



U9 & U11 Comet Evaluations

Date: Sep 2 2025

Time: 1:17 am

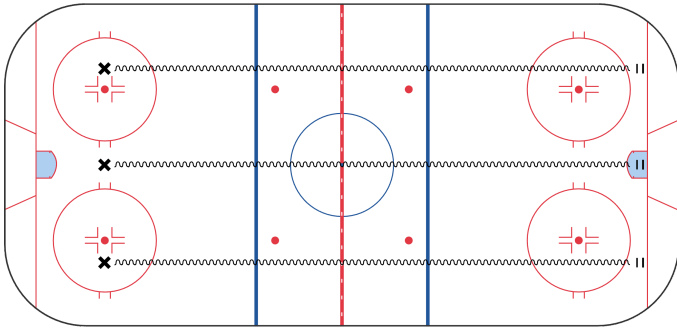
Duration: 45 mins

Warmup & Get into lines

5 mins

U9/U11 - Forwards Skating

6 mins



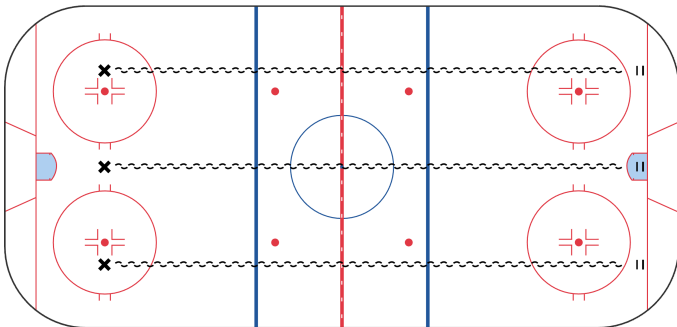
Proficiency at straight line forward skating.

On the whistle, the players from the front of each line will skate at full speed forward the entire length of the ice with a puck.

They will do the full length a total of (2) times.

U9/U11 - Backwards Skating

7 mins



Proficiency at straight line backward skating.

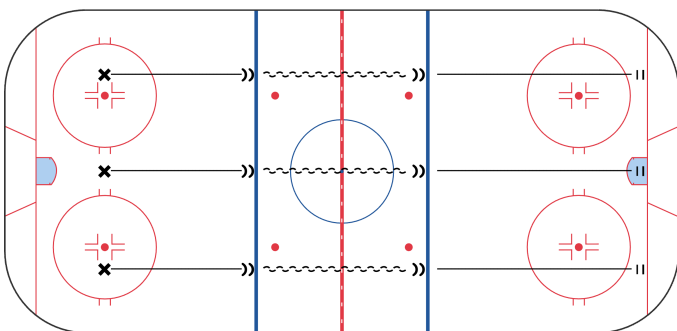
On the whistle, the players from the front of each line will skate at full speed backwards the entire length of the ice.

They will do the full length a total of (2) times.

NO pucks for this drill.

U9/U11 - Forwards Skating w Pivot Backwards

7 mins



Proficiency at pivoting f2b and b2f in each direction.

On the whistle, the players from the front of each line will skate at full speed forwards.

At the 1st blue line, pivot forwards to backwards and continue down the ice.

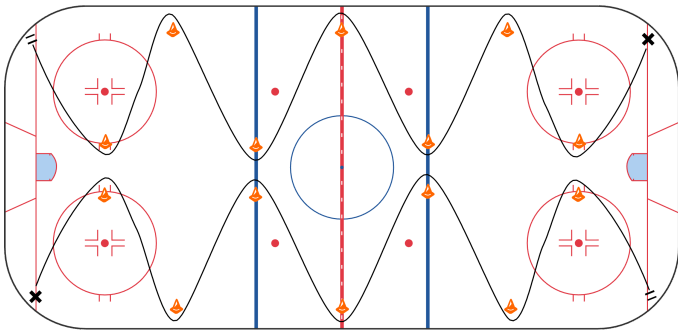
At the 2nd blue line, pivot backwards to forwards and continue to the goal line and end with a two foot stop.

They will do the full length a total of (2) times.

NO pucks for this drill.

U9/U11 - Full Ice Pylon Weave

10 mins



Proficiency at carrying the puck.

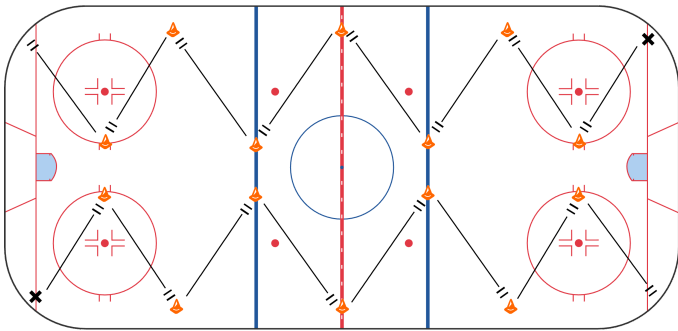
On the whistle, the 1st player, with a puck, from the line will skate full speed and weave the entire length of the ice through the pylons.

They will do this the full length a total of (4) times.

With pucks for this drill.

U9/U11 - Two Foot Stops

10 mins



Proficiency at two foot stop and restart.

On the whistle, the 1st player, with a puck, from the line will skate full speed to the first pylon and perform a two foot stop.

Their toes should always face back towards the line that the skater started from.

They will do this the full length a total of (4) times.

NO pucks for this drill.