



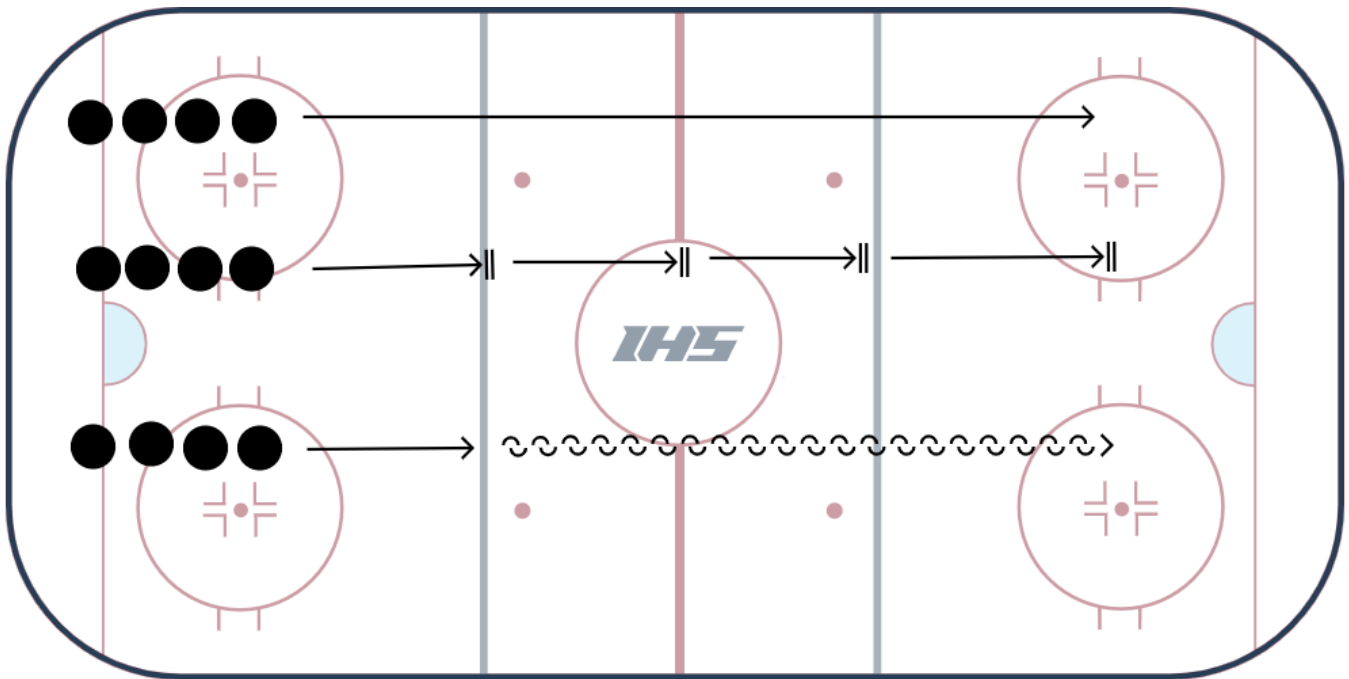
U9 Evaluations



■ Day 1 ■

Day 1

Drill 1 - Warm ups (Players line up in jersey number order)

