

# U9 Balancing - Skills Session 1 Practice Plan

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**Duration: 50 minutes**

## U9 Balancing - Skills Session #1

Station 1 (top left corner): Goalie Skill Session

- Goalies to go through a series of drills with coaches
- Skills assessed will be skating, movement, positioning, angles, tracking, vision, save techniques and others.

Station 2 (bottom left corner): Agility Transitions (no puck)

- Players will start from resting position on the goal line and skate forward in between the four pylons.
- Player will pivot left and skate backwards to the tire closest to goal line and pivot back to forward skating.
- Player will skate forward between four pylons and pivot right and skate backwards to the tire closest to the goal line and pivot back to forward skating.
- Player will skate forward through the four pylons and make a hard stop (any direction) at the top of the circle/ ringette line and change direction and skate through the goal line to finish.

Station 3 (centre ice): Tight Turns

- Player starts on the left side of the boards and skates forward through each pylon as shown executing a tight turn.
- Player should have two feet on the ice when performing the tight turn.
- Players line up on the opposite side of the ice and will perform the drill again once everyone completes their repetition.

Station 4 (top right corner) - Crossovers

- Players line up in corner.
- Players use crossovers around the circle and the top two pylons the skate to the back of the line.
- Each player can perform maximum three repetitions counterclockwise, then will switch sides and line up and complete the drill clockwise (half way through the time allotted for the drill).

Station 5 (bottom right) - Stopping

- Players will line up in the corner.
- Players stop at each cone (facing the same direction for each stop - facing station 4).
- Players end drill stopping on the goal line.
- Each player can perform maximum three repetitions starting in the corner, then will change sides and start the drill close to the goal crease and perform the drill again (stopping facing the boards in their station each time).

