

SESSION #1

U9 Pre-Tryout Sessions

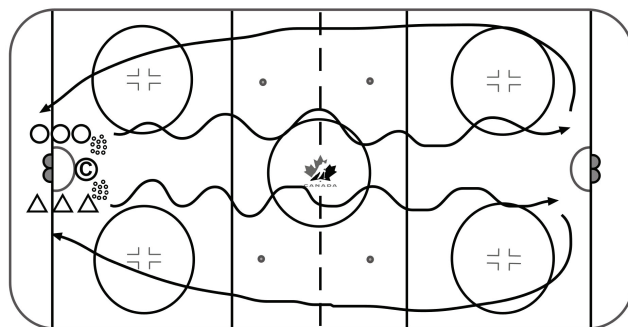
Note: For any of the skating drills, add a puck to make it more difficult, depending on the skill level of the players.

Station-based drills can be adapted to use the entire ice surface, depending on the number of players.

Where there are four nets available, stations can be adapted for the players to finish with a shot.

Skating Warm-Up – Forwards 10 MINS

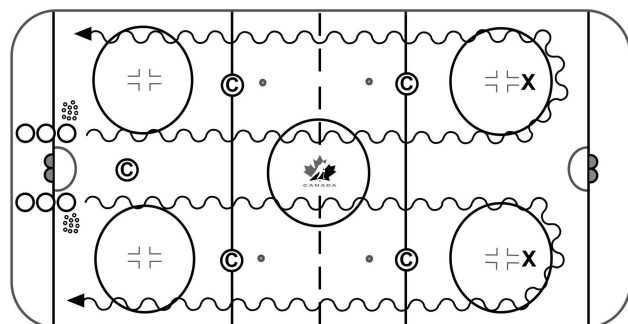
- Players line up in two lines on the hashmarks.
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform skating skills as demonstrated by coaches.



Key Teaching Points: Technique is important to give the players lots of repetition on technical aspects of skating.

Puck Control Warm-Up 10 MINS

- 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.

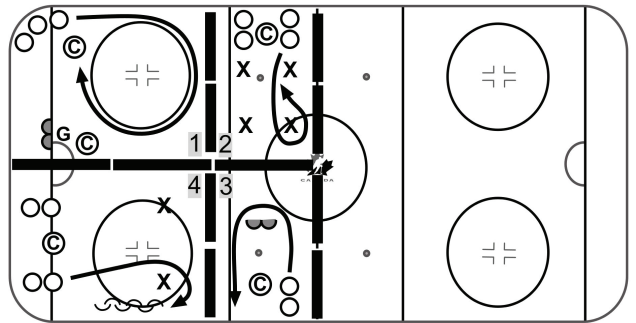


Key Teaching Points: Technique is important to give the players lots of repetition on technical aspects of puck control.

4-Station Skating Skills 20 MINS

May use the full ice and divide into four stations instead of the half-ice set-up as shown, depending on how many players are on the ice.

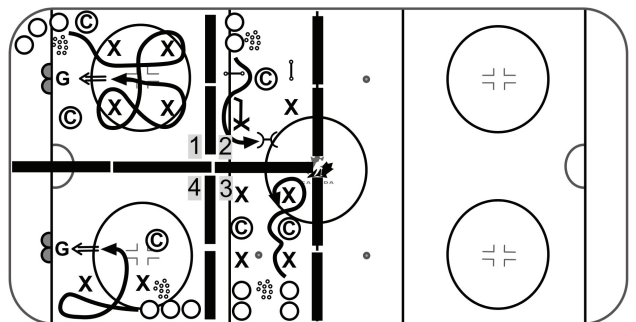
1. Crossovers
2. Tight turns
3. Agility nets
4. Transition



4-Station Puck Control Skills 20 MINS

May use the full ice and divide into four stations instead of the half-ice set-up as shown, depending on how many players are on the ice.

