



Preparation Sessions

U9

CANADIAN PLAYER PATHWAY



The drills in this practice plan are designed to give coaches some ideas on giving their players an introduction by incorporating a multitude of skills required to play the game. There are 4 practice plans in this series that include a variety of skills and fun activities

The plan is based on 50 minutes so depending on the length of the ice time, the suggested time to run each drill can be adapted to fit the ice time. Where longer ice times are provided coaches can add drills / games of their own.



Canadian Player Pathways U9 Preparation Plan #1

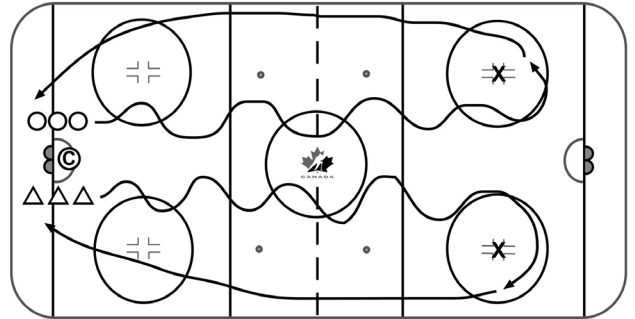
Preparation Plan #1 – 50 Minutes

*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.

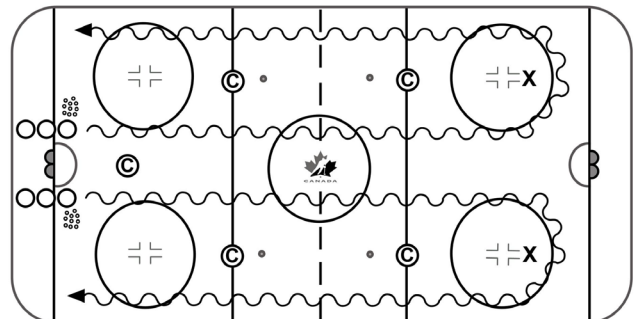
** The station based drills can be adapted to use the entire ice surface depending on the number of players.

** 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. -Players go one after another -Perform skating skills as demonstrated by coaches <ol style="list-style-type: none">1) C-Cuts Bubbles2) Gliding on 2 Skates3) Glide on 1 Skate4) Glide and Bend5) C-Cuts – Alternating6) C-Cuts – 1 Leg7) Gliding Inside Edge
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 <ol style="list-style-type: none">1) Stickhandle narrow2) Stickhandle wide – across body3) Stickhandle - narrow / wide combination4) Stickhandle – side / front / side (forehand / front / backhand)5) Stickhandle – open ice carry
Key Teaching Points
-Technique is important in this warm-up to give the players lots of repetition on technical aspects of puckhandling





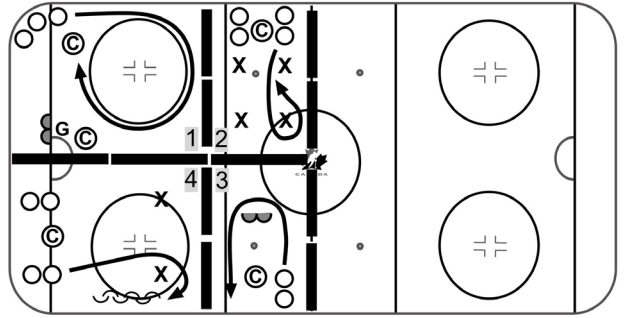
Canadian Player Pathways U9 Preparation Plan #1

Drill Name & Description

4 Station Skating Skills - 20 mins

May use the full ice and divide into 4 stations instead of the half ice set up as shown depending on how many players are on the ice.

- 1) Crossovers
-Player start in corner and use crossovers to skate around circle
-Go both directions – forward and backward. Add puck
- 2) Tight turns
-Set up pylons as shown
-Players skate in a figure 8 pattern around the pylons
-stick on ice / lead with front (inside) foot
-Turn head and shoulders, lead with stick around pylons
-Add puck
- 3) Agility Nets
-Place a net in middle of ice
-Player skate as fast as they can from boards around net and back to starting point. Go both directions. Add chaser for speed element (add puck)
- 4) Transition
-Place pylons as shown
-Players skate forwards to pylon, pivot and skate backwards back to starting point. Go both directions. Add puck
-Add heel to heel at pylon then back to starting point. Go Both directions. Add puck

