



Evaluation Sessions

U9

CANADIAN PLAYER PATHWAY



The drills in this evaluation session are designed to provide player assessment in a variety of skills

The evaluation session consists of:

- 1) Skating and Puck Skills
- 2) Small Area Skills

The plan is based on 50 minutes so depending on the length of the ice time, the suggested time to run each drill can be adapted to fit the ice time. Where longer ice times are provided the drill times can be adapted.



Canadian Player Pathways OHF U9 Pilot - Evaluation Sessions

Player Evaluation – 50 Minutes

Drill Name & Description

5 mins – Skating Agility

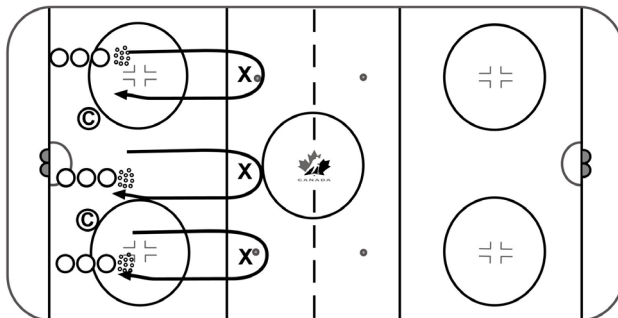
-Create 3 lines of players as shown in the diagram. Can run out of both ends depending on the number of players to have 6 lines going at same time

-Players skate forwards to the pylon in the neutral zone and then back to the line which they started

-Utilize the skating skills as shown in the video to do an overall evaluation on general skating agility / balance and coordination

-Can add a chaser to add intensity to the drill

-Each player should get minimum of 2 reps for each skill



Drill Name & Description

5 mins – Puck Control Agility

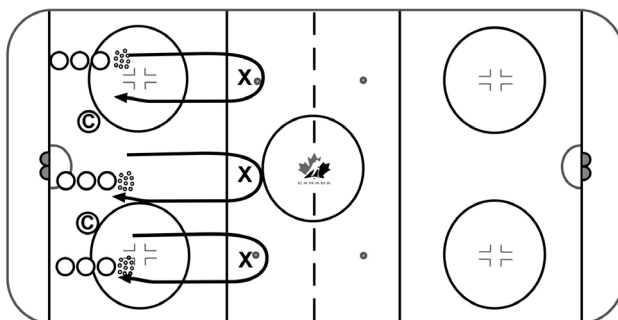
-Create 3 lines of players as shown in the diagram. Can run out of both ends depending on the number of players to have 6 lines going at the same time

-Players skate forwards to the pylon in the neutral zone with a puck and then back to the line which they started

-Utilize the puck control skills as shown in the video to do an overall evaluation on general puckhandling ability / creativity

-Can add a chaser to add intensity to the drill

-Each player should get minimum of 2 reps for each skill





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Drill Name & Description

18 mins – 3 Station Evaluation

- Divide the players into 3 groups
- Rotate after 6 mins at each station
- Players should get 2 – 3 reps without a puck and 2 - 3 reps with a puck at each station

Station 1 – 4 Pylon Agility

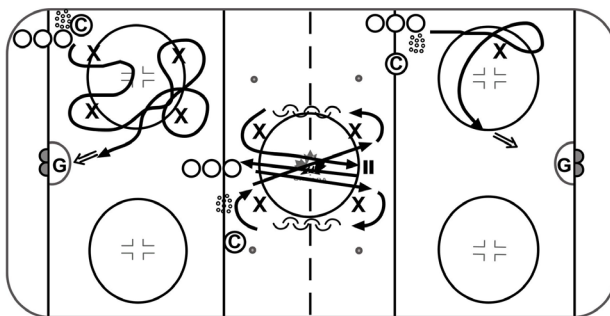
- Place 4 pylons on circle
- Players skating randomly around all 4 pylons and back to line
- Add puck and finish with shot on net
- Add chaser to add race element
- Each player should get 4 to 5 reps total

Station 2 – Transition Skating without and with puck

- Each player starts between the pylons. The player skates forward to far right side pylon, pivots and skates backwards to lower right side pylon.
- The player then pivots and skates forward to far left side pylon, pivots and skates backwards to lower left side pylon.
- The player then pivots and skates forward to the top pylons, stops, and then skates forward back to starting line.
- Add a puck after each player has gone through without a puck 2 or 3 times

Station 3 – Drive Delay

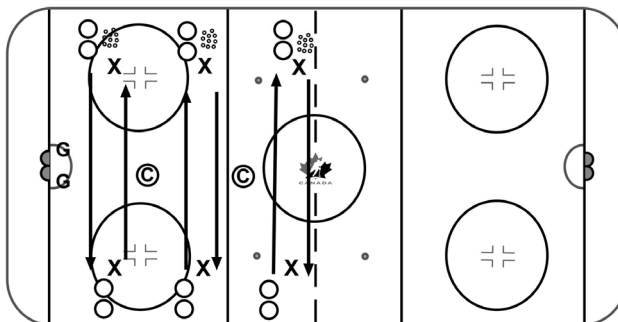
- Players start near blueline with pucks
- Skate down the wall, look to middle then turn / delay towards boards and then skate towards net to finish with shot.
- Can switch sides after 3 minutes



Drill Name & Description

5 mins – Passing

- Create lines of players as shown in the diagram on each side of the ice
- Players skate forwards to the opposite side of the ice and perform the various passing skills as shown in the video
- Player shuttle back and forth and should get 3 to 4 reps of each passing skill





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Drill Name & Description

12 mins - Small Area Games

Players compete in each small area skill / game for 6 minutes then switch ends. (Option to do the same drill in each end and then switch to the second drill after 6 minutes)

1) 1 vs 1 vs 1

- Coach has pucks outside of the blue line
- 3 players line up with skates on the blueline
- Coach dumps puck into zone and players have to compete to get the puck.
- Play who gets puck has to try and score and the other 2 players are playing defence
- If 1 of the defensive player gets puck then they are on offence against the other 2 players.
- Play for 30 seconds max then switch out the players

2) 1 Up / 1 Down

- Players are in 2 lines on the hashmarks along the boards
- Player closest to blue line is on offence, player closest to goal line is on defence
- When coach says go, offensive player skates to blue line, turns back to attack defensive player 1 on 1. Defensive player tags goal line and turns up ice to defend the 1 on 1
- Play it out until a shot on net or until defensive player gets control of puck
- Looking for skills in a tight space, compete level, hockey sense

