

Development Plan #3 – 50 Minutes

*For any of the skating drills, you can also add a puck to make it more difficult depending on the skill level of the players.

** The station based drills can be adapted to use the entire ice surface depending on the number of players.

** For any of the groups where there are 4 nets available the station can be adapted for the players to finish with a shot.

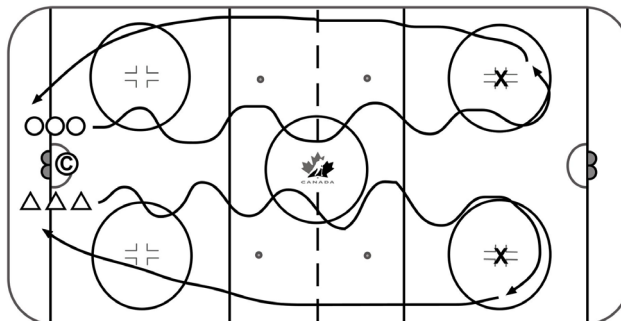
Drill Name & Description

10 mins - Skating Warm – Up – Forwards

- Players line up in two lines on the hashmarks
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform skating skills as demonstrated by coaches
- Players go one after another
 - 1) Heel skating (micro pushes)
 - 2) 1 Cross over each way
 - 3) 2 Crossovers each way
 - 4) Heel to heel each way
 - 5) Random skating pattern – 2 crossovers – stride - heel skate

Key Teaching Points

- Technique is important in this warm-up to give the players lots of repetition on technical aspects of skating.



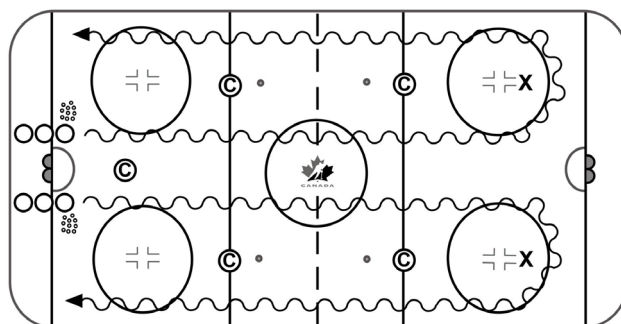
Drill Name & Description

10 mins - Puck Control Warm - Up

- Players line up in two lines on the hashmarks
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform puck control skills as demonstrated by coaches
- Players go one after another
 - 1) Heel skating (micro pushes)
 - 2) 1 Cross over each way
 - 3) 2 Crossovers each way
 - 4) Heel to heel each way
 - 5) Random skating pattern – 2 crossovers – stride - heel skate

Key Teaching Points

- Technique is important in this warm-up to give the players lots of repetition with the puck on their stick





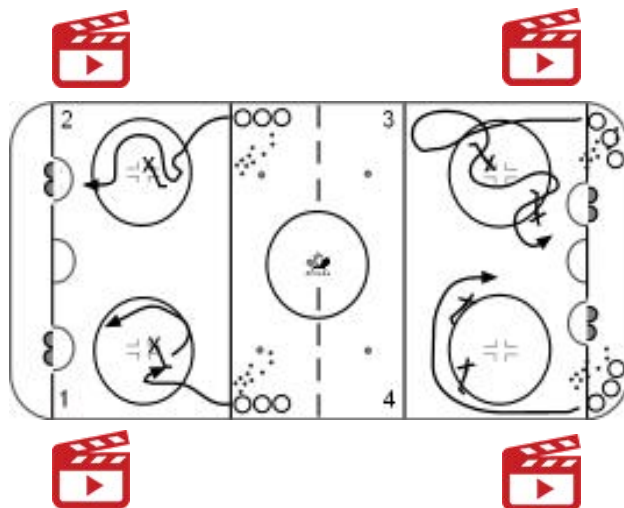
Canadian Player Pathways U9 Development Plan #3

Drill Name & Description

20 mins - 4 Station attack sequence – (5 per station)

Use 4 nets (2 on each goal Line) so each line finishes with a shot on net

- 1) Attack from blue line – fake drive wide into corner then cut back inside - puck first then feet – forehand – finish with shot. Add chaser for speed.
- 2) Attack from blue line – be creative – any move you want. Finish with shot. Add chaser for speed.
- 3) Attack out of corner, up the wall. Delay towards boards then drive hard to the net stickhandling around obstacles. Finish with shot. Add chaser for speed
- 4) Attack from corner, around the obstacle, (heel to heel) at obstacle by opening knees and hips to fake turning back, Finish with shot. Add chaser for speed.



Drill Name & Description

Two (2) - 4 on 4 Half Ice Games

Divide the players into 2 groups and play two (2) 4 on 4 half ice games for the last 20 minutes.

