

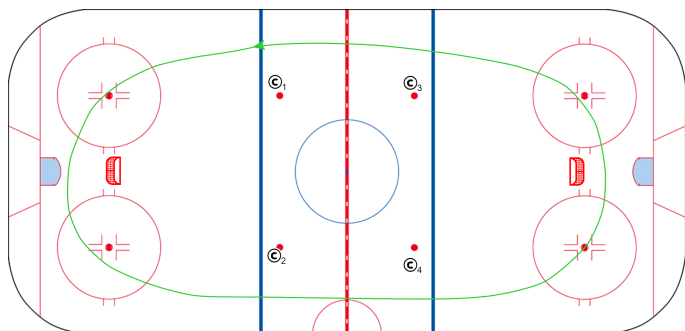


U9 - Evaluations 2023 Skate #4

Duration: 51 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)

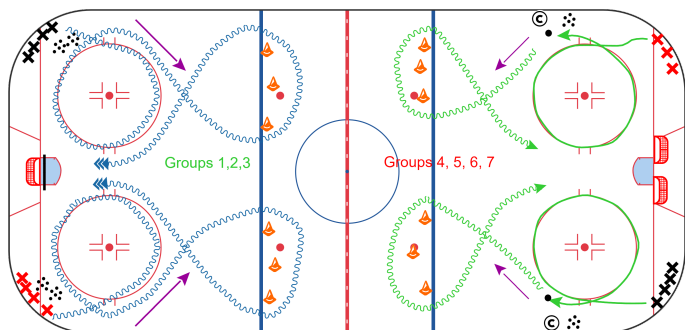
3rd Minute - Backwards pivot at Bluelines. Pivot forward again at next Blueline and go hard to the boards

Water Break

2 mins

Trails West U9 - Evaluations - Mazzy's Figure 8's

15 mins



Groups 1, 2, 3

- Start out of the corner with puck, around the circle through the middle and around the pylons for a shot on net

Groups 4, 5, 6, 7

- Start out of the corner without puck, around the circle then pick up puck at the hash marks. Continue to skate with Puck around the pylons towards boards for a shot on net.

Key Points

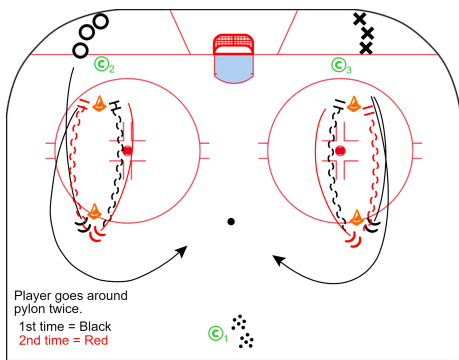
Evaluators.

Looks for puck control.

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

Trails West U9 - Evaluations 2021 Skate #4 - Bronko Hockey - Race

10 mins



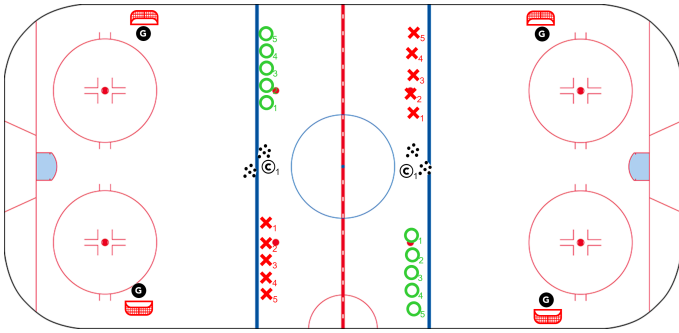
Video: <https://www.instagram.com/p/CRE-yk-A3Mn/>

X vs O - Players skate forward to top pylon and pivot backwards to bottom pylon. **STOP**. Players then skate forward again to top pylon and pivot backwards to bottom pylon. **STOP**. Players then skate forward exploding around top cone racing for puck.

Switch sides after each turn and Run the drill out of both ends

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,