

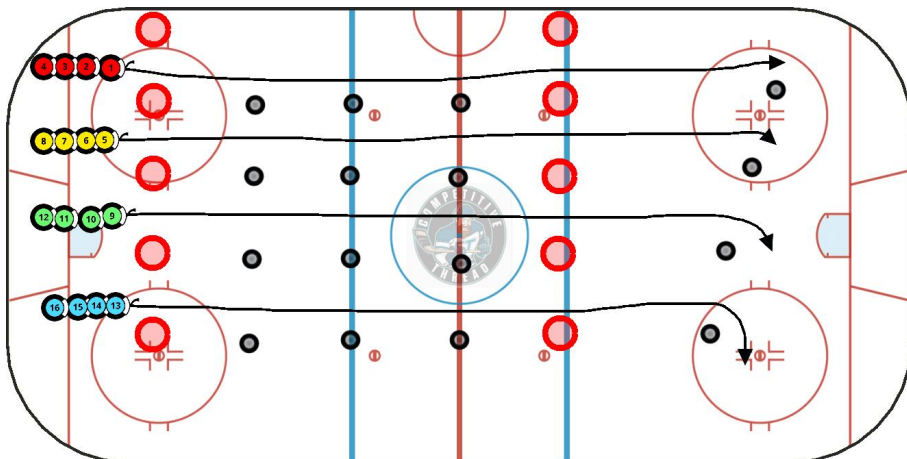


DURATION: 85 min.

DESCRIPTION:

KEYPOINTS:

## 1. U-9 20 M SPRINT EVALS



TIME: 15 min.

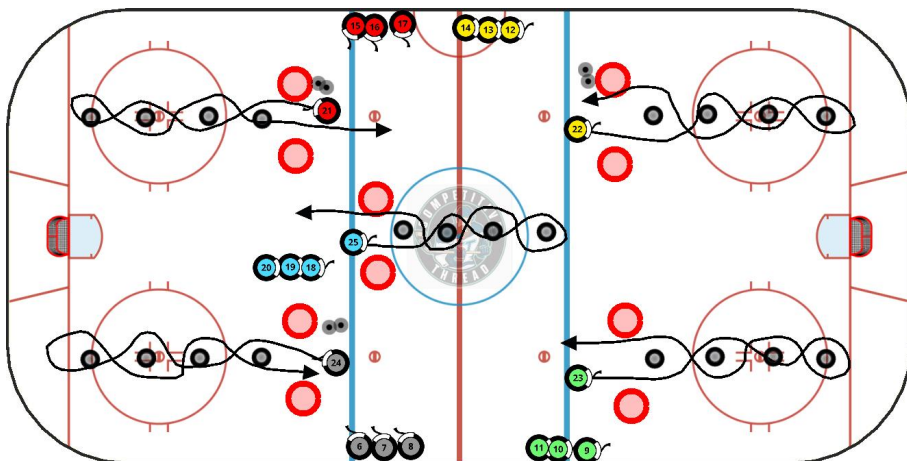
### DESCRIPTION:

1. The first player in each line will have their wristband scanned.
2. They will line up with their front most foot on the start line.
3. They will leave through the start gate and sprint as fast as they can until they are through the finish gate.

- This will be done twice.
- a. forward with no puck
  - b. forward with puck
  - c. backwards no puck

KEYPOINTS:

## 2. U-9 WEAVE WITH AND WITHOUT PUCK- EVALS



TIME: 15 min.

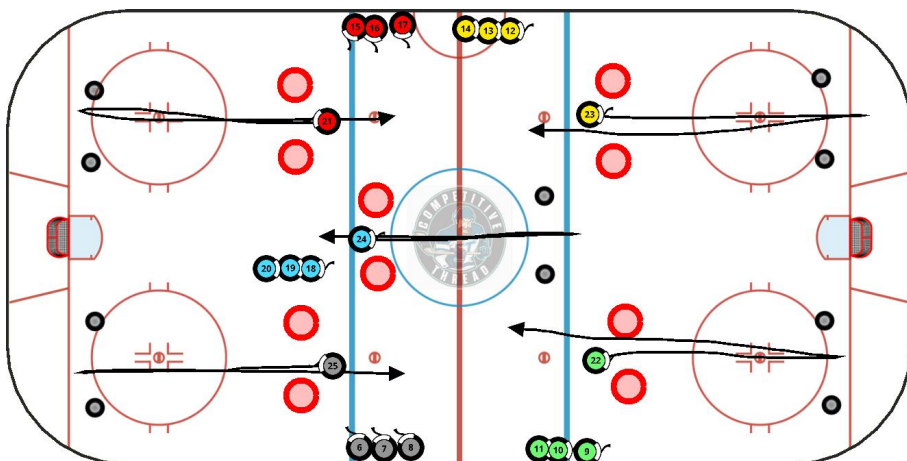
### DESCRIPTION:

