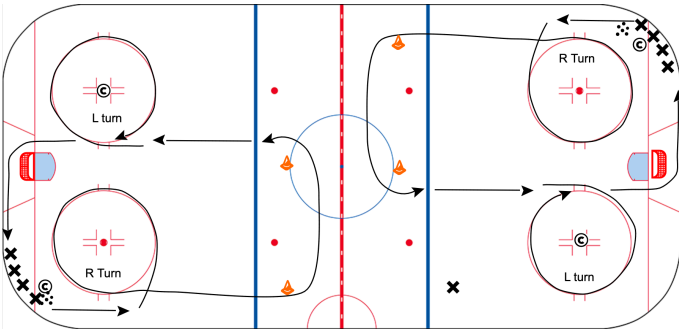


# U9 Free skates Day#1

## Half Ice Circles straight line skate Free skate

10 mins



Split players even into opposing corners and mirror the drill on each side of the ice

Players start with crossovers around the circle, and then head out around the 2 neutral ice pylons

Can add pucks and add backwards skating after a few repetitions

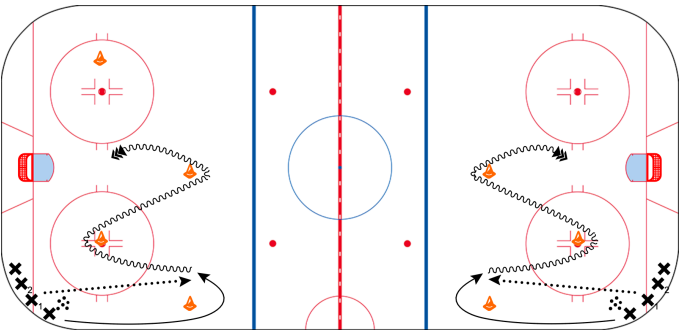
### Key Points

Ensure circle skates are lined up as illustrated to work both edges on crossovers

Watch for any sides (left or right) that are weak through the neutral zone exercises and get players to work on that.

## Drive the net drill

10 mins



X leaves first to turn around the high pylon and then receives a pass from player X1

Player X then carries the puck around the remaining 2 pylons and drives the net to shoot

X1 then leaves after the pass to go up and around the high pylon and gets a pass from player X2...and so the line goes

Also emphasize trying to raise the puck when shooting.

### Key Points

Half way through the drill, whistle and set it up on the other side so they can work on the opposite turns

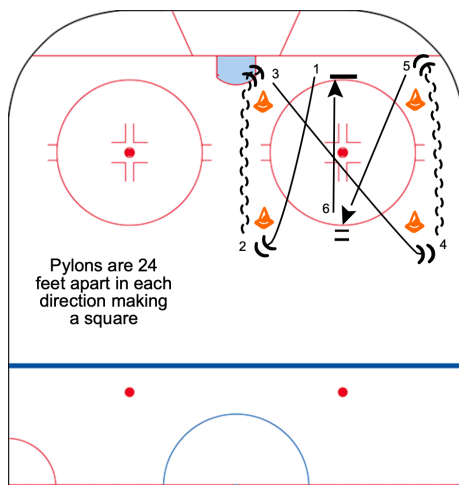
Have Fun!

## Stations for the next 2 drills, running for each group in their half ice areas

15 mins

## U9 Timed - Transition & Agility Skate

8 mins



Each player starts on line at the bottom of circle. The player skates forward to far right side pylon, pivots and skates backwards to lower right side pylon.

The player then pivots and skates forward to far left side pylon, pivots and skates backwards to lower left side pylon.

The player then pivots and skates forward to designated line, stops, and then skates forward back to starting line.

