

# U9-U11 TRYOUT EVALUATIONS - PRACTICE PLAN #1 - SKATING & PUCK SKILLS

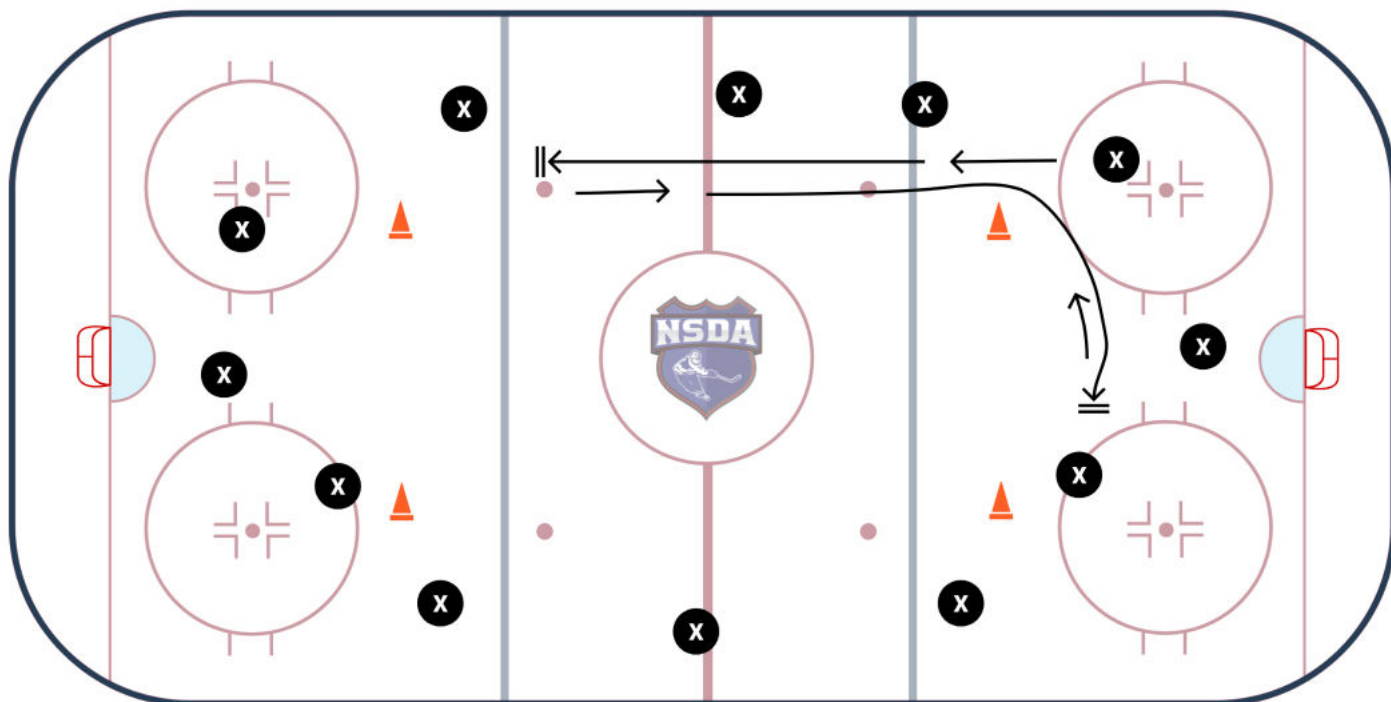


## PRACTICE NOTES

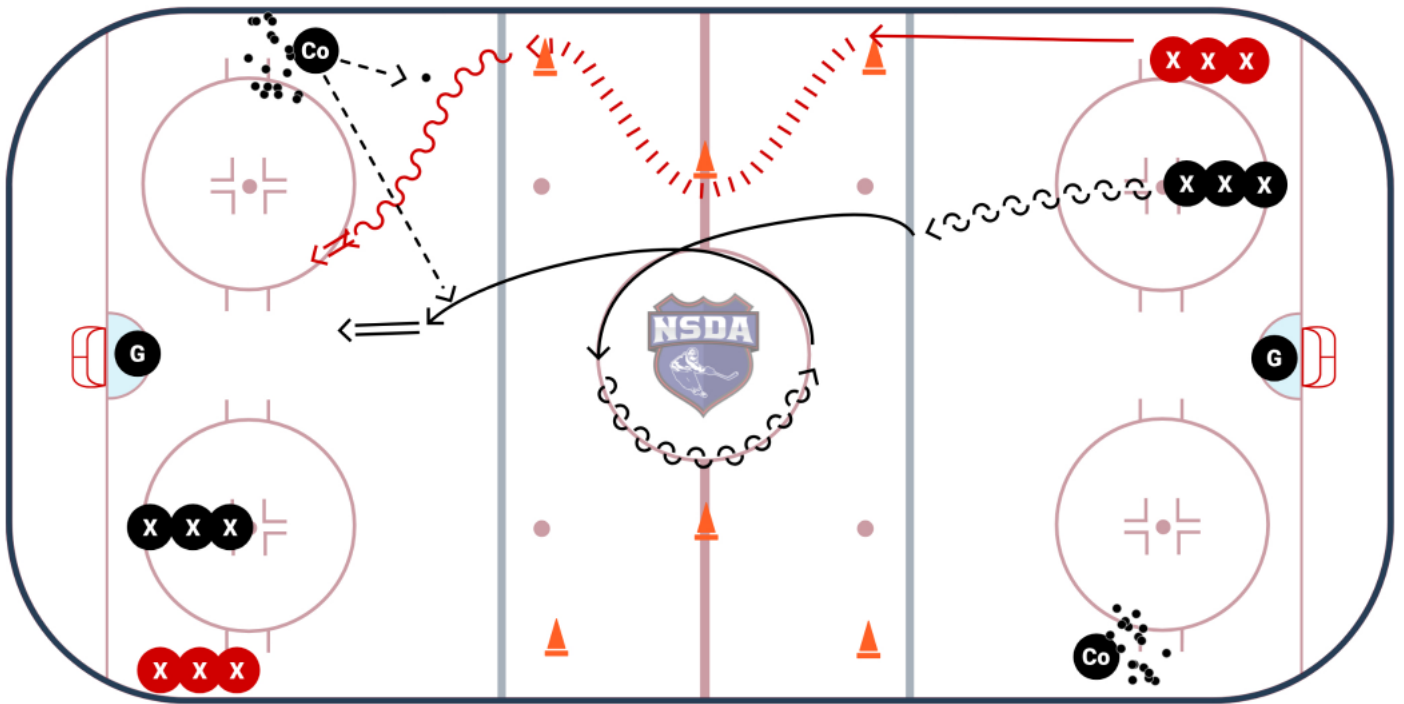
This practice seeks to use basic drill patterns with opportunities for high repetitions. Skating routes are simple, relatively short, and combine a variety of skills offering coaches ample opportunity to evaluate basic fundamentals during the first evaluation. Coaches should ensure they have the necessary equipment and assistants available to ensure the practice will work as intended. This practice is a great opportunity for evaluators to get preliminary entries for player skills including: skating, edges, puck control, passing & shooting.