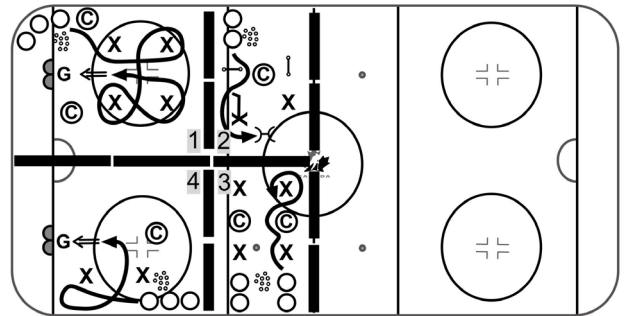


Drill Name & Description

4 Station Puck Control Skills – 20 mins

May use the full ice and divide into 4 stations instead of the half ice set up as shown depending on how many players are on the ice.

- 1) 4 Pylon Agility
-Place 4 pylons on circle
-Players skating randomly around all 4 pylons and back to line
-Add puck and finish with shot on net
-Add chaser to add race element
- 2) Agility Sticks
-Place obstacles on ice, players skate from boards with puck and work on stickhandling the puck around / through obstacles down one side and back along the other
- 3) 1 on 1 Attack Moves
-Place pylon – coach – pylon as shown
-Players skate with puck and put moves on the pylon – coach pylon, then tight turn and to do the same thing coming back
-Add chaser for speed
- 4) Drive Delay
-Players start near blueline with pucks
-Skate down the wall, look to middle then turn towards boards and then skate towards net to finish with shot



Small Area Games / 4 on 4 Half Ice Scrimmage if there is time left over.



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The plan is based on 50 minutes so depending on the length of the ice time, the suggested time to run each drill can be adapted to fit the ice time. Where longer ice times are provided coaches can add drills / games of their own.

Preparation Plan #2 – 50 Minutes

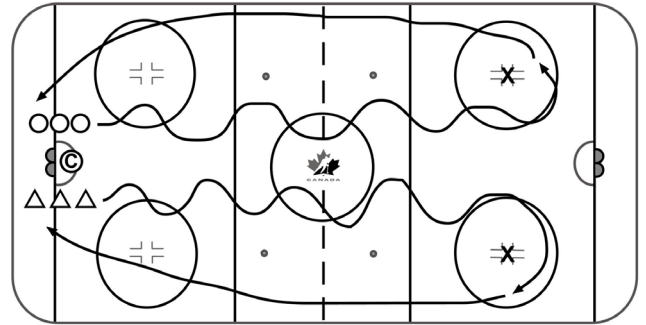
Drill Name & Description

7 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
- Player go one after another
 - 1) C-Cuts 1 Leg
 - 2) Glide and Bend
 - 3) Gliding Inside Edge
 - 4) C-Cuts Bubbles
 - 5) C-Cuts – Alternating
 - 6) Random skating moves – promote quickness and creativity

Key Teaching Points

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



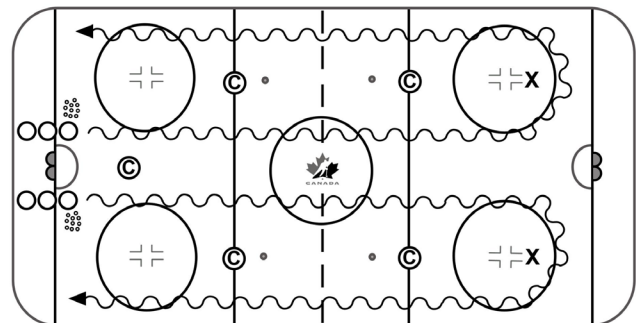
Drill Name & Description

8 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) Stickhandle narrow
 - 2) Stickhandle wide – across body
 - 3) Stickhandle - narrow / wide combination
 - 4) Stickhandle – side / front / side (forehand / front / backhand)
 - 5) Stickhandle – open ice carry
 - 6) Random puck control skills – promote creativity

Key Teaching Points

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





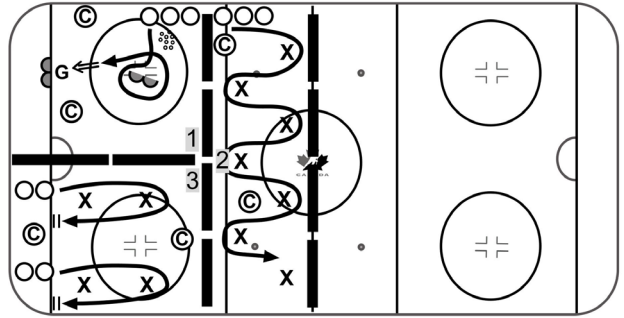
Canadian Player Pathways U9 Preparation Plan #2

Drill Name & Description

15 mins - 3 Station Skating Skills

May use the full ice and divide into 4 stations instead of the half ice set up as shown depending on how many players are on the ice.

