

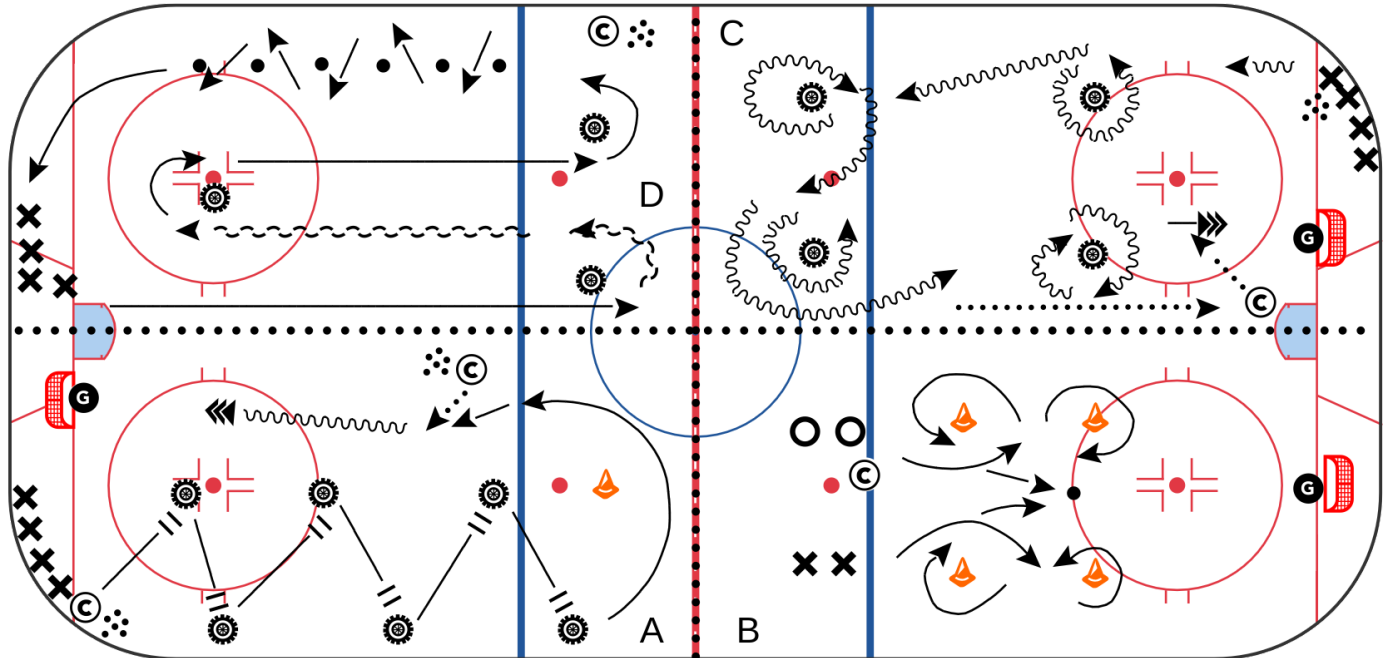


BDMHA U9 Evaluations - Session #1 Skating and Puckhandling

Duration: 50 mins

BDMHA U9 Evaluation Session 1 - Skating & Puckhandling

50 mins



Description

STATIONS WILL ROTATE EVERY 10-12 mins

- **STATION A - STOPS TO EACH SIDE** - Players leave and stop at each tire performing their best at a 2-foot stop, changing stopping sides (feet) each time. They repeat to the last tire (3x to each side) and then go around the top pylon and get a pass from Coach for a shot. DRILL WILL PROGRESS to giving players pucks to carry while making their stops and finishing with a shot on net.
- **STATION B - FIGURE 8 PUCK RACES** - Players will get into (2) separate lines and race in a Figure 8 pattern to get the puck and go in for shot on net.
- **STATION C - 360 TIGHT TURNS** - Player leaves with puck and goes 360 around the tires in different directions each time and after they go around the 3rd tire, they pass puck and continue around 4th tire and get pass back for shot.
- **STATION D - FORWARD TO BACKWARD SKATING** - Players start skating forwards, get to top tire and pivot to skating backwards, to other bottom tire, pivot again to forward skating. Players then skate between the pucks and return to line. DRILL WILL PROGRESS to giving players pucks to carry while skating.

Key Points

EVALUATION KEYS:

- Skating Ability - How well does the player move within the drill, how well the player stops on each side, how well the player transitions from forward skating to backwards skating, how well a player uses their edges in tight turns
- Puckhandling Ability - How well a player can carry the puck while performing the drill, do they over stickhandle it or not.