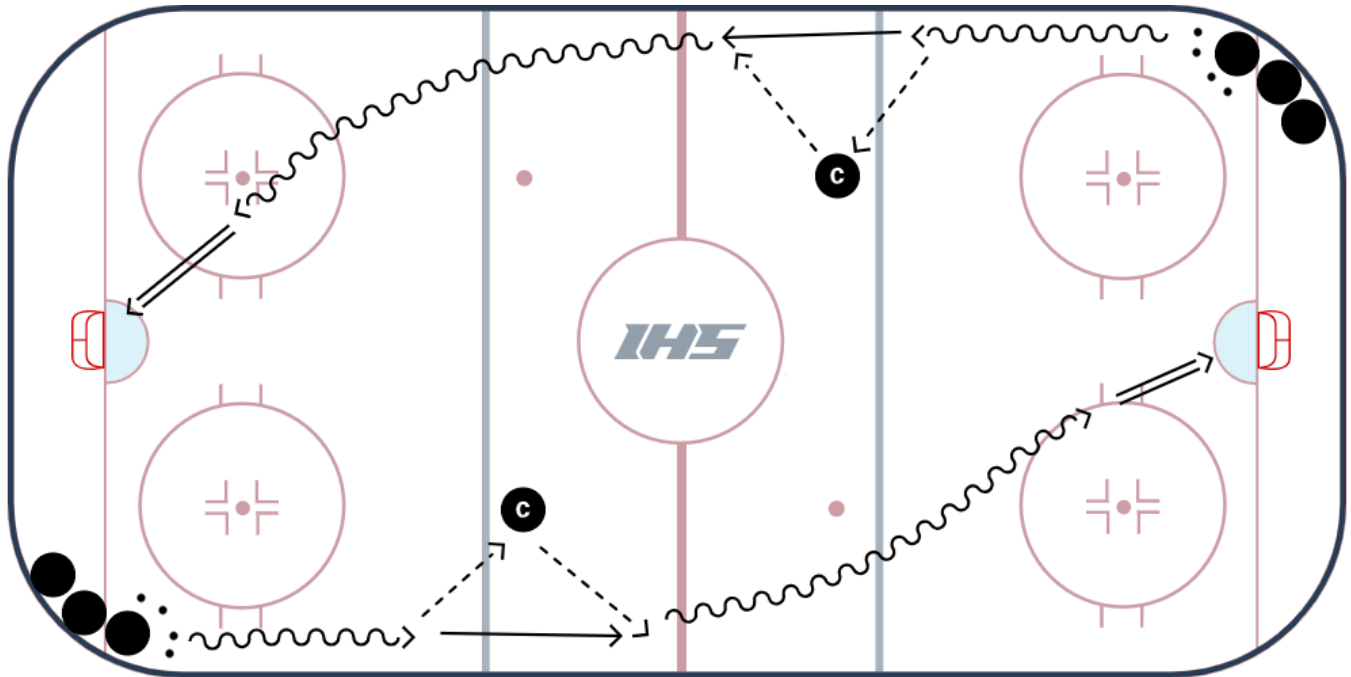


Description

1. Forward stride (2 times)
2. Stop and starts (2 times)
3. forward to blueline, backwards to other end (2 times)

Day 1

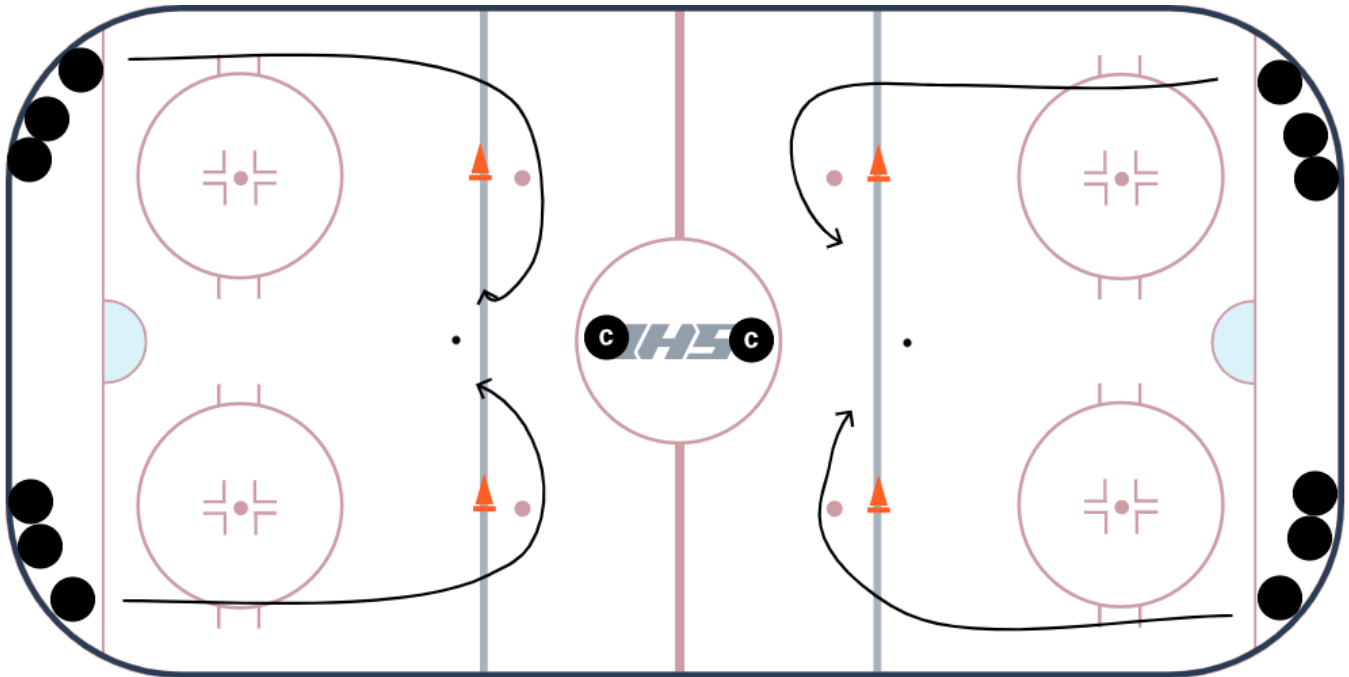
Drill 2 - Passing and Shooting



Description

