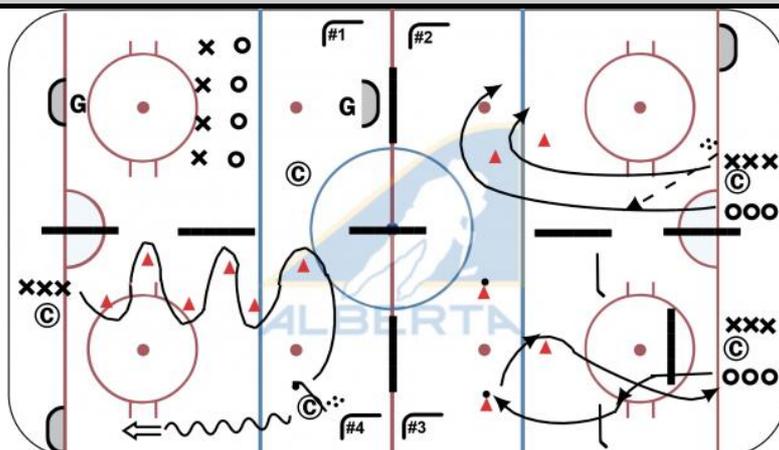


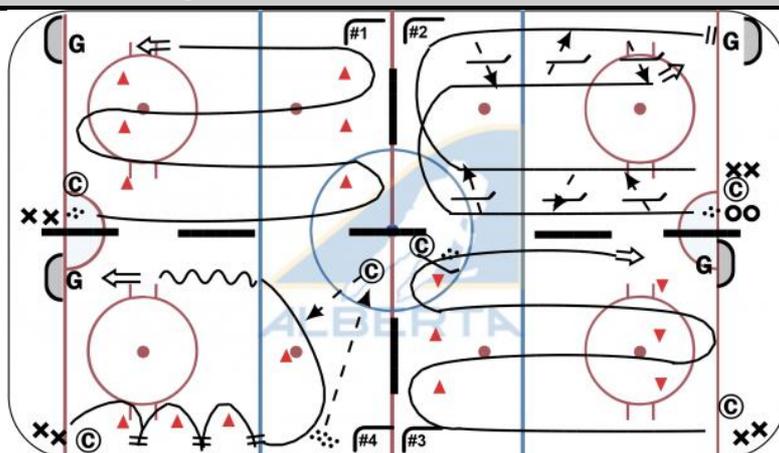
**U9 (Novice) - 0 mins 12:03pm**

Station #1 - Ringette, split players up into 2 teams. Play 4 on 4 with goalies and focus on passing the ring and using stick lifts to get the ring back. Ensure players are spreading out so they become a passing option.

Station #2 - 1 on 1 Angle, have players split into an offense and defense line. Drill starts by defensive player making a pass to offensive player, then both players skate around their respective pylon and play 1 on 1 to the net. Focus on puck protection and puck separation.

Station #3 - Tennis Ball Relay, split players up into 2 teams. First player in each line goes on coaches command and jumps over a foam divider, then skates to stick and jumps over it, skates to pylon with tennis ball on it, grabs tennis ball, around middle pylon then back to the start line and hands off tennis ball to next player in line, then they compete the course setting the tennis ball back on the pylon, then back to line to tag next player to retrieve tennis ball. Relay continues until one team wins.

Station #4 - Inside Edge Circuit, players weave through pylons gliding on their inside edge, then skates to coach and retrieves the puck from coach by using a stick lift and skates in to shoot on net. Can progress to eagle turns around the pylons.

