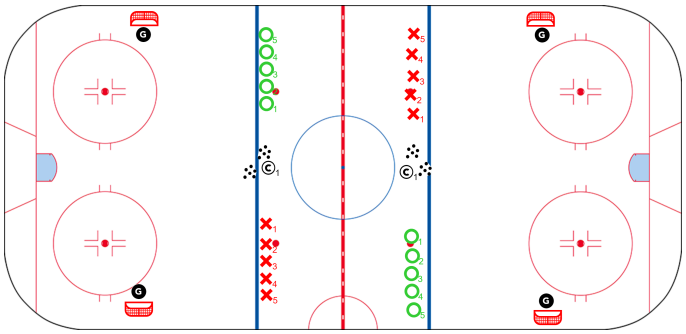


- Place 2 pylons near top of circle about 1 foot apart
- Coach dumps puck in each corner, ✖ and O race to puck
- Player that gets puck tries to skate it though pylons, player without puck tries to protect the gate.
- If puck gets turned over, change roles

Key Points

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

Cross Ice Competitive Games — 30 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,