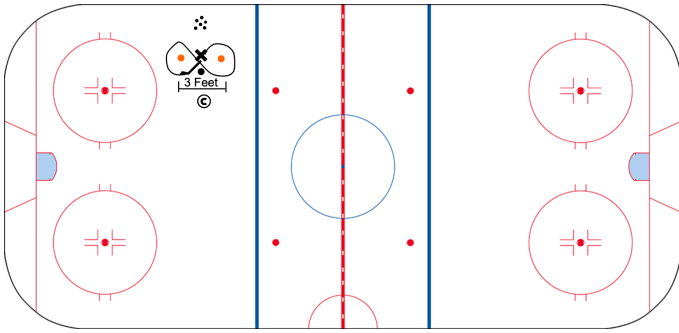
### Key Points

Players must transition from forward to backward and forward to backward at the pylons.

Measure distances, and use spray paint to mark the spot. Place a pylon over top of each spray painted dot. This will ensure accurate placement of the pylon without having to re-measure when pylons are knocked over.

## U9 Timed Drills- Figure 8 Stickhandling

7 mins



Two spray painted dots, or pucks are placed 4 feet apart.

Each player is timed to see how long it takes to do 5 figure 8's around the dots ( Eval Skate #1 is without pucks, Skate #2 is with a puck)

Player is stationary, and only the puck does the figure 8's and the dots.

One complete figure 8 is going around both dots/puck and crossing the middle starting point.

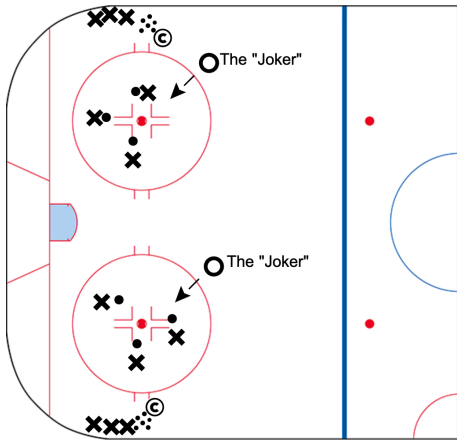
### Key Points

This is a timed drill.

If using pucks, use water to freeze pucks in place so they don't move if touched by the player.

## Stickhandle Keep-Away + Joker

10 mins



- Each player starts with a puck inside the circle. ( Start with 3 players)

- On the go signal from the coach each player stick handle and skate around within the circle

- On the sound of a whistle or stick tap, a "Joker" player enters the circle and tries to get / knock each player's puck outside the circle

When your puck is knocked out, you are out and head back in line

The last player battles with the "Joker" within the circle with his puck wins if they can stop the Joker for 15 seconds of stick handling / keep away....using there body to protect the puck

Repeat with new players every 45 sec to a min

### Key Points

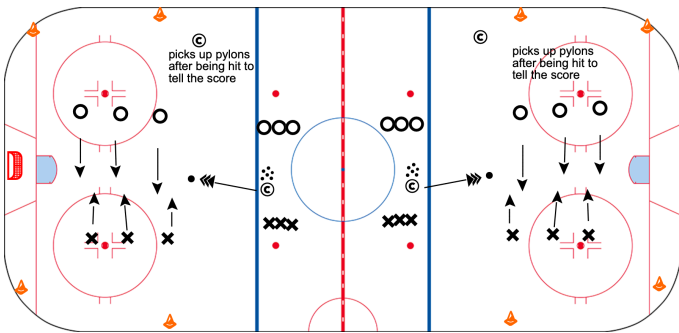
- puck handling skills

- head up for avoiding other players and collisions

- using the body to hold off the joker and protect the puck

## Pylon Pick off

15 mins



Pylon Pick off... a 3 v 3 game where the coach starts it off by dumping the puck in

This allows time for the players to see who is on their teams before the game is started with the coach dump in

The goal is to get the puck and SHOOT it at a pylon to hit it / move it

Once it is hit, a roaming coach picks it up and then the team needs to hit the second pylon before winning

Game ends when a team has hit its 2 pylons ( can insert 3 pylons per team to hit along the wall)

### Key Points

Trying to emphasize shooting to knock the pylon vs hitting it with a stick/deke

Let them play for about 45 sec prior to changing teams and resetting.

Can do 2 on 2 with different skill levels or younger kids