

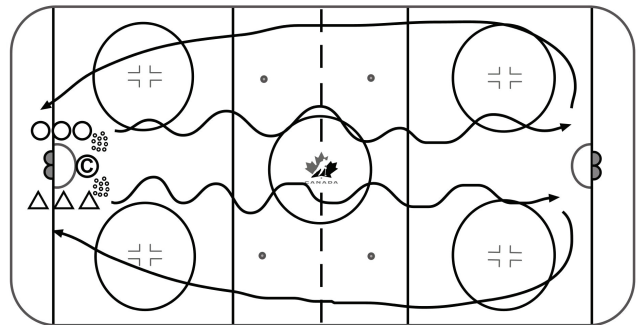
SESSION #3

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

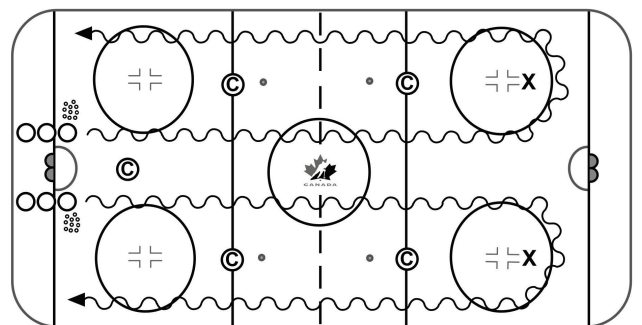
- Players line up in two lines on the hashmarks.
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform skating skills as demonstrated by coaches.



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.



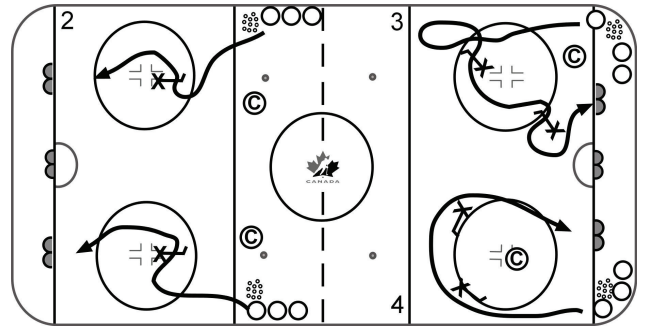
Key Teaching Points: Technique is important to give the players lots of repetition on technical aspects of puck control.

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.