1. Four-pylon agility
2. Agility sticks
3. 1-on-1 attack moves
4. Drive delay



Note: Play a 4-on-4 half-ice scrimmage or small-area games if there is time left over.

SESSION #2

U9 Pre-Tryout Sessions

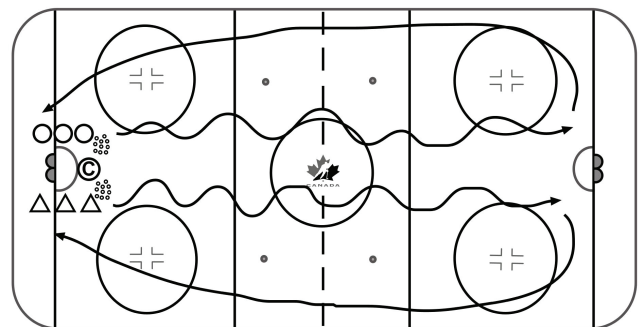
Note: For any of the skating drills, add a puck to make it more difficult, depending on the skill level of the players.

Station-based drills can be adapted to use the entire ice surface, depending on the number of players.

Where there are four nets available, stations can be adapted for the players to finish with a shot.

Skating Warm-Up – Forwards 10 MINS

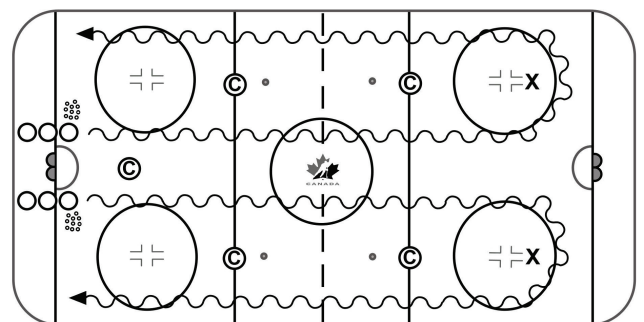
- Players line up in two lines on the hashmarks.
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform skating skills as demonstrated by coaches.



Key Teaching Points: Technique is important to give the players lots of repetition on technical aspects of skating.

Puck Control Warm-Up 10 MINS

- 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.

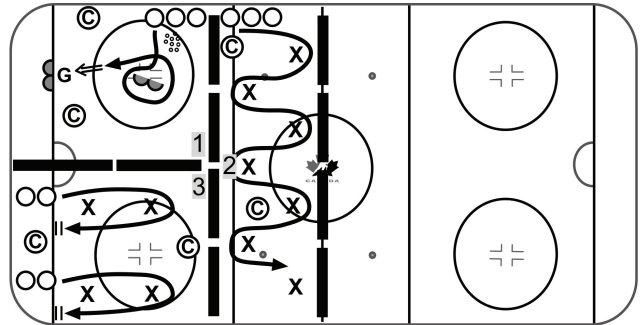


Key Teaching Points: Technique is important to give the players lots of repetition on technical aspects of puck control.

3-Station Skating Skills 15 MINS

May use the full ice and divide into four stations instead of the half-ice set-up as shown, depending on how many players are on the ice.

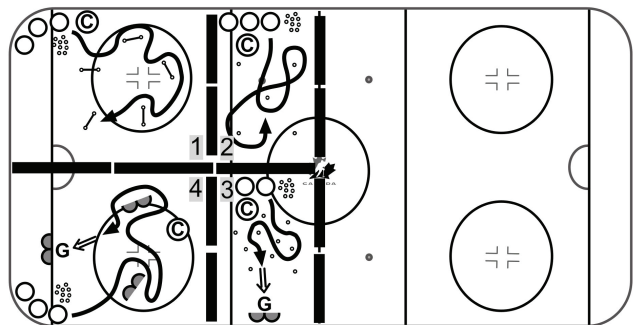
1. Heel to heel – with/without pucks
2. NZ skating
3. Skating races



4-Station Puck Control Skills 20 MINS

May use the full ice and divide into four stations instead of the half-ice set-up as shown, depending on how many players are on the ice.