**U9 (Novice) - 0 mins 12:03pm**

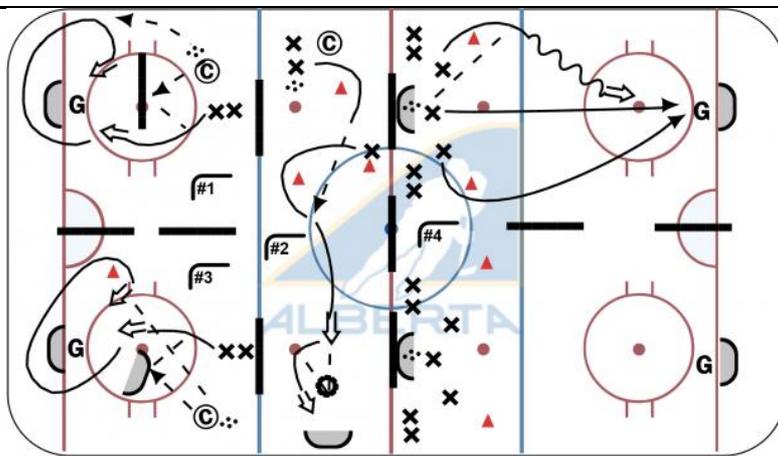
Station #1 - 4 Lane Puck Skills, have players go through the 4 lanes working on a different puck skill each lane. Finish with a shot on net. (1 hand push, Zone 1, 2, 3, hands together at top, wide grip, mini sticks, opposite hand, toe drag, puck through skates etc.)

Station #2 - Passing Circuit, split players up into 2 lines and have them pass it under the stick back and forth with the final pass finishing with a shot and the other player going to the net for a rebound.

Station #3 - 4 Lane Skating with Shot, Players perform different skating skills down each lane and then at lane 4 players use stick on puck to separate the puck from the coach and then retrieve puck and skate in for a shot. (Fwd, Bwd, C-Cuts, Bubbles, Up-Down, Pivots, Edges etc.)

Station #4 - Cross Over Stops, players skate around 3 pylons stopping at the wall, then pick up a puck and make a give and go pass to the coach and then skate in for a shot.

**U9 (Novice) - 0 mins 12:03pm**



### Rabbit / Coyote

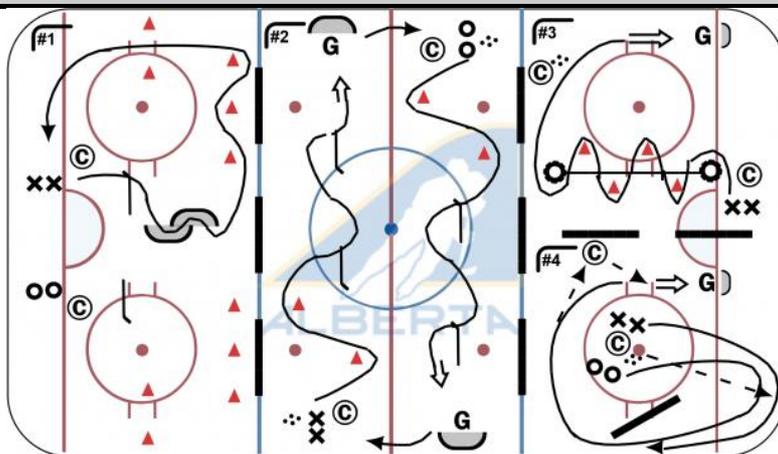
Station #1 - Puck Retrieval, Coach bounces a puck off a divider, the player locates and retrieves the puck and then takes a shot on net, circles around the net to pick up a second puck that the coach soft dumps along the boards and drives net for another shot.

Station #2 - Grip "n" Rip, Start the drill with a player at the front of the line with a puck and a second player at the first pylon. On coaches stick slap both players start and skate around they pylon with the player with the puck making a headman pass to the other player and then stopping at the second pylon. The player that receives the pass then makes a bank pass off a tire and finishes with a quick release shot on net.

Station #3 - Net Drive, Coach banks a puck off a small net and the first player in line finds and retrieves the puck and drives net for a quick shot on net. After shot player circles around net to receive a pass from the coach and takes another quick shot on net.

Station 4 - Attack, 3 players step up, on coaches stick slap first player pulls a puck out of the net while the other two players skate wide around a pylon and the player that pulls a puck out of the net makes a pass to the player along the wall. That play attacks the middle and takes a shot on net. The other two players drive the net for a rebound or a tip. Play the drill out until a goal and then hard out.