1. The first player in each line will have their wristband scanned.
2. They will line up with their front most foot on the start line.
3. They will leave through the start gate on the RIGHT side of the flags and immediately begin weaving through the flags on the way to the top (4th flag).

4. At the fourth flag they will 180 degree turn and start weaving through the flags on their way back down where they will

KEYPOINTS:

## 3. U-9 START AND STOP



TIME: 15 min.

### DESCRIPTION:

1. The first player in each line will have their wristband scanned.
2. They will line up with their front most foot on the start line.
3. They will leave through the start gate in the middle of the lane and head straight to the far flags then stop.

4. After stopping they will sprint straight back through the start gate as fast as they can.

KEYPOINTS:



Notes:

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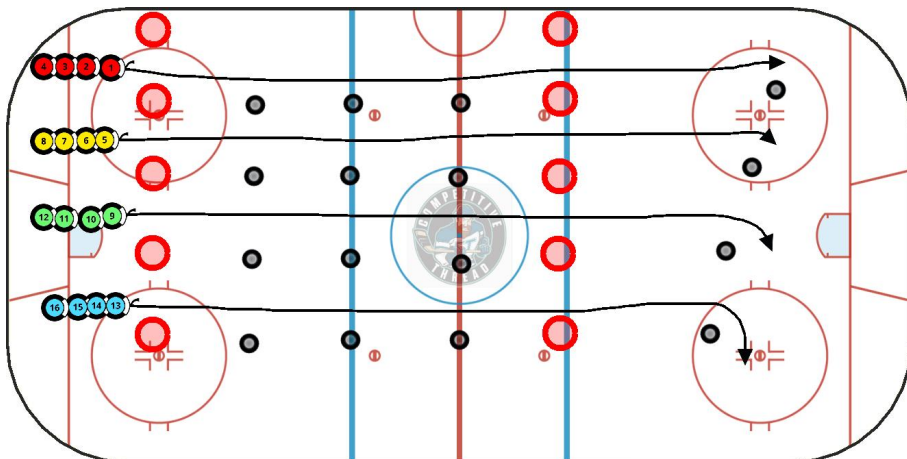


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## 4. 30 M SPRINT EVALS



**TIME:** 10 min.

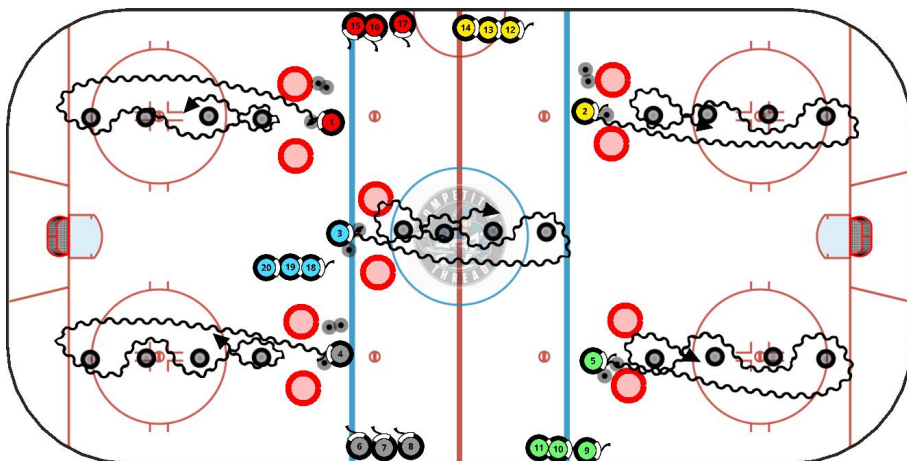
**DESCRIPTION:**

1. The first player in each line will have their wristband scanned.
2. They will line up with their front most foot on the start line.
3. They will leave through the start gate and sprint as fast as they can until they are through the finish gate.