Start in corner in Jersey number order, skate and pass to coach and receive pass and go in and shoot.
Players go on whistle
Switch sides after 5 minutes

Drill 3 - Compete Drill



Description

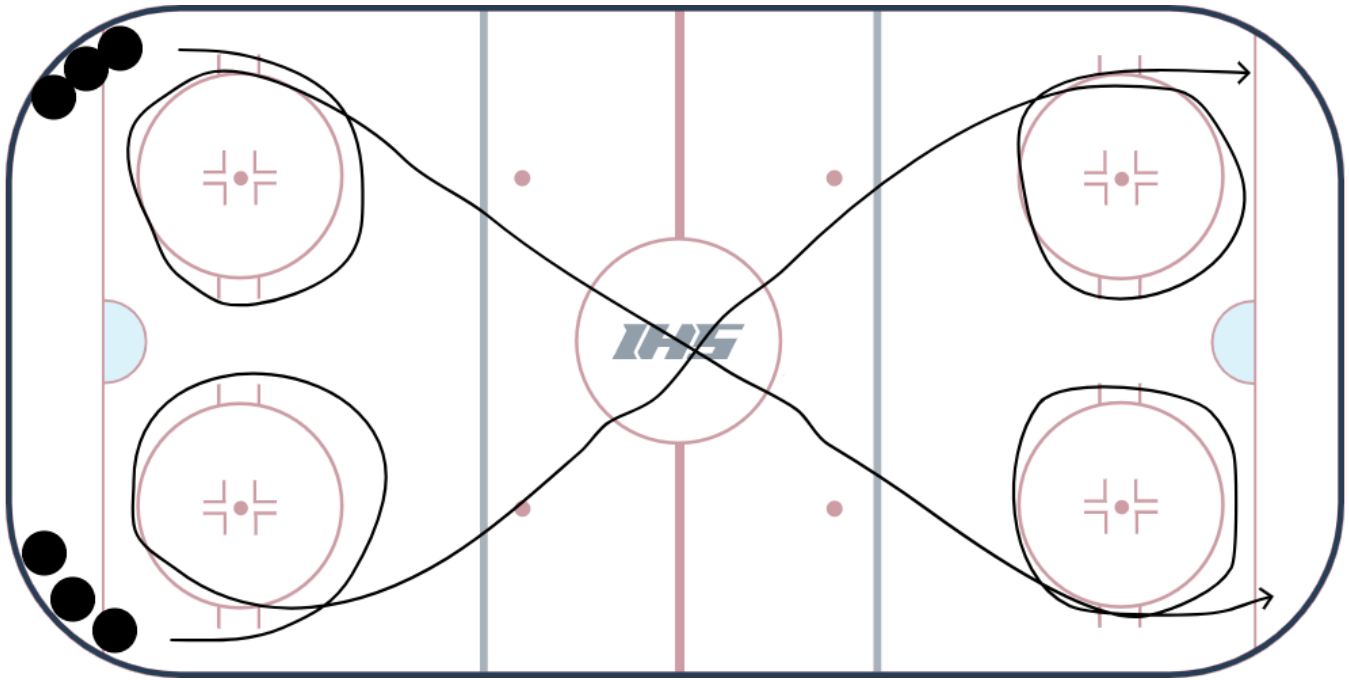
Players in corner on goal line, go on whistle and race to puck around pylon. Switch corners after each time.