**U9 (Novice) - 0 mins 12:03pm**



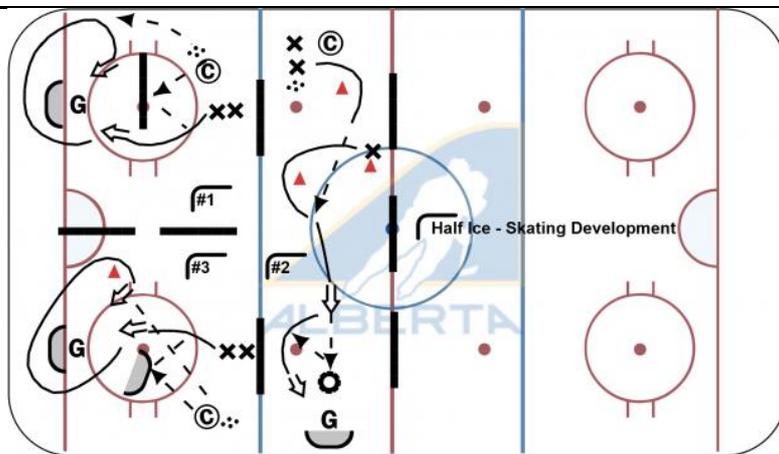
Station #1 - Bear Trap Relay, players are split up into 2 teams. First player from each team completes the course and tags the next player in line. Two foot jump over stick, through bear trap, weave through pylons and superman slide through pylons, tag next player in line.

Station #2 - Puck Skill Station, players are split up into two lines, one on each side. First player in line takes a puck and weaves through the pylons, places puck under the stick units and finishes with a shot on net.

Station #3 - Tight Turn Jump Rope, players weave around pylons jumping over the rope, skate over and steal a puck from coach and then shoot it in a small net. (Inside edge, outside edge, both edges tight turn progression around pylons).

Station #4 - Corner Angle, coach separates players into two lines on their knees and dumps a puck in the corner. X line retrieves the puck and skates passively up the boards, O player mirrors the X player and angles off by the end of the divider and steals the puck with a stick lift and then a stick on puck poke. O player then makes a pass to coach and receives a pass back for a quick 1-timer shot on a small net. X then goes to O line and O goes to X line.

**U9 (Novice) - 0 mins 12:03pm**



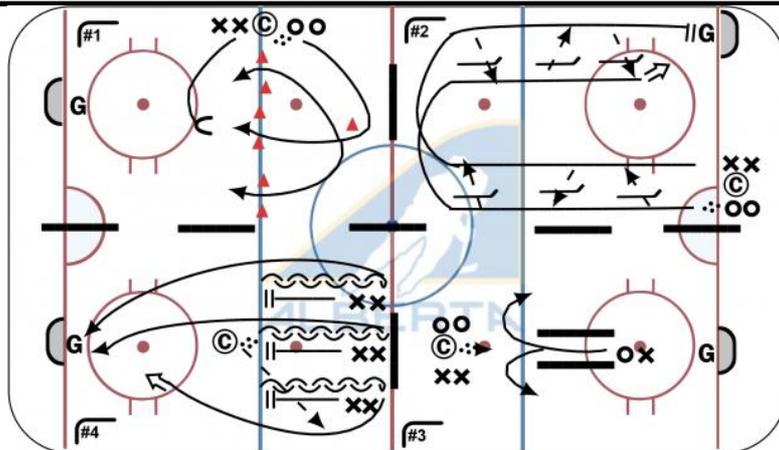
Station #1 - Puck Retrieval, Coach bounces a puck off a divider, the player locates and retrieves the puck and then takes a shot on net, circles around the net to pick up a second puck that the coach soft dumps along the boards and drives net for another shot.

Station #2 - Grip "n" Rip, Start the drill with a player at the front of the line with a puck and a second player at the first pylon. On coaches stick slap both players start and skate around they pylon with the player with the puck making a headman pass to the other player and then stopping at the second pylon. The player that receives the pass then makes a bank pass off a tire and finishes with a quick release shot on net.