- 1) Heel to Heel – without / with pucks
 - Place coach / net or obstacle in middle of circle
 - Players start along boards at blue line with puck
 - Skate around utilizing heel to heel skating technique
 - Add puck and finish with shot
 - Add chaser for speed element
- 2) NZ Skating
 - Place pylons in pattern as shown
 - Player skate through pylon in a zig zag pattern
 - Hold inside edge
 - Hold outside edge
 - 360 turn around each pylon
 - Heel to heel around each pylon
 - Add Puck
- 3) Skating Races
 - Place 4 pylons shown
 - Players race to far pylon and back
 - Players race in figure 8 pattern
 - Players skate forward to far, pylon pivot and skate backwards to start
 - Ensure all patterns are done both ways
 - Add puck

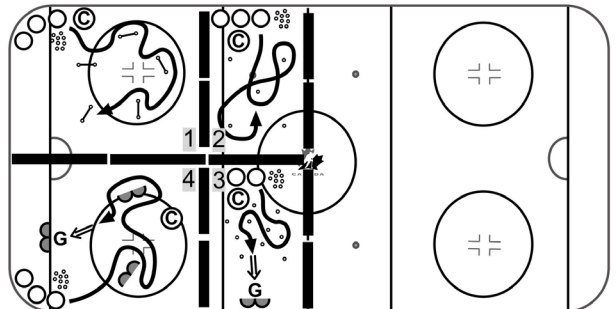


Drill Name & Description

20 mins - 4 Station Puck Control Skills

May use the full ice and divide into 4 stations instead of the half ice set up as shown depending on how many players are on the ice.

- 1) Obstacle Puck Control
 - Place obstacles in random pattern
 - Player stickhandle in random pattern
 - Encourage creativity. Add chaser for speed
- 2) 5 Puck Agility
 - Place 5 pucks in pattern as shown
 - Players skate randomly around pucks utilizing tight turns or heel to heel skating pattern. Add pucks
- 3) Land Mines
 - Place pucks in random pattern
 - Players stickhandle randomly around pucks
- 4) Agility Nets
 - Place 2 nets / coaches or obstacles in circle
 - Players skate out of corner with puck and randomly skate around obstacles
 - Tight turns / stop and go / heel to heel / crossovers (skating skills in combination)
 - Promote creativity, speed, quickness and turning head first before changing directions



4 on 4 Half Ice Scrimmage or Small Area Games if there is time left over.



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Canadian Player Pathways U9 Preparation Plan #3

Preparation 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.

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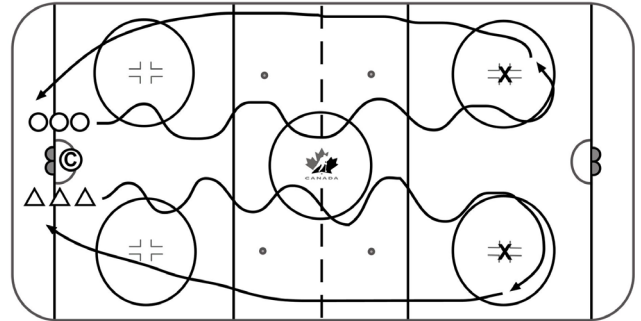
Drill Name & Description

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.



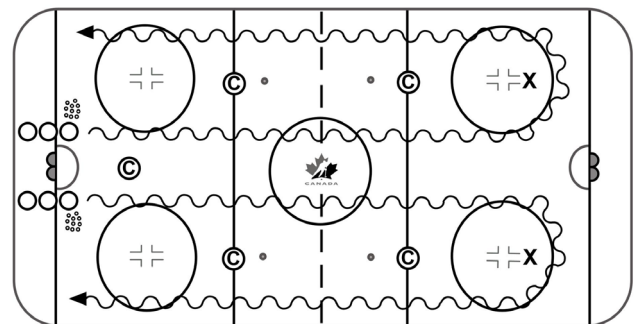
Drill Name & Description

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





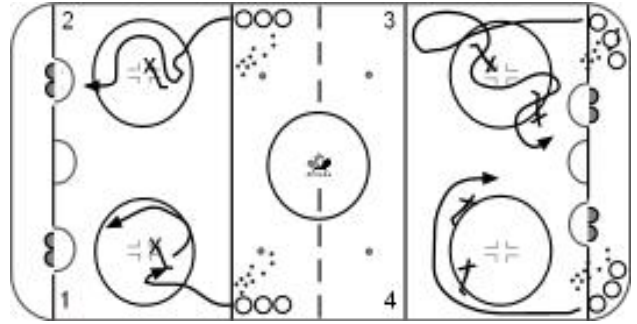
Canadian Player Pathways U9 Preparation Plan #3