■ Day 2 ■

Day 2

Drill 1 - Cross overs

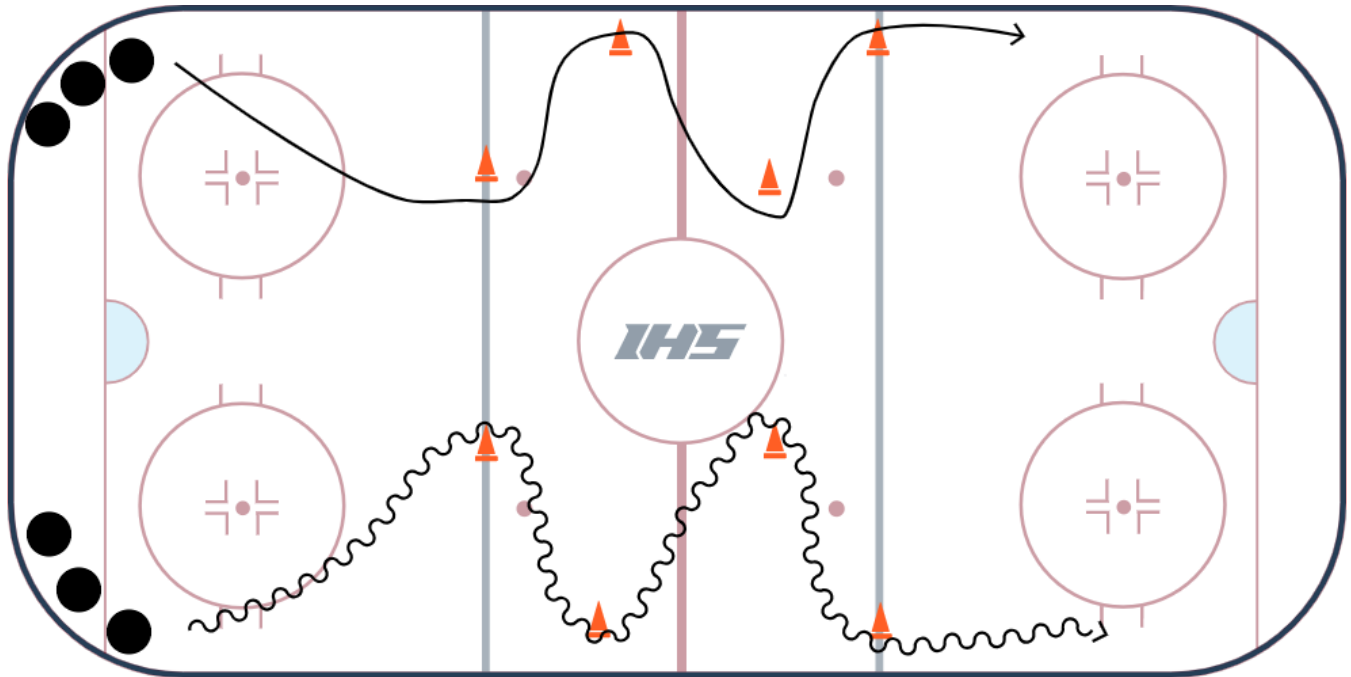


Description

Start in corners in Jersey number order, go on whistle (2 times)

Day 2

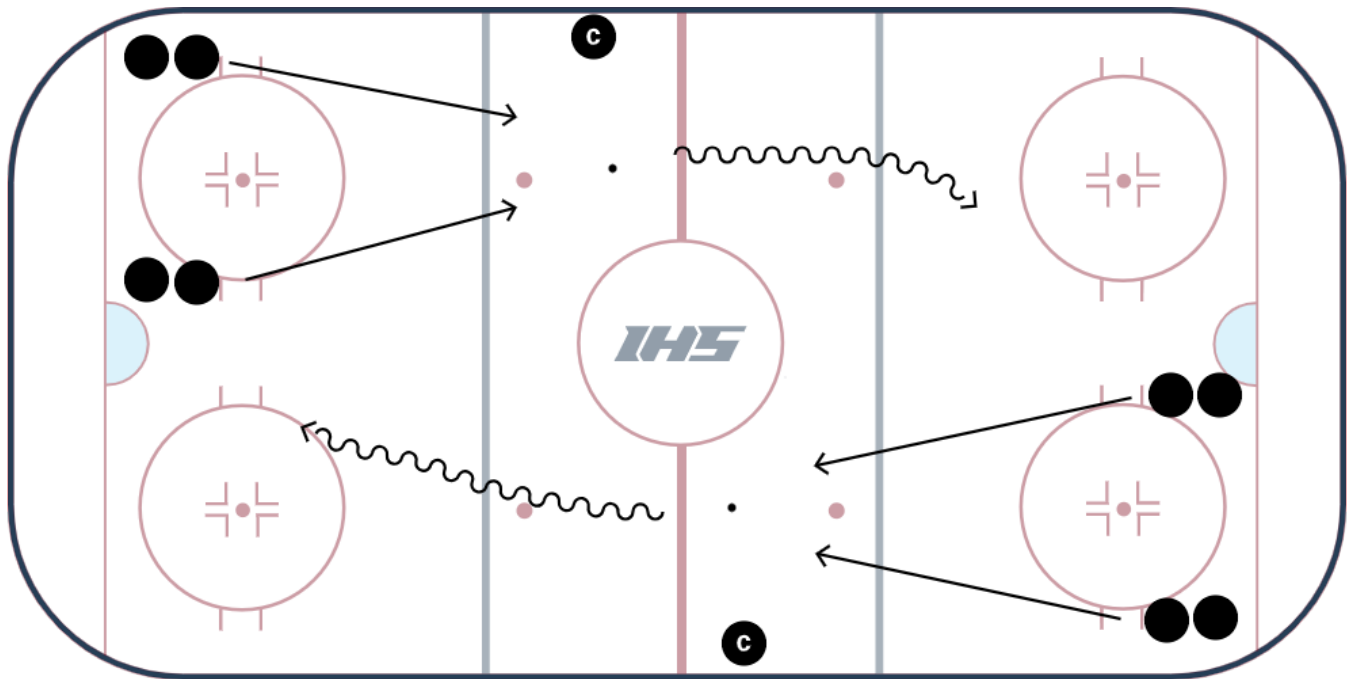
Drill 2 - Tight turns with and without pucks



