

U9 Skills Matrix

The **Long-Term Player Development Model** places U9 hockey at the Fundamentals 2 stage, with programming focused on fundamental skill development. The U9 skills matrix identifies the skills players must have the opportunity to develop through progressive and meaningful practice sessions.

U9 Skills

LTPD STAGE
FUNDAMENTALS 2

Balance & Agility	Edge Control	Starting & Stopping	Forward Skating & Striding	Backward Skating	Turning & Crossovers
Basic stance	Figure 8's– forward–inside & outside edge	Front v-start	C-cuts left foot/right foot/alternating	C-cuts left foot/right foot	Glide turns/tight turns
Balance on one foot	Figure 8's– backward–inside & outside edge	Crossover start	Crossunders	Gliding on two skates backward	C-cuts–around circle–outside foot– forward & backward
Gliding on two skates	Heel to heel (Mohawk)	Backward c-cut start	T-push	Gliding on one skate backward	Crossovers– forward & backward
Gliding on one skate–forward & backward	One-leg weaving–forward/backward	One o'clock – eleven o'clock	Forward striding	Backward striding 1 crossover/reach	Pivots– backward to forward & forward to backward
Lateral crossovers		Outside leg stop			Pivots– open & reverse
		Two-foot parallel stop			
		One-leg backward stop			
		Two-leg backward stop			

Stationary Puck Control	Moving Puck Control	Stationary Passing & Receiving	Moving Passing & Receiving	Shooting	Individual Offensive Tactics
Stance	Narrow/Wide	Stationary forehand pass	Moving forehand pass	Forehand– wrist shot	Body fakes
Narrow/Wide	Open ice carry– forehand & backhand	Stationary bankhand pass	Moving bankhand pass	Backhand– sweep shot	Stick fakes
Side–front–side	Weaving with puck	Stationary bank pass	Pass & follow	Forehand/backhand shots in motion	Dekes
Toe drag–front & side	Toe drag–front & side			Forehand– flip shot	Moves in combination
Attack the triangle	Attack the triangle			Backhand– flip shot	Net drives

Individual Defensive Tactics	Team Play
Angling	Basic positioning–all players should play all positions
Basic 1-on-1	
Escape moves	
Puck retrievals	