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

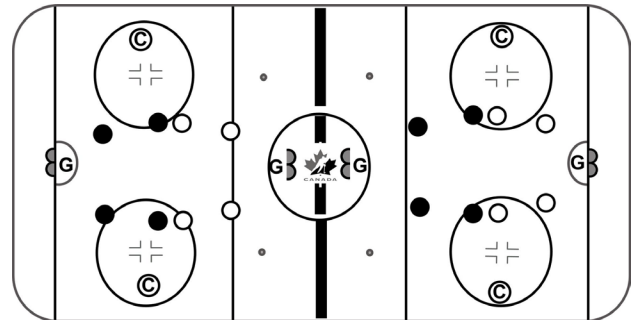
- 1) Attack from blue line – fake drive wide into corner then cut back inside - puck first then feet – forehand – finish with shot. Add chaser for speed.
- 2) Attack from blue line – be creative – any move you want. Finish with shot. Add chaser for speed.
- 3) Attack out of corner, up the wall. Delay 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.





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Canadian Player Pathways U9 Preparation Plan #4

Preparation Plan #4 – 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.

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

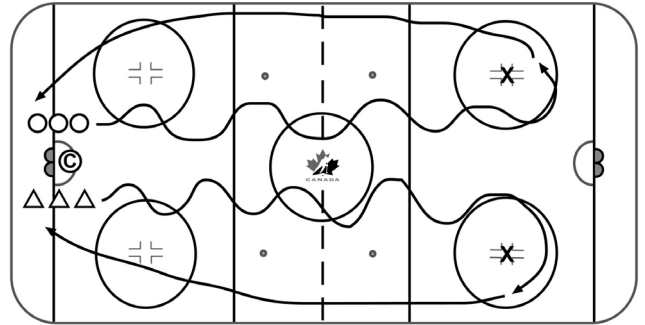
Drill Name & Description

10 mins - Skating Warm – Up – Forward

- 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. Add chaser for increased speed
 - 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.



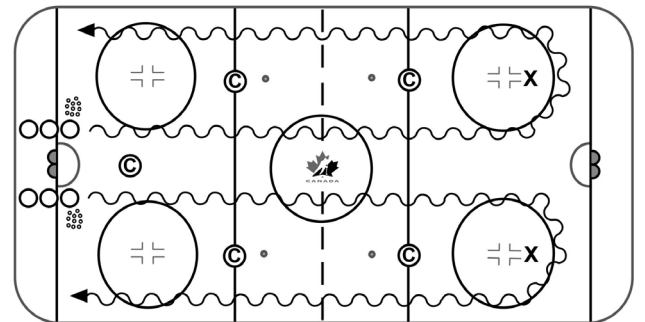
Drill Name & Description

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. Add chaser for speed
 - 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 puck control skills





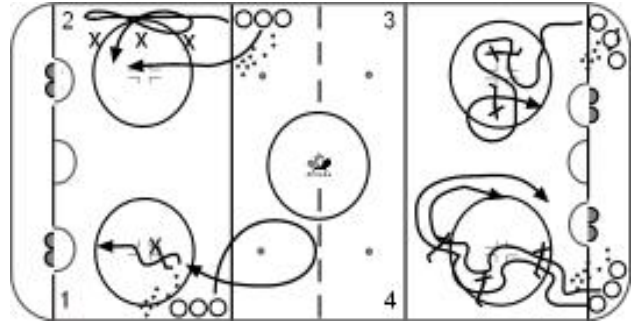
Canadian Player Pathways U9 Preparation Plan #4

Drill Name & Description

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

Use 4 nets (2 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. Add chaser for speed.
- 2) Place 3 pylons about 10 feet from wall, first player in line 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 the obstacles then attack net. Add chaser for speed
- 4) Attack from corner, around the obstacles, second player must chase and provide pressure trying to steal puck



Drill Name & Description

10 mins - 2 – 4 on 4 Half Ice Games

Divide the players into 2 groups and play 2 4 on 4 half ice games for the last 10 minutes.