1. Obstacle puck control
2. Five-puck agility
3. Land mines
4. Agility nets



Note: Play a 4-on-4 half-ice scrimmage or small-area games if there is time left over.

SESSION #3

U9 Pre-Tryout Sessions

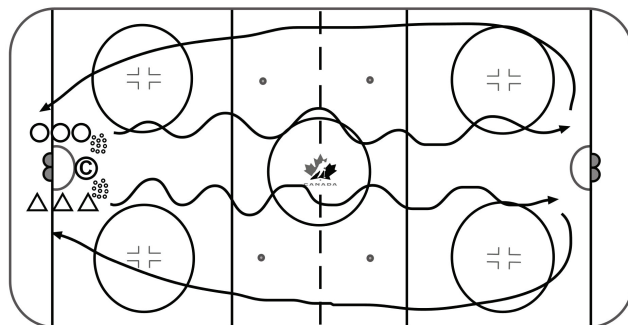
Note: For any of the skating drills, add a puck to make it more difficult, depending on the skill level of the players.

Station-based drills can be adapted to use the entire ice surface, depending on the number of players.

Where there are four nets available, stations can be adapted for the players to finish with a shot.

Skating Warm-Up – Forwards 10 MINS

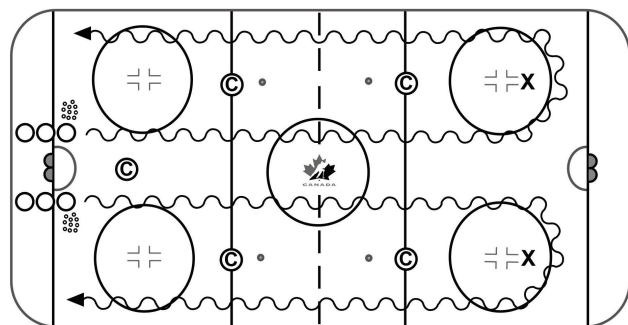
- Players line up in two lines on the hashmarks.
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform skating skills as demonstrated by coaches.



Key Teaching Points: Technique is important to give the players lots of repetition on technical aspects of skating.

Puck Control Warm-Up 10 MINS

- 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.



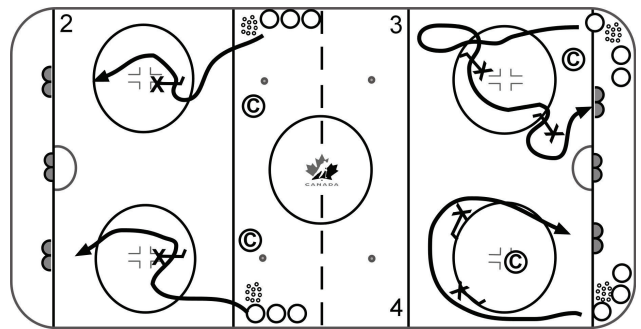
Key Teaching Points: Technique is important to give the players lots of repetition on technical aspects of puck control.

4-Station Attack Sequence

20 MINS | 5 PER STATION

Use four nets (two on each goal line) so each line finishes with a shot on net.

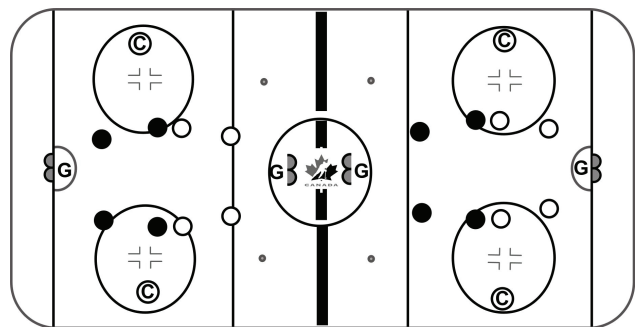
1. Attack from blue line – fake drive wide into corner then cut back inside – puck first, then feet – forehand
2. Attack from blue line – be creative – any move you want
3. Attack out of corner – up the wall – delay towards boards then drive hard to the net (Crosby)
4. Attack from corner – around the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



Two 4-on-4 Half-Ice Games

20 MINS

Divide players into two groups and play two 4-on-4 half-ice games.