**Length Of Time:** 5

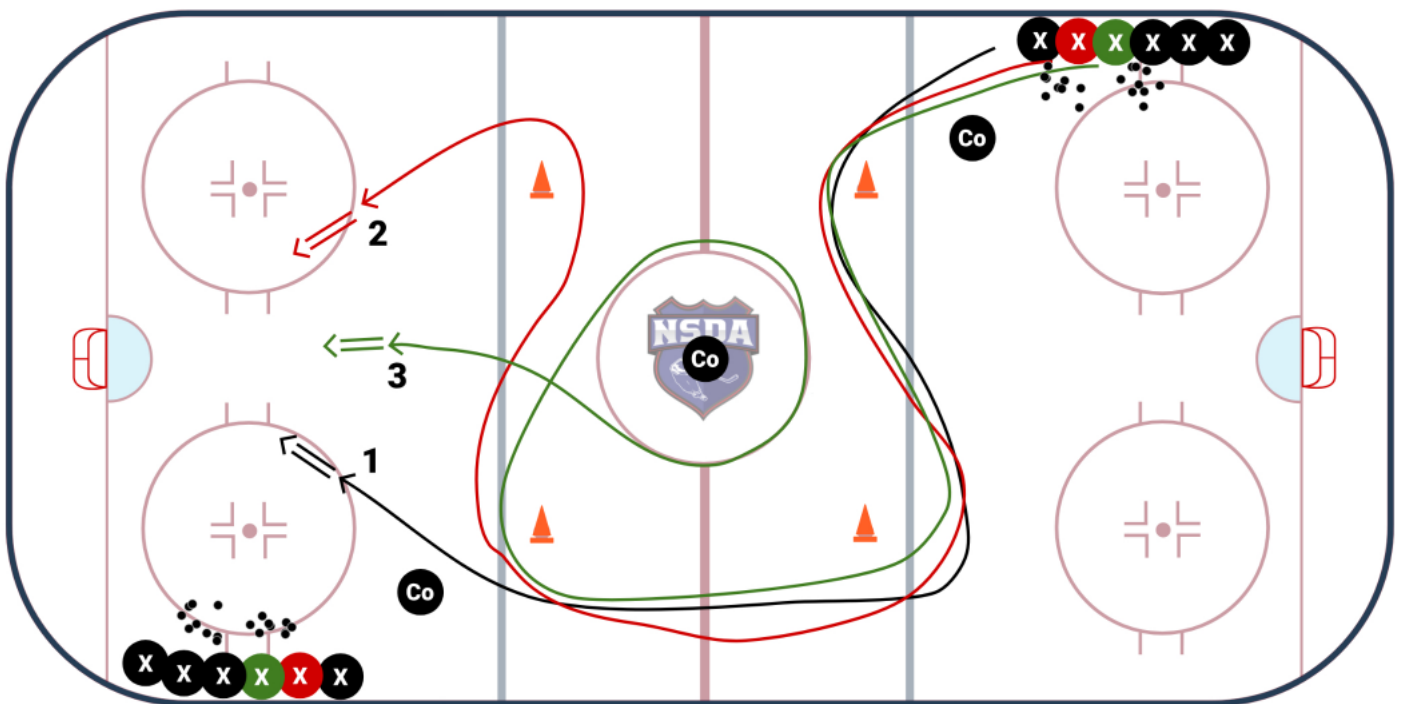
### Full-Ice Skating Warm-Up



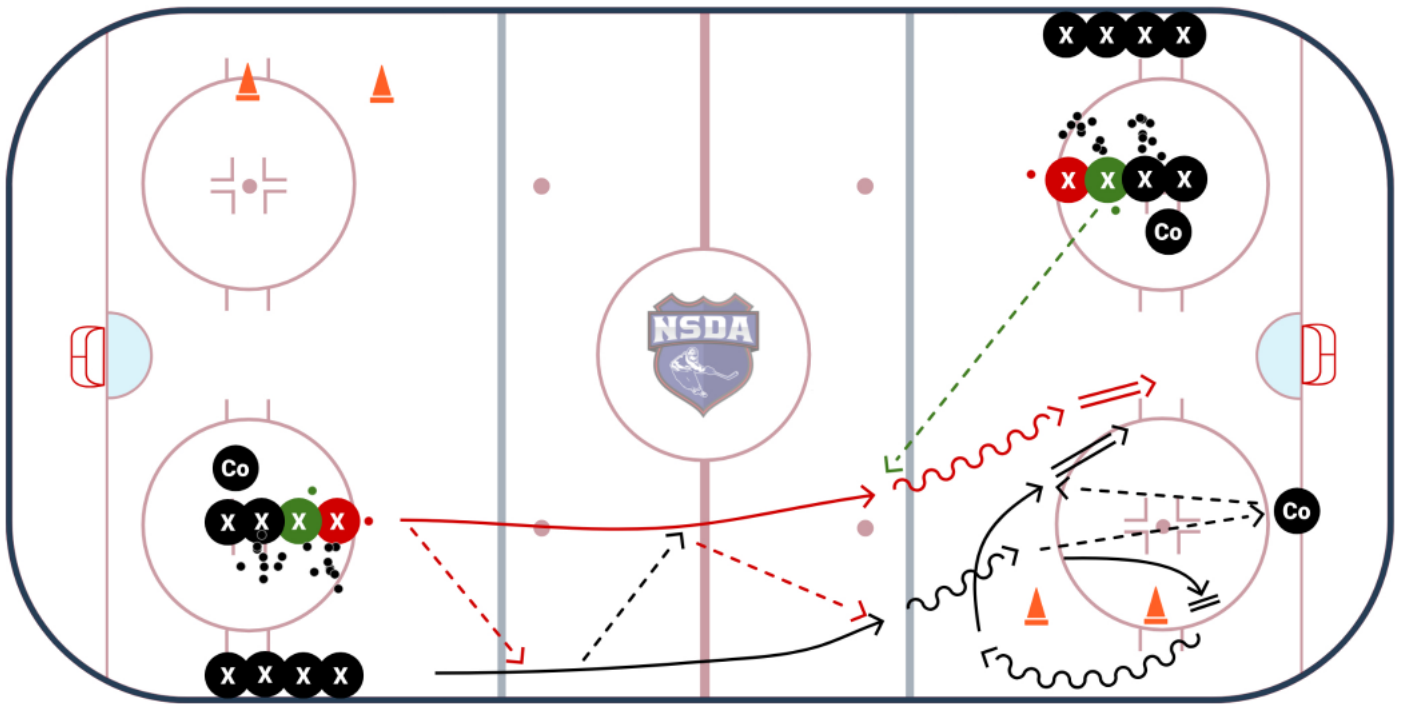
