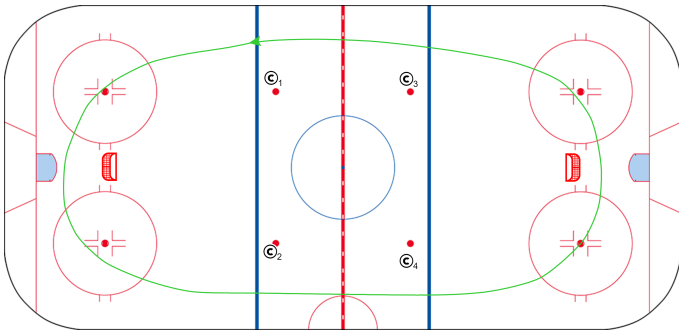


U9 - Evaluations 2023 Skate #2

Duration: 58 mins

Daily Skate and Stretch

7 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)

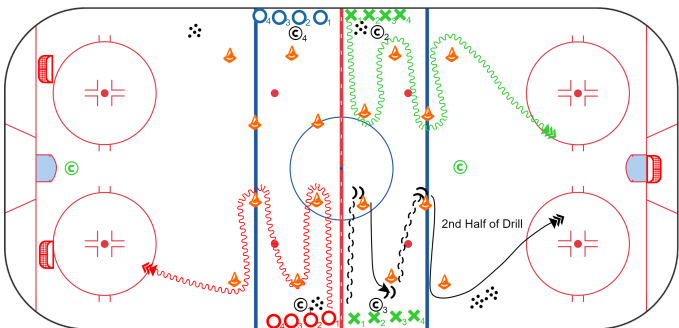
3rd Minute - Backwards pivot at Bluelines. Pivot forward again at next Blueline and go hard to the boards

Water Break

2 mins

Edges around cones

20 mins



1st Half - Player starts with puck and performs tight turns around pylons. Takes a shot on goal. **Coaches use a bumper across goal line to encourage kids to score**

- Speed through the turns. Puck out in front leading around cones
- Head up skating into the slot

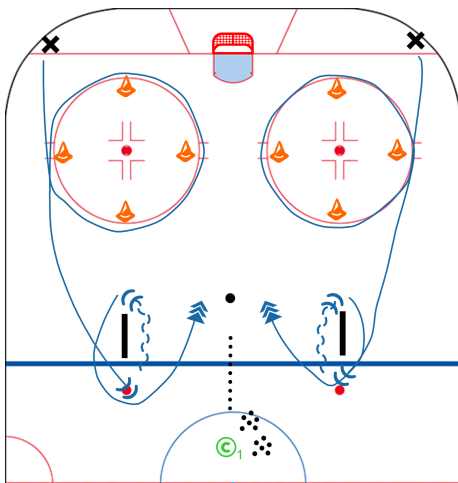
2nd Half - Player starts backwards without a puck. Transitions from Backwards to Forwards around cones and maintains their body facing the boards where they started. After the 4th pylon grabs a puck and takes a shot on goal. **Coaches use a bumper across goal line to encourage kids to score**

Water Break

2 mins

1v1 Race - Conditioning

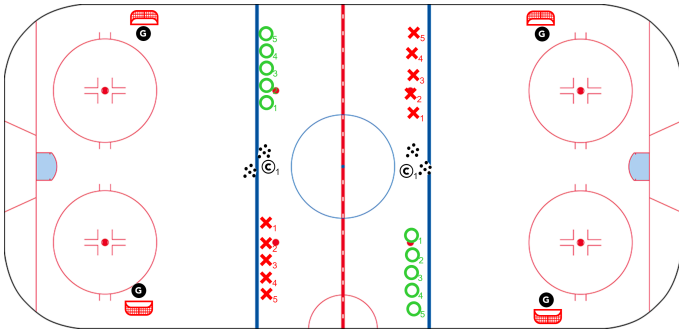
10 mins



This one begins with no puck because the puck is awarded to the winner, or even stolen by the second skater if they work hard enough.

This one is simple to set up, with two players starting in the corner and skating around the circle, learning the importance of a strong crossover and never coasting on your turns. They must then race to an obstacle, we use the same pads we use to break up our stations. From there stay to the outside and at the top of the pad, transition to backwards, back around into forward skating again. Then, the race for the puck begins as the coach spots a puck just into the zone and the players race to be the first one there. Winner skates in for a shot while the second player should try and backcheck to stop the shot.

Kids always want the puck and making it a fight for the puck pushes them to skate harder because they have an incentive not to lose. If they feel themselves losing, they will often dig deep and take pride in then disrupting the play if they don't get their first.



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