Station #3 - Net Drive, Coach banks a puck off a small net and the first player in line finds and retrieves the puck and drives net for a quick shot on net. After shot player circles around net to receive a pass from the coach and takes another quick shot on net.

Half Ice Skating Development

**U9 (Novice) - 0 mins 12:03pm**



Station #1 - 3 Gate Attack, Players line up on each side of coach. O player is offensive player and X player is defensive player. On coaches command both players start and O player skates around pylon and then has 3 options to enter the zone as they can only enter through one 1 of the 3 gates and tries to score. X players skates touch the top of the circle and then they close the gap to protect the 3 gates from letting the O player through them. Players battle 1 on 1 to the net and play is finished on a scoring chance or coaches command.

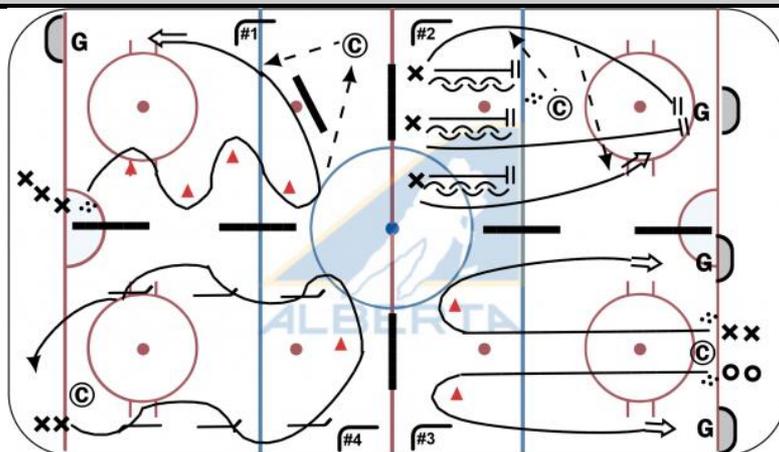
Station #2 - Passing Circuit, split players up into 2 lines and have them pass it under the stick unit back and forth with the final pass finishing with a shot and the other player going to the net for a rebound.

Station #3 - Chute Chase, Players line up on each side of the coach. First player from each line enters the chute. O player is offensive player and X player is defensive player. Coach passes a puck to O player and they skate towards the coach making a fake and turns either left or right out of the chute and then tries to score on goalie. X player chases O player out of the chute and battels them 1 on 1 to the net trying to steal the puck. Short battle can occur and then hard out to the back of the opposite line.

Station #4 - 3 Player Attack, players line up in 3 lines. On coaches command players skate forward to the blue line and then backwards to the red line. Coach then passes a puck to the player closest to the boards and the player carries the puck in for a shot on net. The other 2 players both drive the net hard for a screen or rebound. Player with the puck has to read the play and save ice to allow other players to get to the net. Play it out until a goal and then

hard out and switch lines.

**U9 (Novice) - 0 mins 12:03pm**



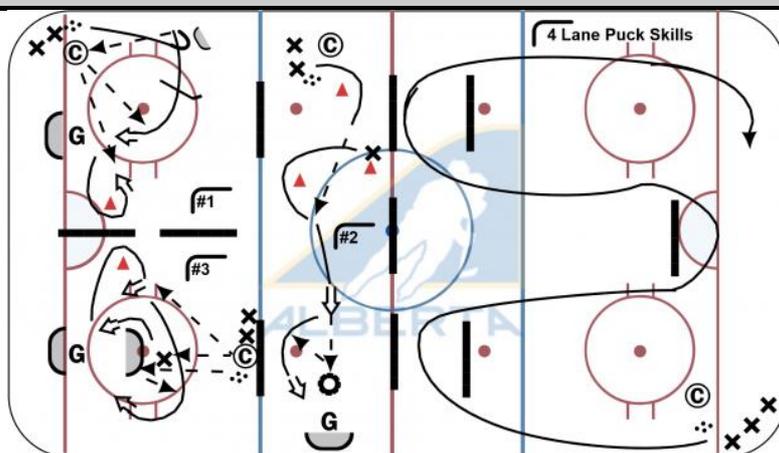
Station 1 - Forehand Only Give N Go, Players skate through pylons handling puck only on their forehand, make a pass to the coach, 3 quicks strides receive pass back and then skate in for a shot on net. Stop at net for rebound.

