



U9 PRACTICE PLANS



Hockey Canada's U9 practice plans map out easy-to-follow ice sessions.

U9 hockey players (eight years old and younger) need to progress through these practices to ensure they are exposed to age-appropriate drills and activities that will develop their confidence.

The goal is to support the development of a sound skill base so young players will experience success playing the game. Use complete plans or choose your favourite drills to build a practice for your U9 team.



START BY DOWNLOADING AN OFFICIAL HOCKEY CANADA PRACTICE PLAN FOR FREE

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