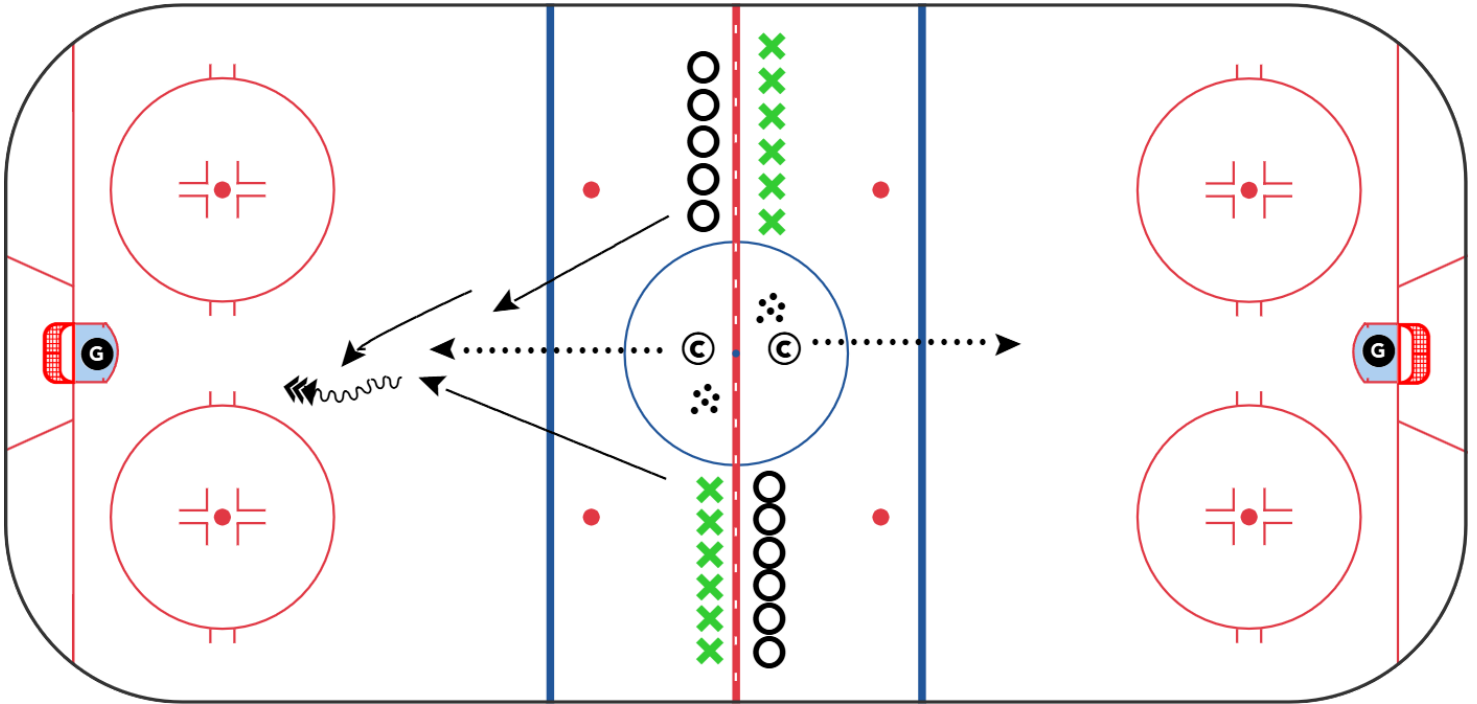




# U9 Eval Drill: 1on1 Race Hound (Skating, Skating With Puck, Compete)



## Description

- Players line up on each side of the red line
- Players who are racing have to start with one skate touching the red line
- A coach blows the whistle for both sides
- Coach places a puck in the middle or toward one side
- Whoever touches the puck first goes for a breakaway or plays offence
- The second player chases and tries to get the puck back

## Key Points

### What to Watch For

- Who gets the puck first? (Not the only thing looked at)
- Compete
- Skating
- Body Pos
- Puck Control