Aspiring to set the global standard for sport, both on and off the ice · Tâcher de s'établir comme la référence mondiale en sport, sur la glace comme ailleurs

CANADA

U9 Seasonal Roadmap

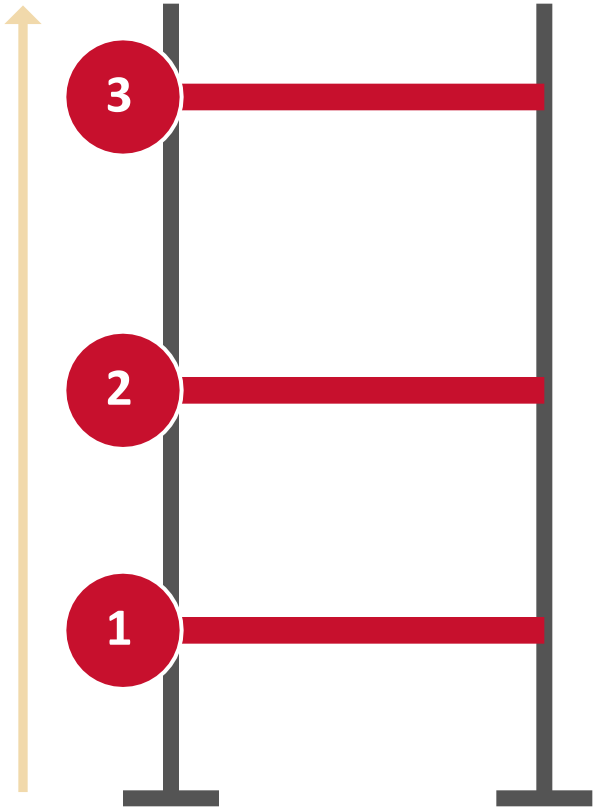
Fundamentals / Concepts / Details / Habits

PHASE 1: Establish the Foundation (Month 1 / Month 2)

Goals:

- ❑ ***Establish the Foundation***
- ❑ ***Team / Player Assessment***
- ❑ ***Introduce and Develop Skills / Concepts / Details / Habits***

Team / Player Focus



Details / Habits
Vision / Scanning
Fakes and Deception

Concepts
Creative and Dynamic
Game Application Skills / Drills

Foundation
Skating / Puck Control / Passing / Shooting
Performing Skills with Pressure

The Road Ahead:

Key Foundational Skills

Skating
- ❑ Small Space Skating
- ❑ Agility
- ❑ Acceleration / Evasiveness

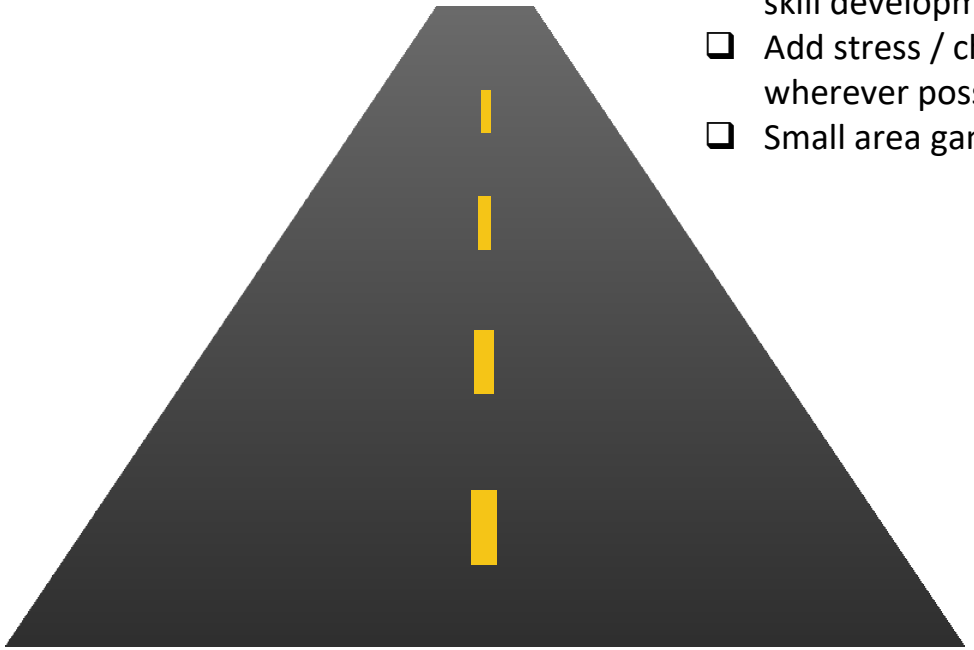
Puck Control
- ❑ Small Space Puck Control
- ❑ Deception

Passing
- ❑ Passing
- ❑ Receiving

Shooting
- ❑ Stationary
- ❑ Moving
- ❑ Scoring Mentality

Concept / Detail / Habit Integration

- ❑ Creative / Dynamic
- ❑ Vision / Scanning
- ❑ Understanding the Next Play



Practice Checklist - Core Skill Habits

- ❑ Dynamic Skating and Puck Control Warmups
- ❑ Skill Stations for small area skill development
- ❑ Add stress / chasers wherever possible
- ❑ Small area games