Description

- Tight turns with out pucks (2 times)
- Weave Pylons with pucks (2 times)

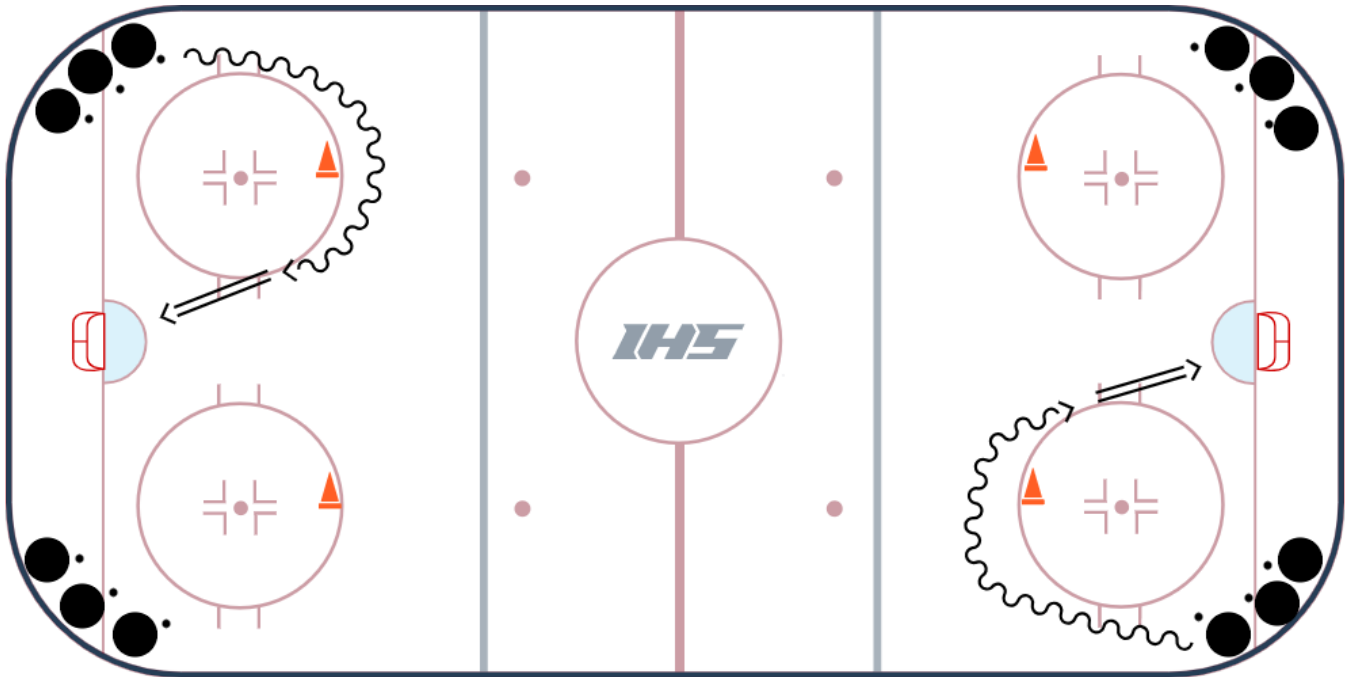
Drill 3 - Compete Drill



Description

Line up on hash marks and race for puck, first skater topuck tries for shot, second skater defends and chases.