Station 2 - 3 Player Attack, players line up in 3 lines. On coaches command players skate forward to the blue line and then backwards to the red line. Coach then passes a puck to the player closest to the boards and the player then makes a pass to the wide driver and skates to the net for a rebound. The wide driver takes a shot on net. Middle driver drives the net hard for a screen or rebound. Play it out until a goal and then hard out and switch lines.

Station 3 - Butterfly Puck Skills, Players are split up into 2 lines with pucks. Coach changes up puck skills for players to execute. Players skate up the middle, peel off the outside and finish with a shot on net. (mini sticks, wide hands, hand together at top of stick, opposite hand, 1 hand, forehand only)

Station 4 - Skating Gates, Players perform different skating skills over and around stick units. Up outside, around pylon and back to corner. (c-cut straddle, linear cross overs, step overs, tight turns, pivots, eagle turns)

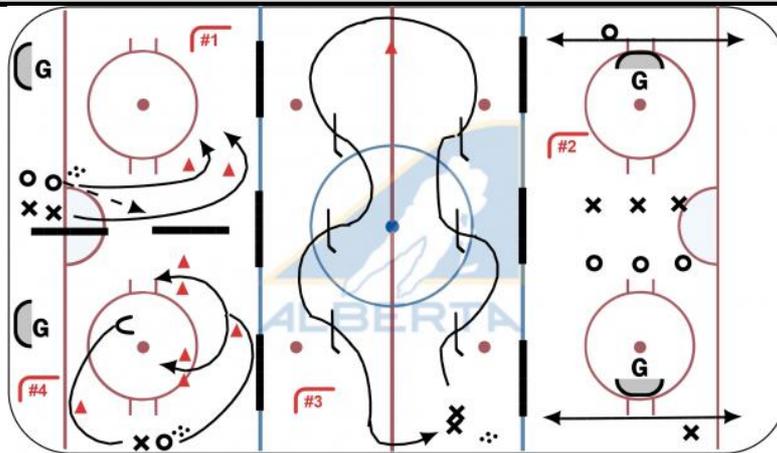
**U9 (Novice) - 0 mins 12:03pm**



Station #1 - High to Low, Player skates with a puck up to a small net and does a turn back towards the boards, passes their puck to the coach, jumps over a stick gate and then receives a pass back from the coach and takes a quick shot on net. After the shot the player curls around the pylon and receives another pass from the coach for a 1-time shot.

Station #2 - Grip "n" Rip, Start the drill with a player at the front of the line with a puck and a second player at the first pylon. On coaches stick slap both players start and skate around they pylon with the player with the puck making a headman pass to the other player and then stopping at the second pylon. The player that receives the pass then makes a bank pass off a tire and finishes with a quick release shot on net.

Station #3 - 3 Shot Attack, First player faces the top net with his back to the coach, coach shoots a puck between the players legs and banks it off the net, player finds the puck and then steps out around the net to take a quick shot on the bottom net with a goalie. After shot player curls up around the pylon to get a pass from the coach and takes a 1-time shot, then skates to top net to receive bank pass from the coach off the top net, finds the puck and then steps around the other side of the top net to take a shot on the net with goalie.