Practice Checklist - Core Concepts / Details / Habits

- ❑ Game Application
- ❑ Practice / Play with Pace
- ❑ Repetition

Month 1

Skills Focus

1) Skating – Agility and Acceleration
2) Puck Skills – Creativity / Puck Management / Puck Protection
3) Passing – Forehand / Backhand - Passing / Receiving
4) Shooting – Forwards – Wrist Shot / Backhand
5) Shooting – Defence – Offensive Blue line
6) Angling - Good Sticks
7) **Vision and Scanning**

Tactical Focus

1) Small Space Skating
2) Small Area Puck Control
3) Passing – Small Area Passing
4) Defence – Retrievals / Passing / Gap Control
5) Angling
6) Defensive Concepts
7) Offensive Concepts

Skill / Concept Checklist

Skating Skills	Puck Control	Shooting	Passing	Tactics - Fwds	Tactics - Def	Goaltenders
Agility	Creativity	Wrist Shot	Hard / Flat Passes	1 on 1's	Retrievals	Athleticism
Acceleration	Small Space	Back Hand	Area Passes	2 on 1's	Breakouts	Balance and Agility
Small Space Skating	Puck Protection	Shooting in Motion	Pass Reception	Offence Concepts	Defending 1 on 1's	Angles / Depth
Backward Skating	Puck Management	Offensive Blue Line	Give and Go’s	Puck Support	2 on 1's	Glove / Stick Saves
Turning / Crossovers		Eyes Up				
Defence - Transition						
Team Play						
Intro to Defensive Play			Intro to Offensive Play			

Team / Player Assessment

Utilize Player Assessment Plans in addition to team drills and games to understand where your players and team is at in terms of skill / tactical knowledge / team concepts.

1. **Assessment / Development Plan 1**
2. **Assessment / Development Plan 2**
3. **Assessment / Development Plan 3**

Click on the icon
Use these plans to assess / evaluate the strengths and deficiencies of players in specific skill areas. They will provide a good "eye test" and help to build a yearly development plan.

Evaluate – Assess – Develop Habits – Coach Details - REPEAT

Month 2

Skills Focus

1) Skating – Evasive, Deceptive, Transition
2) Puck Control – Core moves, Fakes, Deception
3) Passing – Stationary, Moving, Area
4) Shooting – Fwds – Shooting in Motion
5) Shooting – Def – Getting pucks through
6) Goaltending
7) **Vision and Scanning**

Tactical Focus

1) Creating Space
2) Next Play Mentality - Vision & Scanning
3) Passing – Give and Go's
4) Extending Possession Time
5) Puck Protection / Puck Steals
6) Angling
7) Defensive Concepts
8) Offensive Concepts

Skill / Concept Checklist

Skating Skills	Puck Control	Shooting	Passing	Tactics - Fwds	Tactics - Def	Goaltenders
Evasive Skating	Stick Fakes	Stationary Shooting	Stationary	Give and Go's	Skating to Defend	Moving Skills
Lateral Speed	Body Fakes	Shooting in Motion	Moving	Angling	Gap Control	Eye Skills - Tracking
Speed Changes	Dekes	Catch and Release	Area Passes	Checking Skills / Stick	Angling	Butterfly Saves
Transition and Pivots	Deception	Getting Pucks Through / Angle Change	Fakes - Look Offs	Being a Threat	Escapes with Puck	
Cut Backs				Making Plays Under Pressure	Checking Skills / Stick	
Team Play						
Defensive Concepts - Develop				Offensive Concepts - Develop		

Roadmap Stakeholders

Prioritize mastery of skating, puck skills, and hockey sense at every stage
Use age-appropriate ice surfaces, game formats, and training methods
Create environments that build skill, confidence, creativity, and joy
Develop better hockey players and better people

DEVELOPMENT FOUNDATIONS

Insights for the coaches who build the next generation

THE GOAL

Honest coaching builds confidence that is real, not confidence created by trophies, rankings, scouting reports, or social media graphics.
Youth hockey has been made to feel like a race to be identified before kids have even learned how to handle adversity.

- Slow down.
- Let them work.
- Let them struggle.
- Let them earn it.

THE PURPOSE

The goal is not to create the most decorated 9-year-old in town.
The best players are not always the ones who peak first.
They are often the ones who stay committed, stay curious, and keep improving when nobody is watching.

- Development is not linear.
- There are no shortcuts.
- Just reps, practice, mistakes, adjustments, and growth

THE FUTURE

If we can keep the focus on long-term development rather than short-term validation, we will give more kids the opportunity to reach their potential and enjoy the game for life.

- No hype. No shortcuts.
- No promises of a CHL draft or NCAA scholarship.
- Just real development that lasts.
- Clarity over chaos.
- Development over rankings.
- Structure beats hype

WHY THIS MATTERS

The goal is to develop a confident, disciplined, coachable young person who still loves hockey when the rankings disappear, the tournaments end, and the spotlight moves on.