## 4 Player Full-Ice Skating Combination



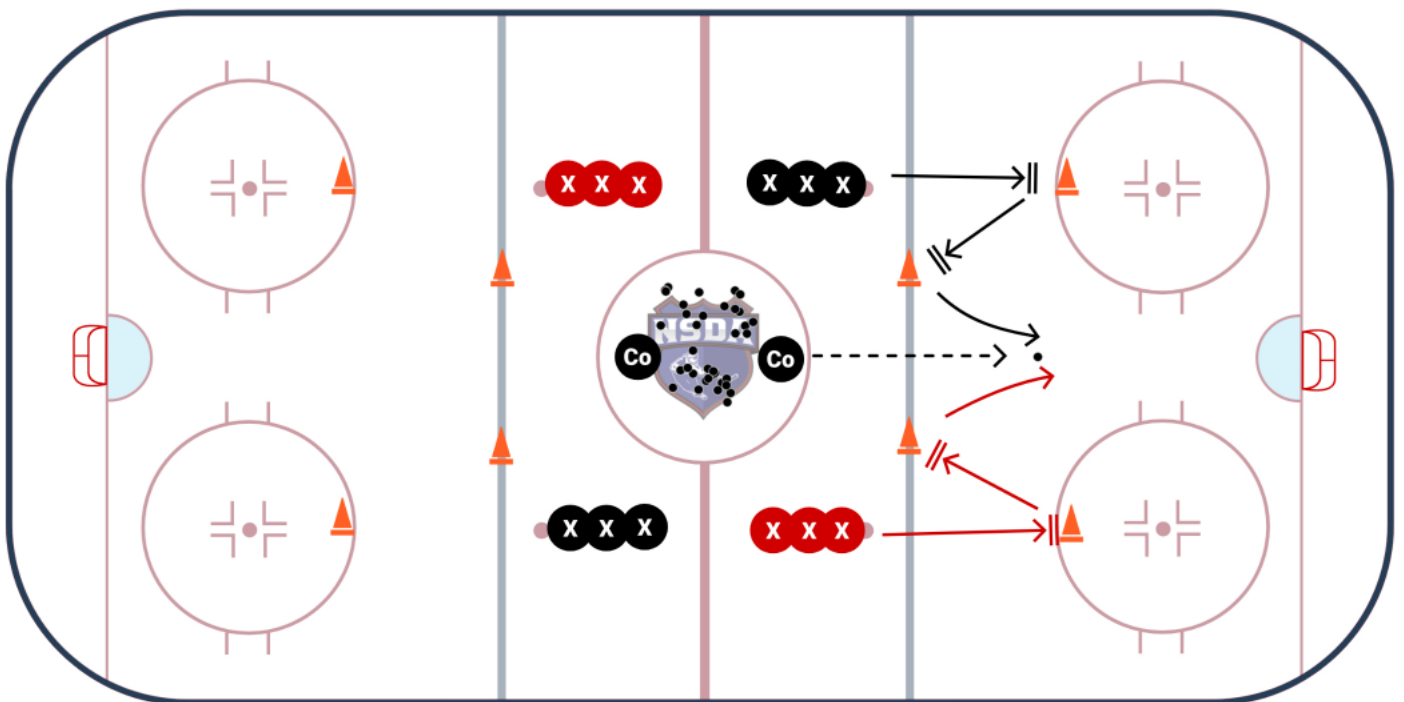
## 6 Player NZ Weave w/ Puck Control & Shooting