**U9 (Novice) - 0 mins 12:03pm**

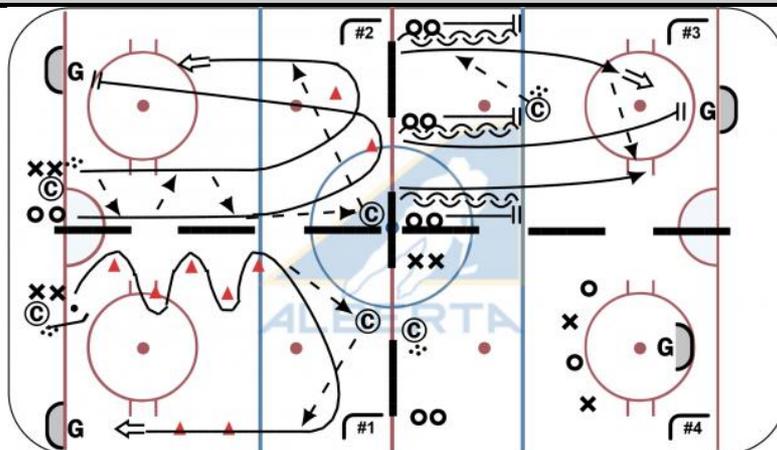
Station #1 - 1 on 1 Angle, Inside player passes puck to outside player and both players go around their pylon and battle to the net.

Station #2 - Low to High Game, Split players up evenly by colours. 1 player from each team can only move back and forth below the goalie net. Before a team can take a shot on net they have to pass it to their teammate who is below the net they are trying to score on. Players that are attacking will need to pass to their player as they can not go behind the net. Neither can the defending team.

Station #3 - Skating & Puck Circuit, Players go through the course performing the skills that the coach directs them to.

Skating - Straddle Over Top, Step Overs, Cross Overs, Tight Turns, Eagle Turns, then add pucks with the skills.

Station #4 - Two Gate Attack, On coaches command two players leave, top offensive player takes a puck around the pylon and then chooses a gate to skate through to attack the net. Defensive player skates down around pylon and then closes gap to protect the two gates, not allowing the player to enter and finish with a shot on net.

**U9 (Novice) - 0 mins 12:03pm**

Station #1 - 1 on 0 Circuit, First player in line starts drill by executing a stick lift on the coach to retrieve the puck, the player then weaves through the pylons making a pass to the coach at the top, then player opens up facing the coach and receives the pass back, player then makes a move on each of the two pylons and finishes with a shot on net.

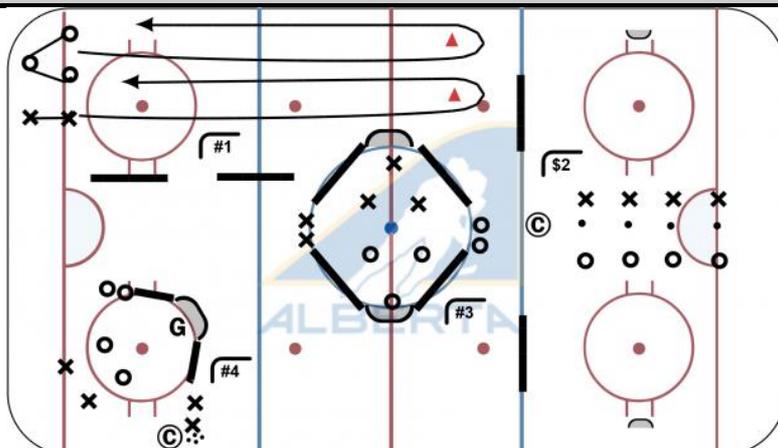
Station #2 - 2 on 0 Circuit, Players line up in two lines with pucks placed with the inside line. Inside player X starts drill by passing to O player. Players make 3 passes total back and forth and outside player O passes to coach. Both players then skate around designated pylons and player X receives a pass back from coach and takes a shot on net. Second player O drives the net for a screen, rebound or deflection.

Station #3 - 3 on 0 Attack, Players line up in 3 lines, on coaches stick slap all 3 players skate forward to the blue line, pivot and skate backwards to the red line, pivot to forwards and coach passes puck to outside player to start the attack. Middle player drives the net, inside player saves ice to become a passing option and outside player with puck has two options (take a shot on net or make a pass to inside player).