SESSION #4

U9 Pre-Tryout Sessions

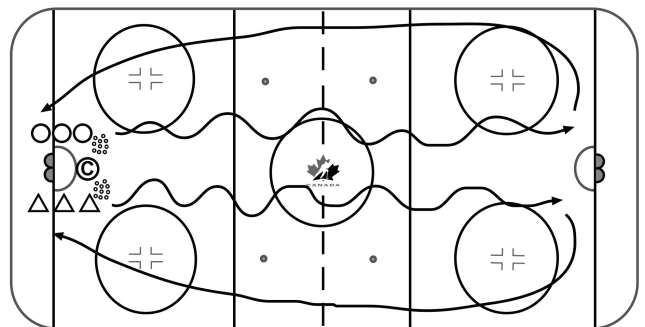
Note: For any of the skating drills, add a puck to make it more difficult, depending on the skill level of the players.

Station-based drills can be adapted to use the entire ice surface, depending on the number of players.

Where there are four nets available, stations can be adapted for the players to finish with a shot.

Skating Warm-Up – Forwards 10 MINS

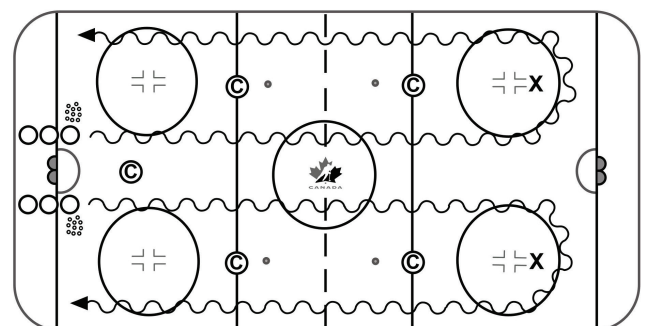
- Players line up in two lines on the hashmarks.
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform skating skills as demonstrated by coaches.



Key Teaching Points: Technique is important to give the players lots of repetition on technical aspects of skating.

Puck Control Warm-Up 10 MINS

- 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.



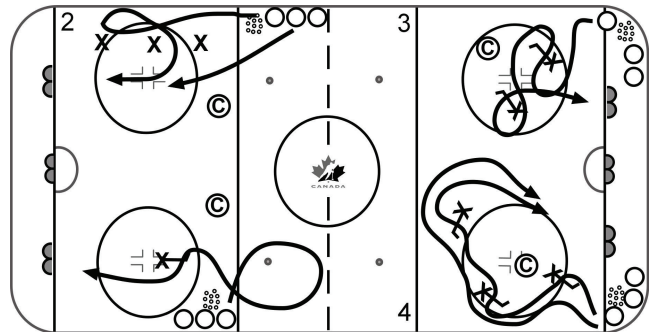
Key Teaching Points: Technique is important to give the players lots of repetition on technical aspects of puck control.

4-Station Attack Sequence

20 MINS | 5 PER STATION

Use four nets (two on each goal line) so each line finishes with a shot on net.

1. Skate into NZ with puck – attack from blue line – fake drive wide into corner then cut back inside – puck first, then feet – forehand
2. Place three pylons about 10 feet from wall – first player carries puck down wall – second player contains – first player drives net when there is an opening
3. Attack out of corner – perform various moves on obstacles then attack net
4. Attack from corner – around the obstacles – second player must chase and provide pressure trying to steal puck



Two 4-on-4 Half-Ice Games

20 MINS

Divide players into two groups and play two 4-on-4 half-ice games.