### 3/4 Ice Partner Pass w/ Shots



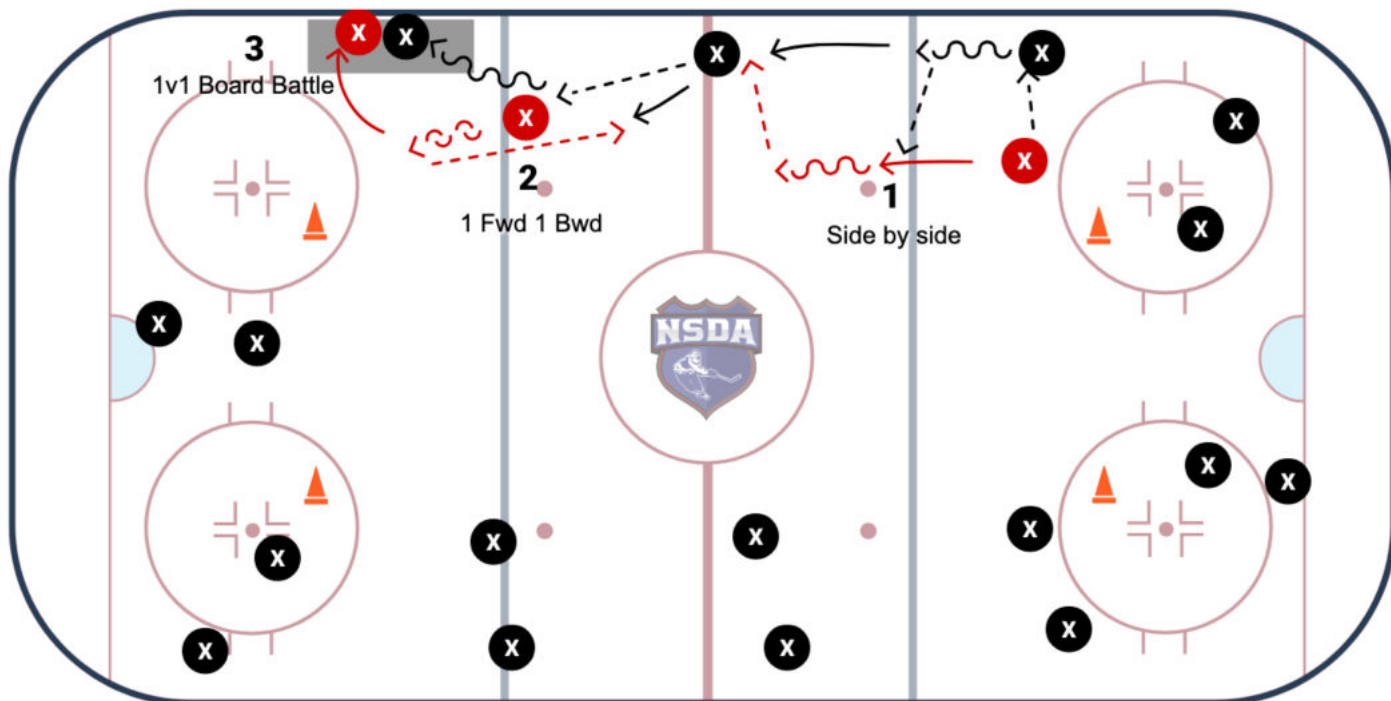
### 1v1 Stop-Start Races



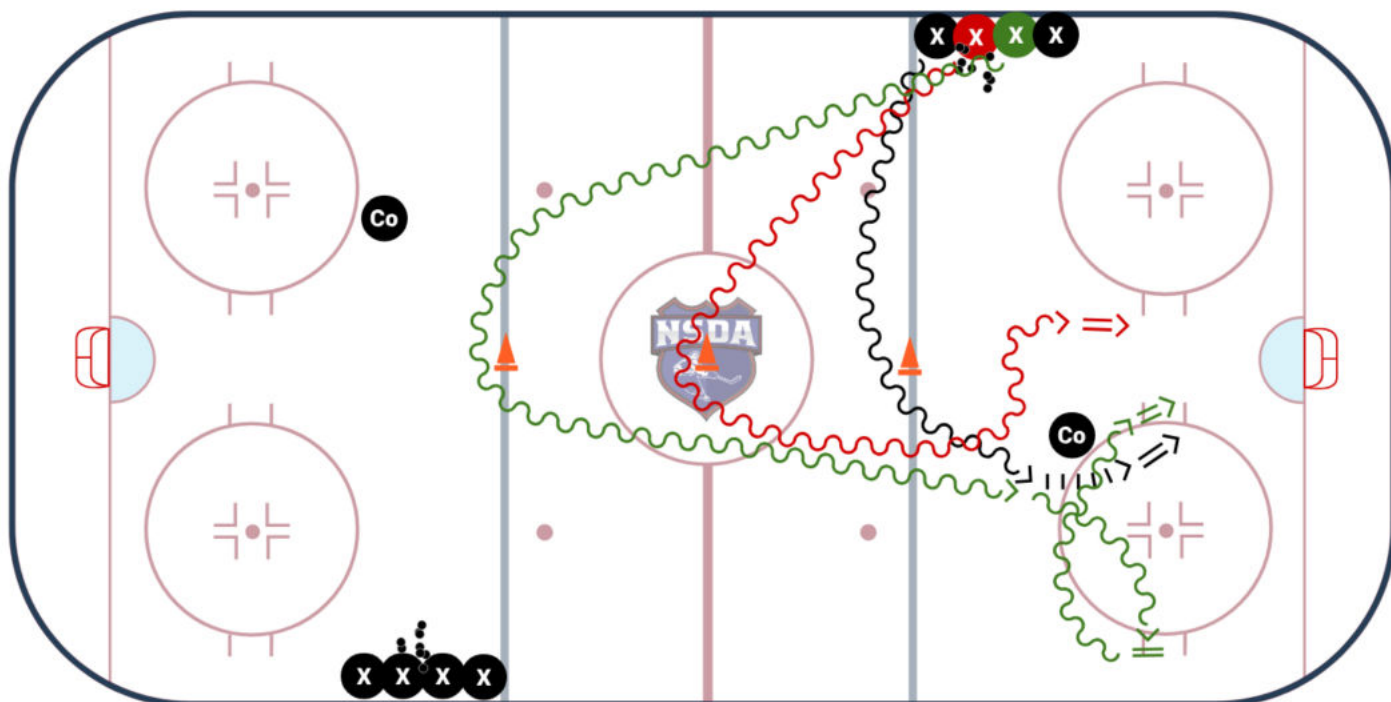