Drill 4 - Horseshoe



Description

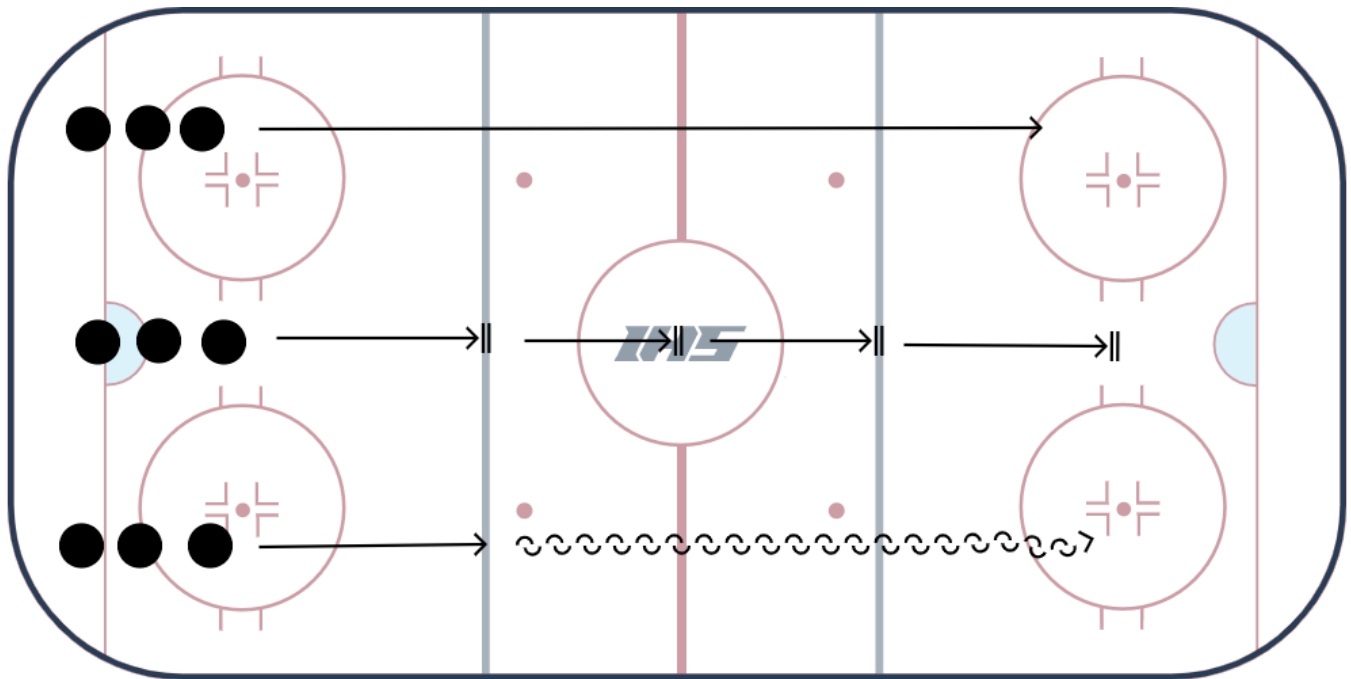
Split into two ends, no passing. Start with puck around circle for shot. Go on Whistle