- This will be done twice.
- a. forward with no puck
  - b. forward with puck
  - c. backwards no puck

**KEYPOINTS:**

## 5. WEAVE WITH PUCK - EVALS



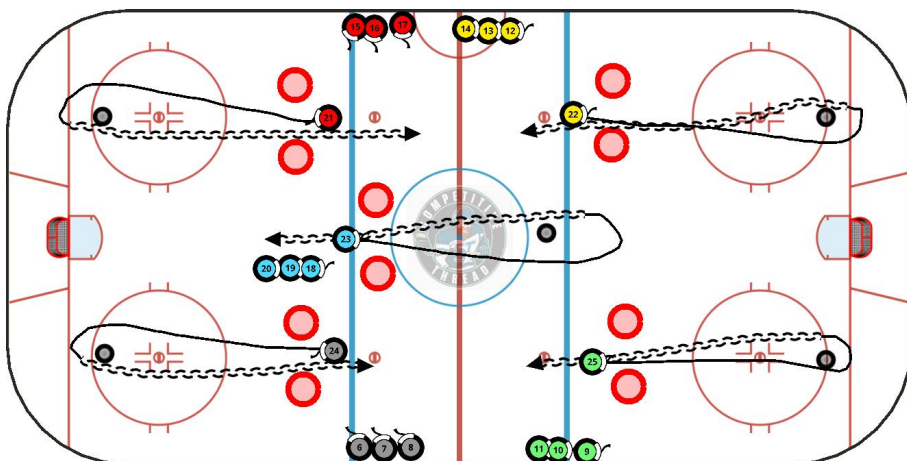
**TIME:** 10 min.

**DESCRIPTION:**

1. The first player in each line will have their wristband scanned.
2. They will line up with their front most foot on the start line.
3. They will leave through the start gate on the RIGHT side of the flags in a straight line to the 4th flag.
4. At the forth flag they will 180 degree turn and start weaving through the flags on their way back down.

**KEYPOINTS:**

## 6. TRANSITION EVALS



**TIME:** 10 min.

**DESCRIPTION:**

1. The first player in each line will have their wristband scanned.
2. They will line up with their front most foot on the start line.
3. They will leave through the start gate on the RIGHT side of the flags in a straight line to the 4th flag.
4. At the forth flag they will pivot backwards and skate backwards toward then through the start gate.

**KEYPOINTS:**



Notes:

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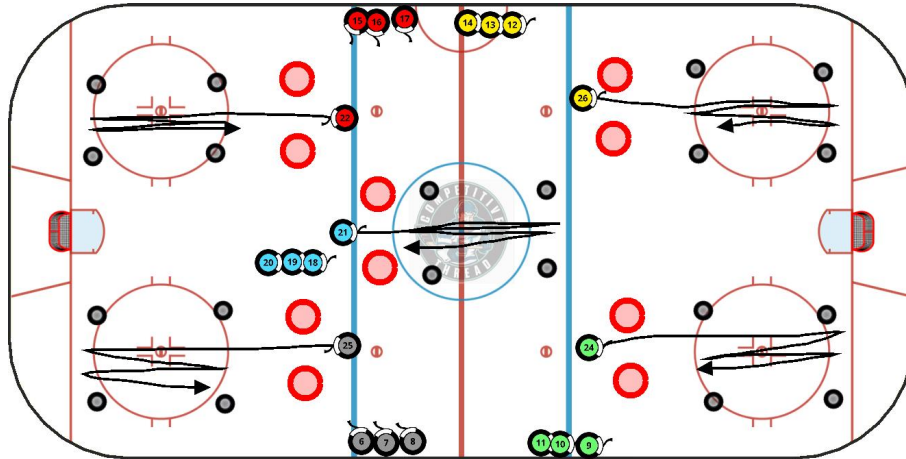


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## 7. STOP AND START EVALS



**TIME:** 10 min.

**DESCRIPTION:**

1. The first player in each line will have their wristband scanned.
2. They will line up with their front most foot on the start line.
3. They will leave through the start gate in the middle of the lane and head straight to the far flags then stop.
4. After stopping they will sprint to the near flags and stop.
5. Once stopping at the near flags they

**KEYPOINTS:**