# U9-U11 TRYOUT EVALUATIONS - PRACTICE PLAN #2 - SKATING & PUCK SKILL



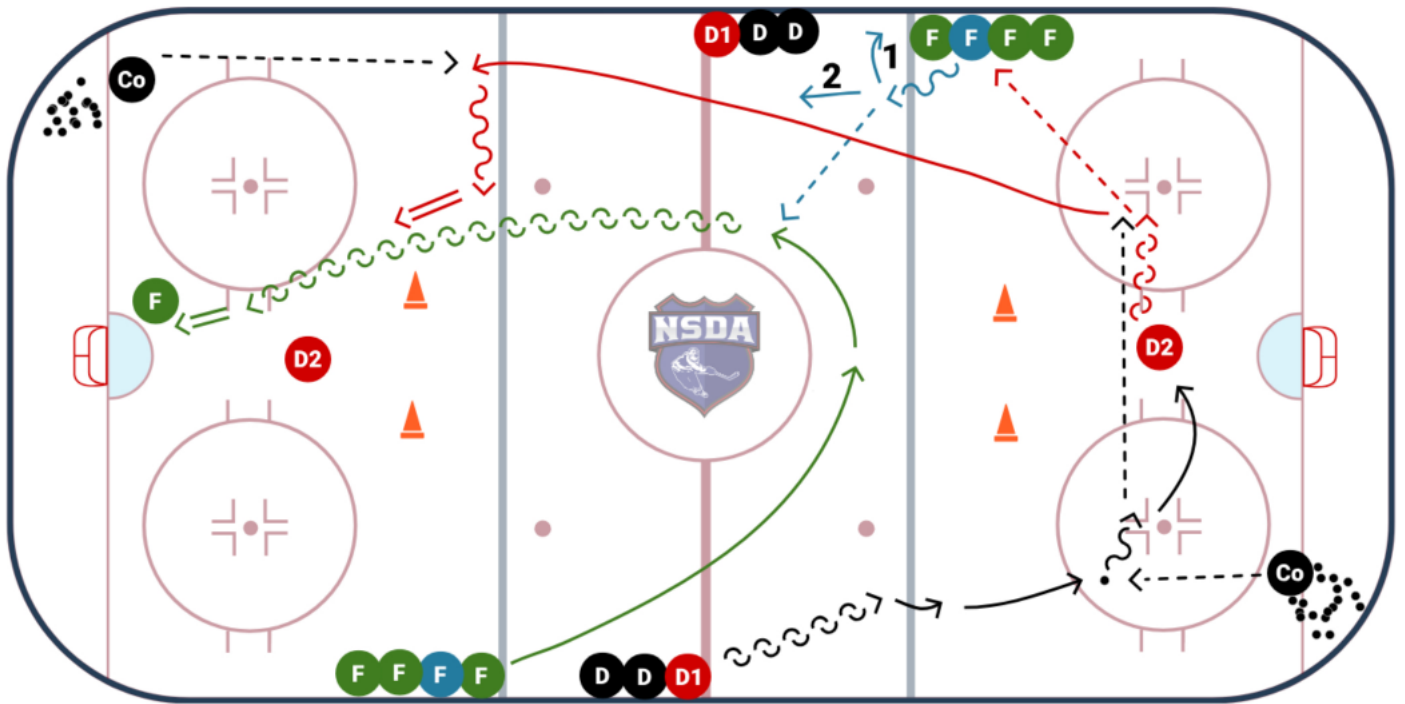
## Partner Passing Warm-Up