Station #4 - 2 on 2 Game, On coaches dump in 2 players from each team play 2 on 2. In

order for a scoring chance to occur the offensive team with the puck must make a pass to the coach and then exit the zone by skating outside the blue line. Once both players are outside the blue line they receive a pass back from the coach and they can attack. Defensive players can not pressure outside the blue line and must stay inside the blue line to defend the attack. Game continues with coach spotting new pucks on a goal or stoppage in play. Coach will signal line changes to allow 4 new players to jump in.

**U9 (Novice) - 0 mins 12:03pm**



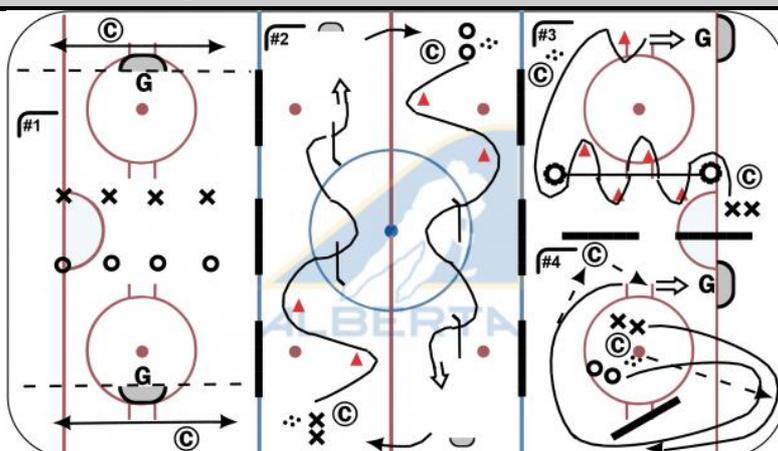
Station #1, Chuckwagon & Chariot Races, Chuckwagon is 2 horses and 1 wagon and chariots are 1 horse and 1 wagon. Players pull each other around the pylon and back to their line. Players switch positions so they get a chance to be a wagon and a horse. Can be done as a relay race.

Station #2, 1 on 1 Game, players line up across from each other with a puck in the middle. On coaches command players play 1 on 1 with the person across from them trying to score the puck in the opponents net. Once a puck gets scored in a net those two players go help out their teammates until all pucks are put in a net. Then the game resets and you can change up the pairs to get like minded skilled players together.

Station #3, Fortress, Split players up into 2 teams and play 2 on 2 in the centre circle. If we have goalies pucks can be used, but if not use a tennis ball and put a player in net. Coach controls the line changes and game is continuous with player pulling pucks out of the net and defending team backing off.

Station #4, T-Bay 2 on 2, players are split up into 2 teams and play 2 on 2. Starts with a coach spotting a puck and if a puck leaves the playing area or a goal is scored or goalie covers the puck coach spots in a new puck. Continuous play and coach signals line changes.

**U9 (Novice) - 0 mins 12:03pm**



Station #1 - 4 on 4 Game, Players are split up into 2 teams and before a shot can be taken on net the offensive team must make a pass to the coach who is behind the attacking net. Players then get open to receive a pass back from the coach. Players can not cross the goal line and attack the coach.

Station #2 - Puck Skill Station, players are split up into two lines, one on each side. First player in line takes a puck and weaves through the pylons, places puck under the stick units and finishes with a shot on net.

Station #3 - Tight Turn Jump Rope, players weave around pylons jumping over the rope, skate over and receives a pass from coach, make a fake move on a pylon and then takes a

shot on net. (Inside edge, outside edge, both edges tight turn progression around pylons.)  
Station #4 - Corner Angle, coach separates players into two lines on their knees and dumps a puck in the corner. X line retrieves the puck and skates passively up the boards, O player mirrors the X player and angles off by the end of the divider and steals the puck with a stick lift and then a stick on puck poke. O player then makes a pass to coach and receives a pass back for a quick 1-timer shot on net. X then goes to O line and O goes to X line.