■ Day 3 ■

Day 3

Drill 1 - Warm up and skating

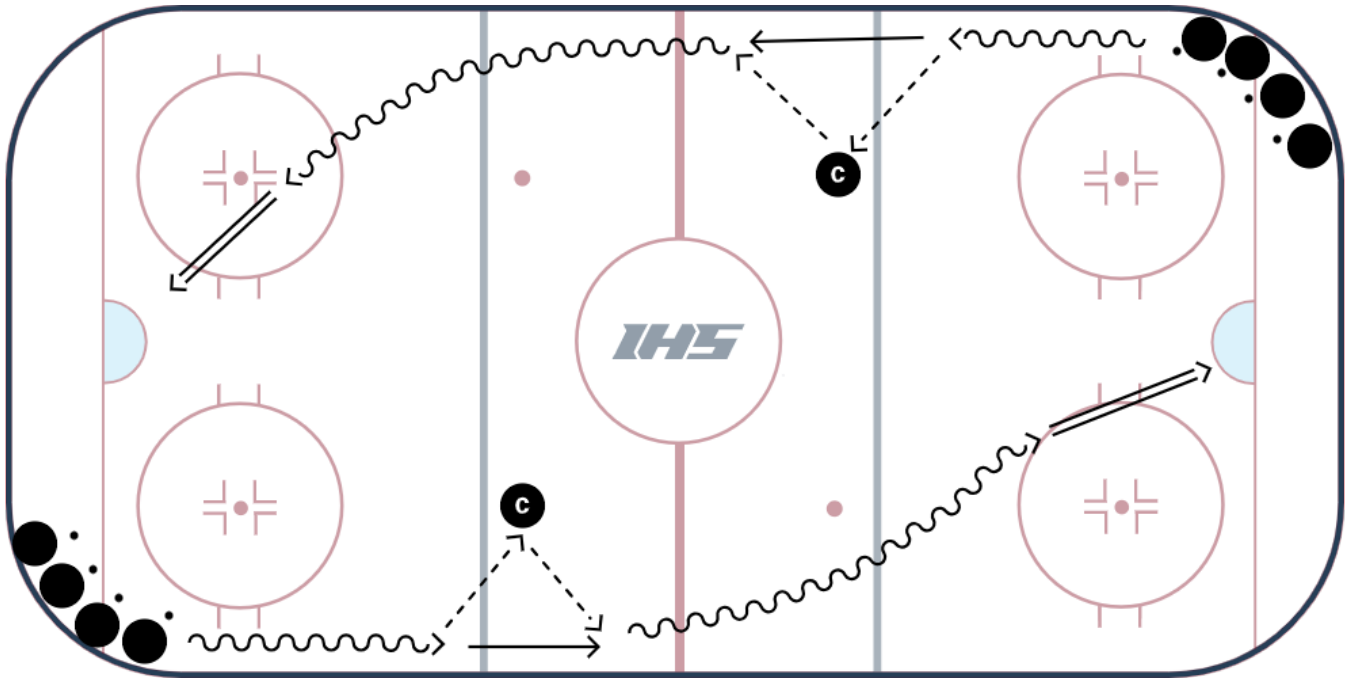


Description

1. Skate down ice (2 Times)
2. Stop and Starts (2 Times)
3. Back wards skating (2 Times)

Day 3

Drill 2 - Passing and Shooting

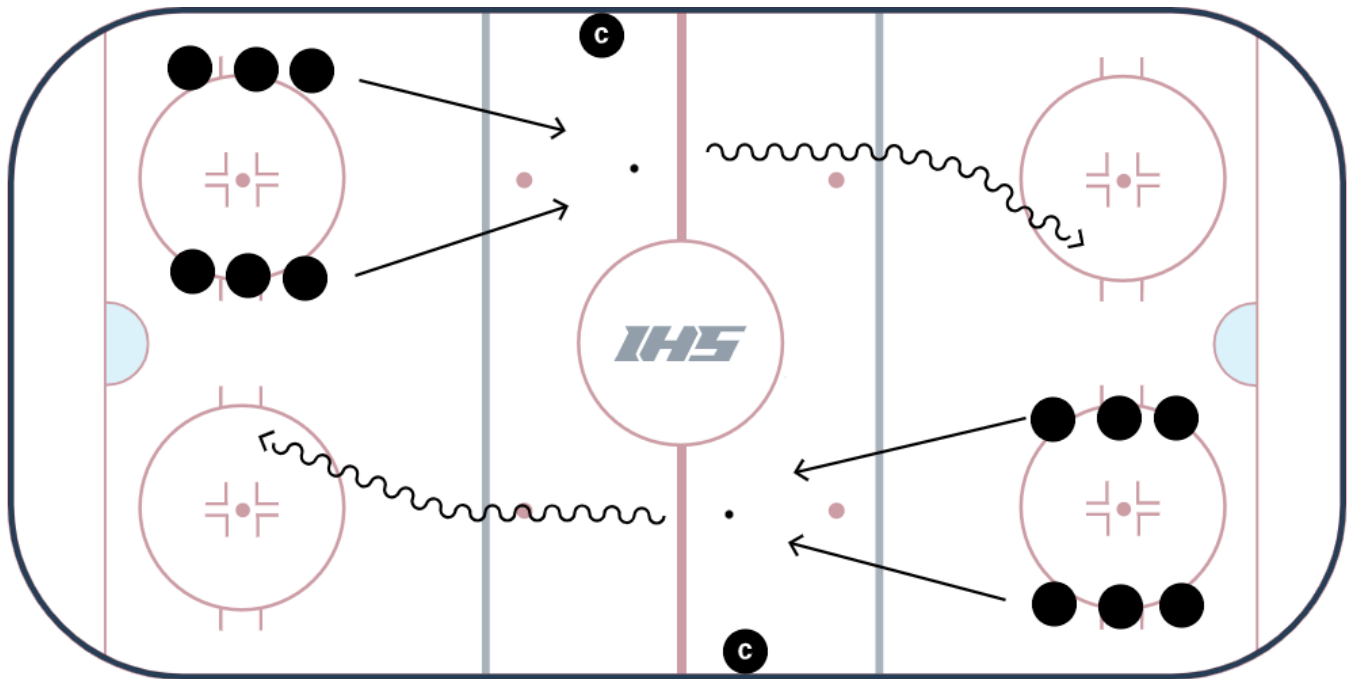


Description

Start in corners and skate with puck, pass to coach and receive pass back and go in for a shot.