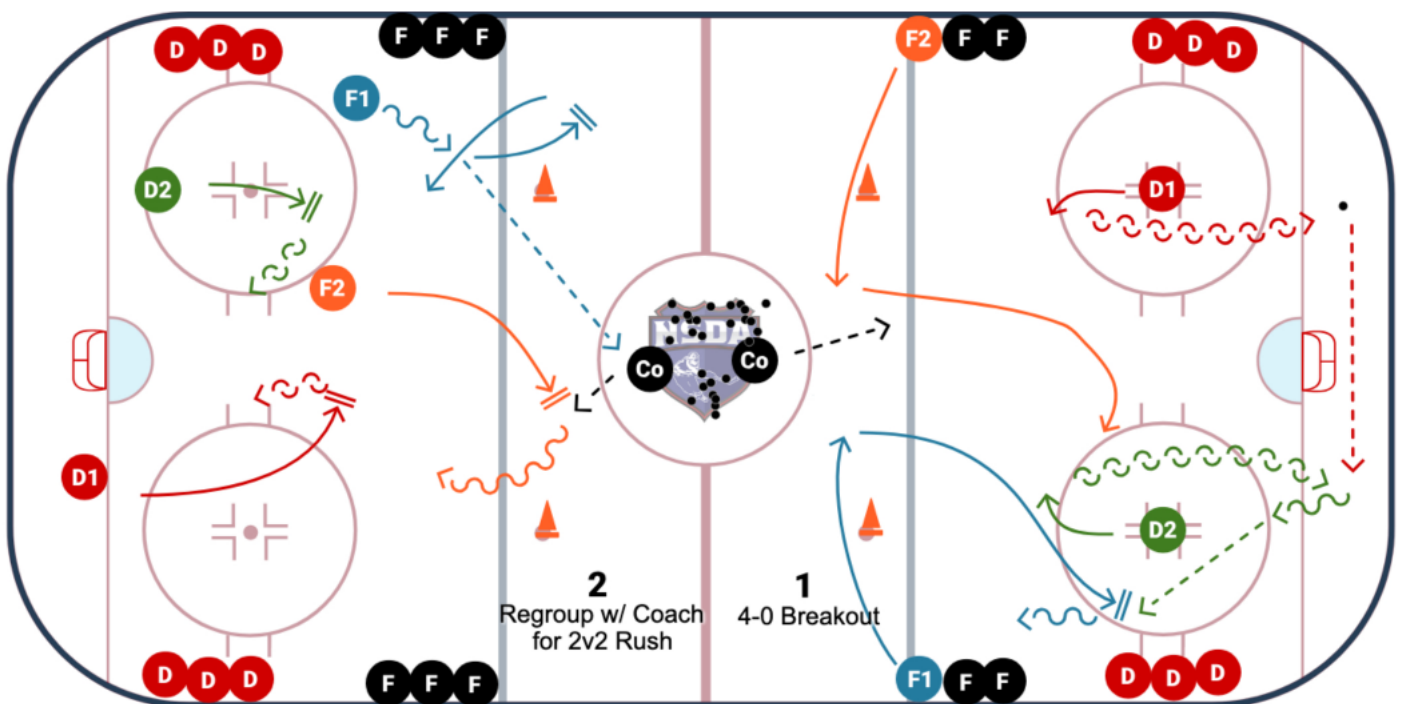
## 6 Shooter Warm-Up w/ Attack Variations



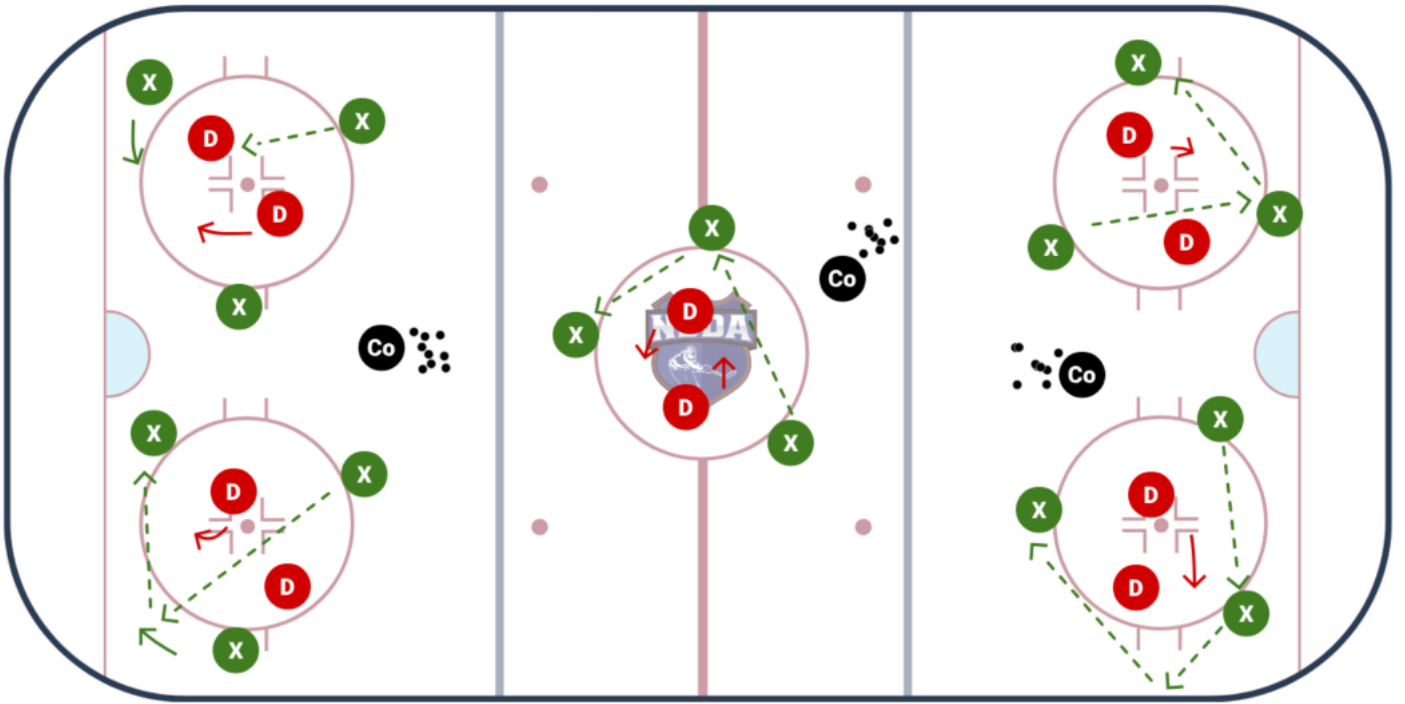
## 1-0 / 2-0 Full-Ice Regroup w/ Passing



