



2023 Evaluations - U9 Skate 2 & 4

Date: Aug 10 2023

Time: 6:19 pm

Duration: 54 mins

Set up bumpers while players skate around as a warmup

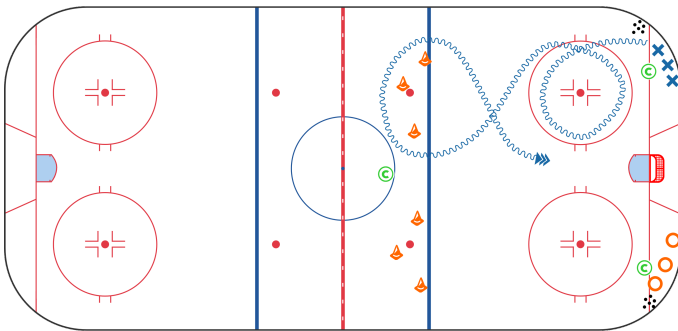
3 mins

Split players onto sides based on list given out by Evaluation Coordinator

3 mins

Evaluations - Mazzy's Figure 8's

12 mins



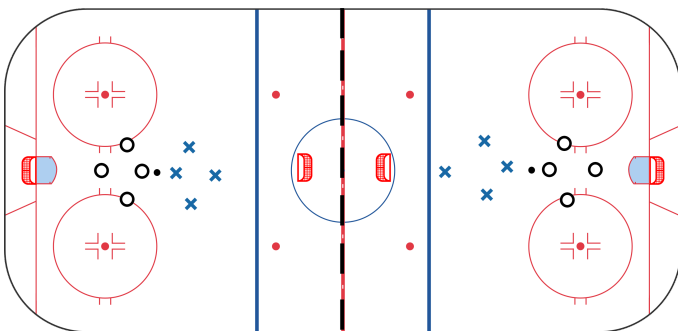
Player skates out of corner with puck around the circle maintaining control of the puck. Then player skates out around the pylons maintaining speed and does crossovers around pylons. Take shot on net. Switch corners after shot. Player from opposite corner leaves once first player finishes skating circle.

Key Points

Controlled crossovers with back leg drive to generate speed and power.
Puck control.

Evaluations - U9 Half Ice game

36 mins



All players go in the bench. Play will be 4v4 or 3v3 depending on number of players on ice.

DO NOT GIVE PLAYERS POSITIONS LIKE FORWARD/DEFENCE during the game.

Game will be 36 min. Change Buzzer on for 90 seconds.

Key Points

Coaches on the Bench - Be positive, fun, encourage players

DO NOT GIVE PLAYERS POSITIONS LIKE FORWARD/DEFENCE during the game.

Skills - Skating, Puck Control, Shooting, Hockey IQ, Compete