

U9 Balancing - Skills Session 2 Practice Plan

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Duration: 50 minutes

U9 Balancing - Session 2

Station 1 (top left corner): Shooting

- Player has 3 pucks, they shoot one puck at a time until they finish all three
- Shots should be taken at the top of the circle
- No goalie required if not available

Station 2 (bottom left corner): Stopping

- Players line up in corner
- Players stop at each pylon facing up ice
- After the last stop, players will skate towards coach and receive a pass, and will cut around last pylon for a shot on net.

Station 3 (centre ice): Pass & Receive

- Player starts with puck in line, passes to coach at face-off dot.
- Player skates around first pylon and receives a pass back from coach
- Player carries puck around second pylon and makes a second pass to coach
- Player then skates around third pylon and receives a pass back from the coach, and carries the puck to the boards and stops. Next rep will be from other side of the boards and will be completed once everyone completes their turn

Station 4 (bottom right corner): Puck Control/Tight Turns

- Players line up in corner
- Player start with puck and use tight turns with puck to weave through pylons.
- Players will skate to the middle of the ice and cut around last pylon and take a shot on net.

Station 5 (top right corner): Forward to Backward Skating Transitions (no puck)

- Player starts in corner and skates straight to the cone at the blue line and pivots to backwards.
- Player will remain skating backwards until they reach the goal line and perform a backwards stop.
- Player will then transition back to forward and continue this sequence around the remainder of the pylons.
- Once repetition is complete, they will perform the drill again from the opposite side (near the goal crease) after all players have completed their turn, which will make the player pivot the opposite direction.

