



# U9 2025 Evaluation Drills

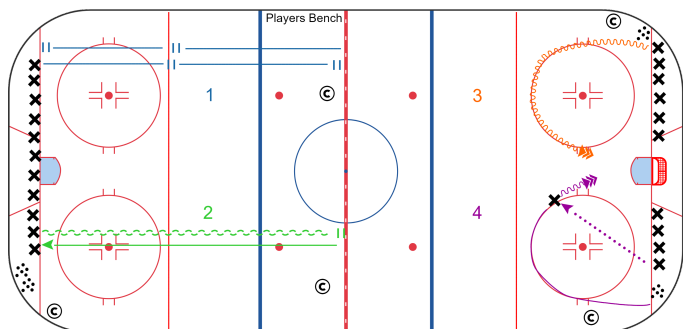
Date: Aug 23 2023

Time: 3:21 am

Duration: 60 mins

## RAIDERS U9 Evaluations Warm-Up

8 mins



Warm Up (limit to 10 minutes maximum): Players will be divided into two ends of the ice. At either end, players should do the same warm up. This will include:

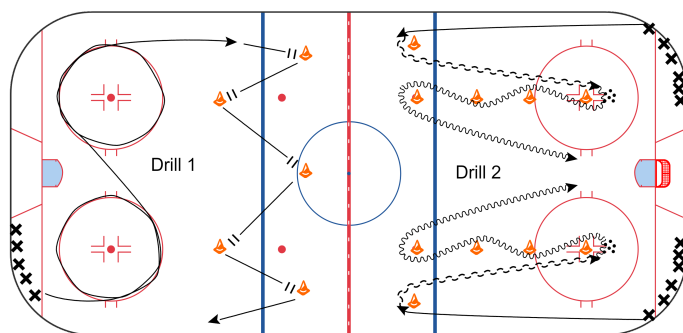
- Players lining up on the goal line and skating and stopping at the ringette line (facing players benches) and skating and stopping at the center ice line facing the same way. Players will then do the same returning.
- Players lining up on the goal line and backwards skating to center ice and then skating with speed back to the goal line.
- Players skating out of the corners with a puck around a half circle and shooting. To ensure that each player goes the same amount of times, do one corner then the other.
- Players perform the same drill as above but the first player skates without a puck and gets a pass from the second player. The second player then skates and receives a pass from the third and so on.

Water

2 mins

## RAIDERS U9 Evaluation Drills 1 + 2

24 mins



### Description

#### Drill 1 - Circles & W

Players start in one corner.

Do one complete circle, move to next circle (full)

Exit circle up to the pylons and proceed per diagram in the 'W' formation.

Stay tight to the wall and go back in line.

Reps:

Forward Circles w/ Stops at Pylons (3x)

Transitions front to back at top of circles and at Pylons (3x)

Forward Circles w/ Stops at Pylons with a puck (3x)

#### Drill 2 - All in One - Show us what ya got!

Players start in the corner.

Skate to the pylon, transition to backwards and skate backwards to the bottom of the pylons.

Take a puck and skate through the pylons, turn and bring it in for a shot on goal

Have kids switch sides each rep.

### Key Points

Skating Forwards & Backwards

Crossovers

Tight Turns

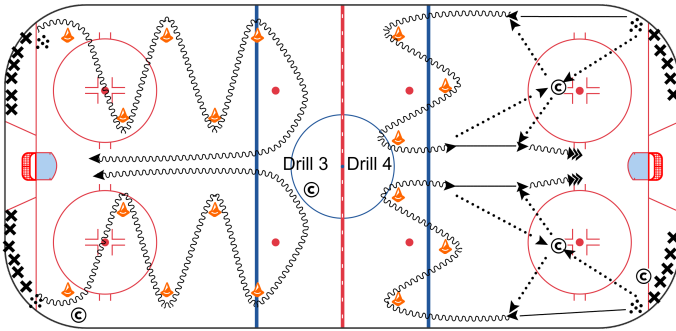
Stopping

Puck Carrying

Shooting

Water

2 mins



### Description

#### Drill 3 - Pylons and Shooting

Players start in the corner with a puck, tight turns through the pylons. Once around the last pylons, carry in the puck and shoot on net.

\*Switch sides each rep.

#### Drill 4 - Coach Pass

Players start in the corner with a puck. Pass to coach and start skating. Coach passes to the player.

Player carries the puck around the pylons, then passes to coach again and keeps skating.

Coach passes to the player again.

Player takes the puck in for a shot on goal.

\*Switch sides each rep

### Key Points

Passing

Skating Forwards & Backwards

Tight Turns

Puck Carrying

Shooting