## 4-0 Breakout Into 2v2 Rush w/ Regroup



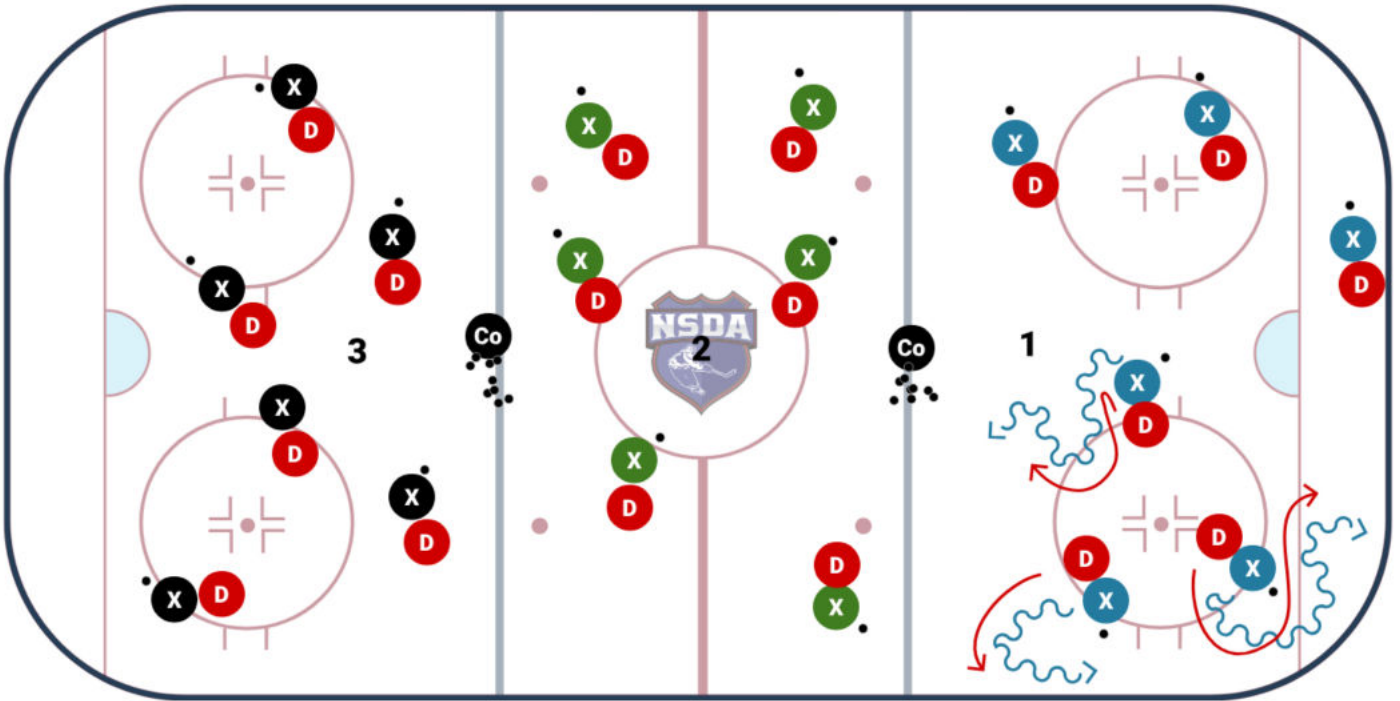
# 5 Circle Keepaway SAG



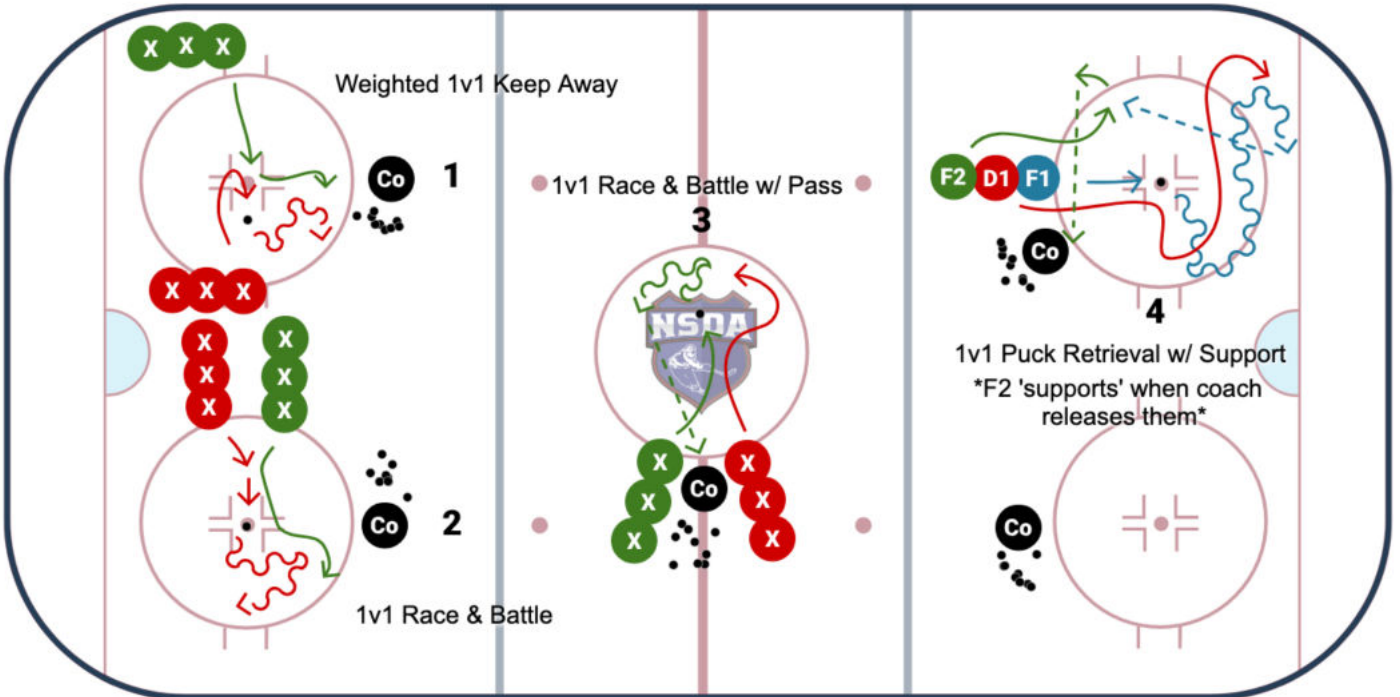
# U9-U11 TRYOUT EVALUATIONS - PRACTICE PLAN #3 - SMALL AREA SKILLS & GAMEPLAY



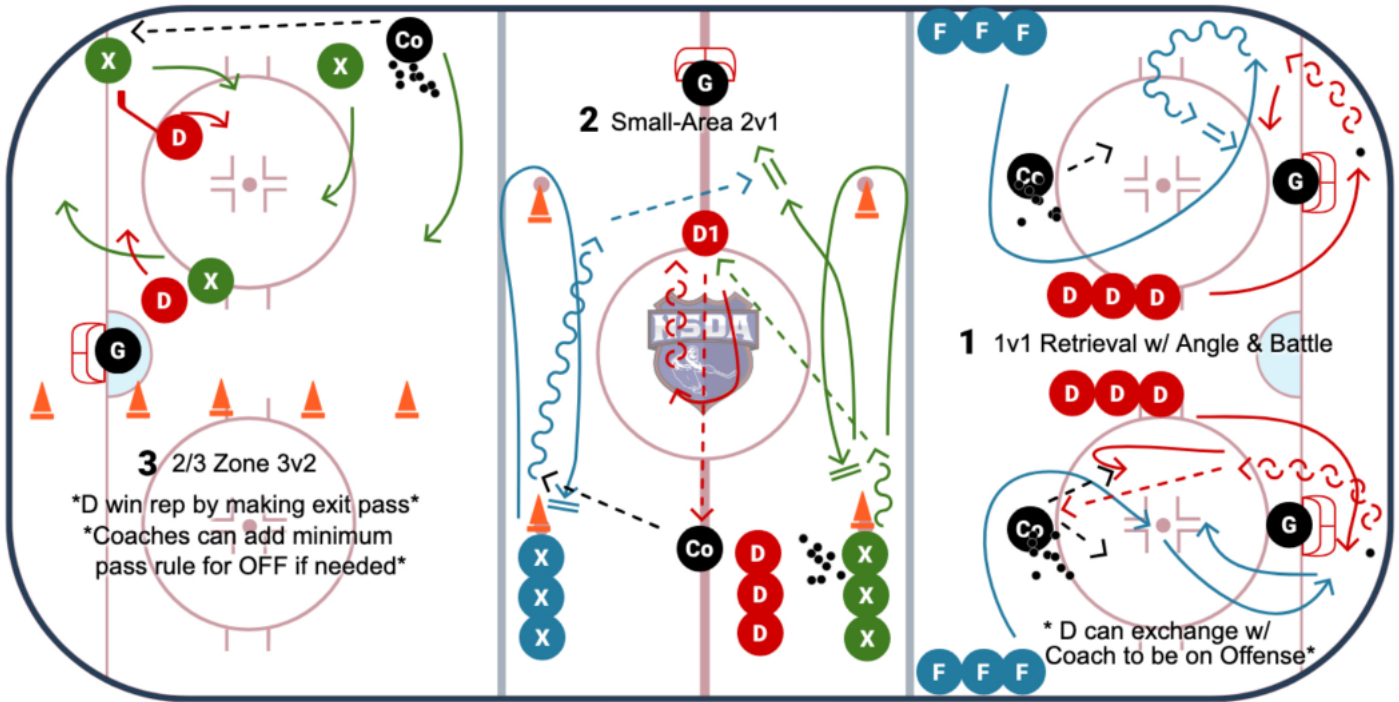
## 3 Zone Cat & Mouse Warm-Up



## 1v1 Circle Battles w/ Progressions



# Small Area Skill & Gameplay Stations





# U9-U11 TRYOUT EVALUATIONS - PRACTICE PLAN #4 - SMALL AREA GAMES & COMPETE



## 3 Player Passing & Puck Control Warm-Up Progression

<p><b>1 3 Player Passing Sequence</b></p> <ol style="list-style-type: none"> <li>1 Red weaves around Blue/Green in Figure-8 Pattern.</li> <li>2 Green/Blue exchange puck one time, before passing to Red as they turn around opposite player.</li> <li>3 Blue/Green have a 1-touch exchange, and the pattern repeats with the opposite player.</li> </ol>	<p><b>2 1v1 Net-Front Style Battle</b></p> <ol style="list-style-type: none"> <li>1 One player working to get open for pass exchange.</li> <li>2 Other is attempting to defend while</li> <li>3 Blue is trying to make smart/accurate passes.</li> </ol>	<p><b>3 1v1v1 King of the Puck</b></p>
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## 3 Zone - SAGs & Compete Stations

<p><b>1 2v2 Angle SAG</b> *If DEF team forces a cut-back they gain an extra for 3v2</p>	<p><b>2 2v2 SAG</b> *Score either net *Goal has to be from give-go pass from perimeter player.</p>	<p><b>3 3v3 w/ Activator</b> *Any change of possession, the recovering team MUST exchange with the next player in their line.</p>
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