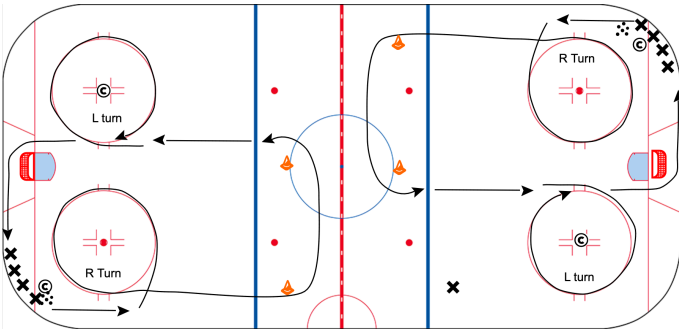


U9 Free skates Day#2

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

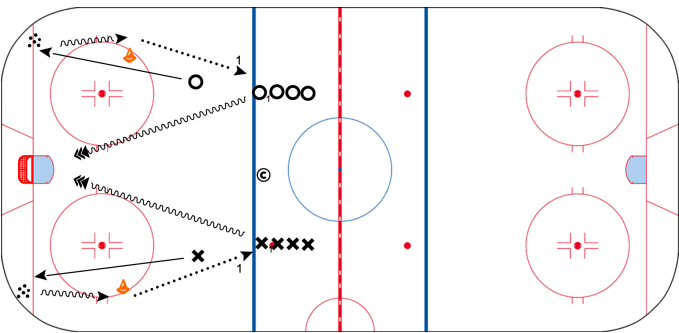
Key Points

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.

Relay Pass Shooter Race

10 mins



Race Game where each player must be the passer one time to finish
The "Passer" player starts the game by skating into the corner, picking up a puck, skates to the pylon and passes it to the first teammate in line (X1)

At that point the Passer skates to the back of the line and the shooter becomes the next passer

Once X1 receives the pass they skate in and take a shot and then skates into the corner, picking up a puck to become the next passer

X2 receives the pass from X1 to be released and skates in to shoot (and subsequently be the 3rd passer)

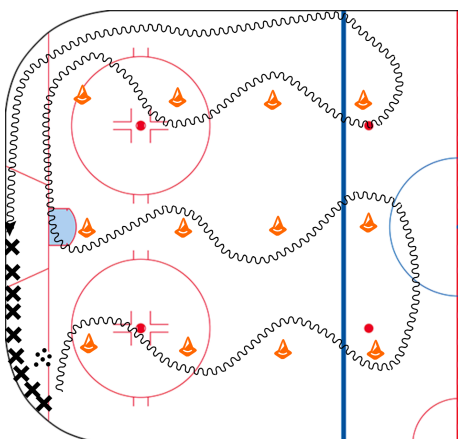
Team that finishes with the first passer finishing their shot and heading across the blue line wins

The next 2 drills are the Eval Drills #3 and #4 and should be practiced without and with a puck and rotating half way througheach half ice area should have a setup for each drill

15 mins

U9 pylon weave drill - Drill #1 - Day #1

8 mins



- First iteration of drill - Skate through the pylons twice doing fast stick handling on forehand and backhand.

- Second iteration - Skate through the pylons twice doing forward crossover.

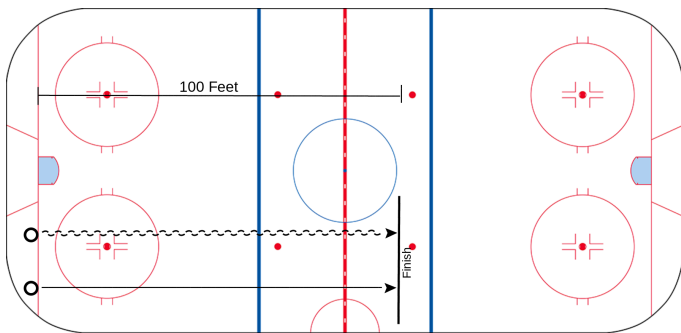
- Third iteration - Go through the pylons twice backwards.

- Fourth iteration - Tight turns around every pylon alternating left and right turns go through the drill twice.

- Every iteration is with the puck.

U9 Timed Drills- Forward/Backward-Speed Skate

7 mins



Players skate as fast as they can straight ahead, first forwards and then backwards.

The distance is 100 feet.

Measure 100 feet starting at the goal line. Use spray paint to draw a line to indicate the finish line.

Complete the first without a puck. Then add a puck for the second trial.

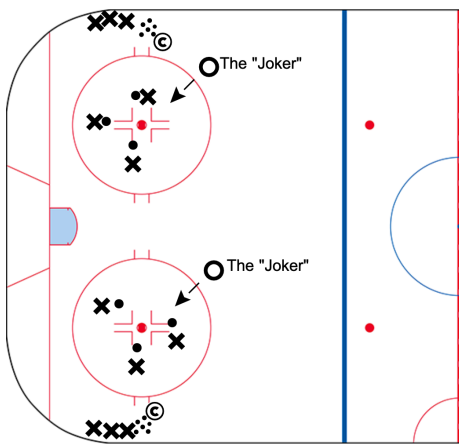
Key Points

Complete forward skating without a puck then add a puck. Repeat the test backwards first without a puck and then with a puck.

Encourage the players to skate through the finish line (discourage players from stopping at the finish line).

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

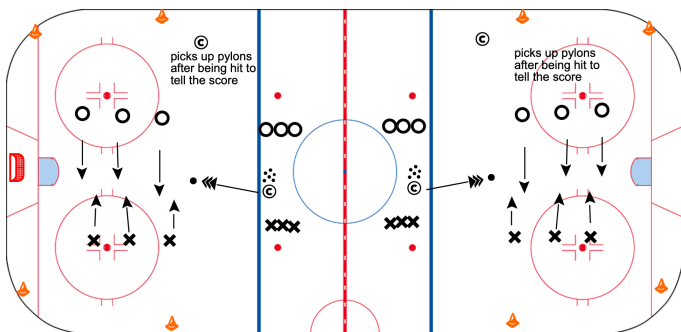
- puck handling skills

- 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