Go on whistle

Day 3

Drill 3 - Compete drill

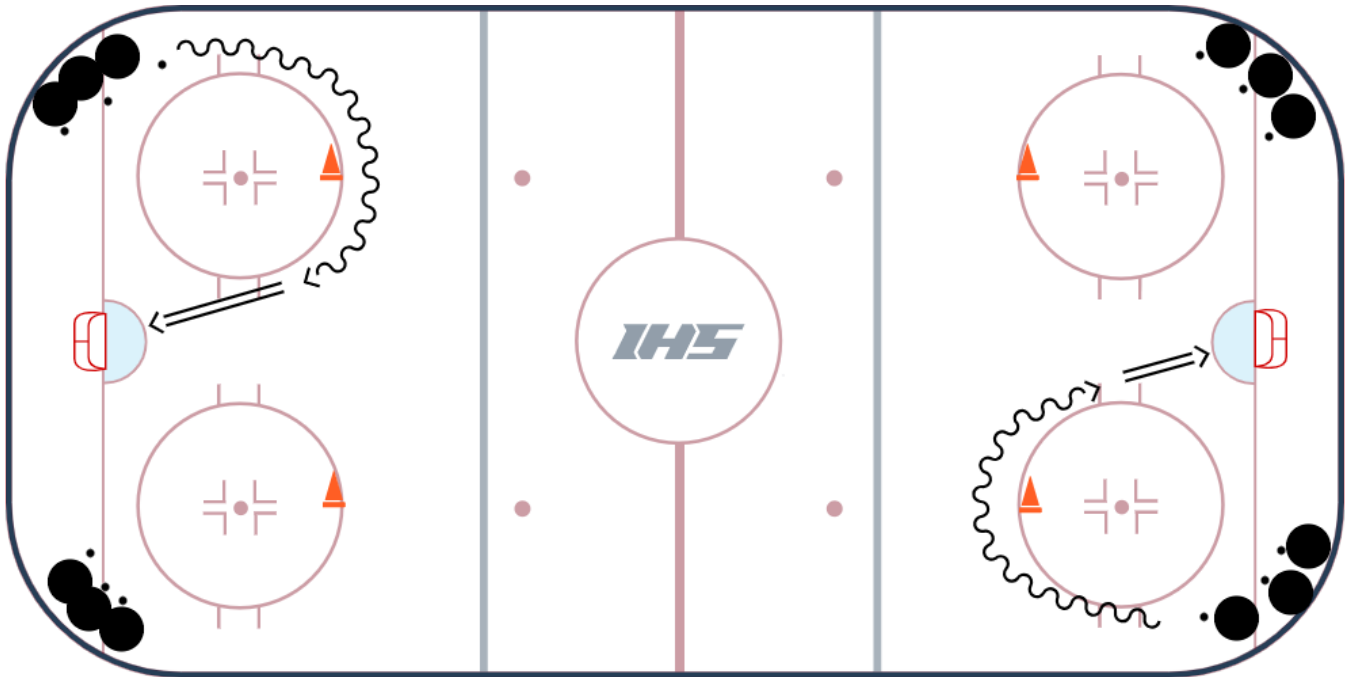


Description

Race to puck and try for shot, second skater to puck tries to chase and defend.
Go on whistle

Day 3

Drill 4 - Horseshoe



Description

Start in corners, skate around circle for a shot. Switch corners. Go on whistle