

# U9 Sting Skills Eval Session

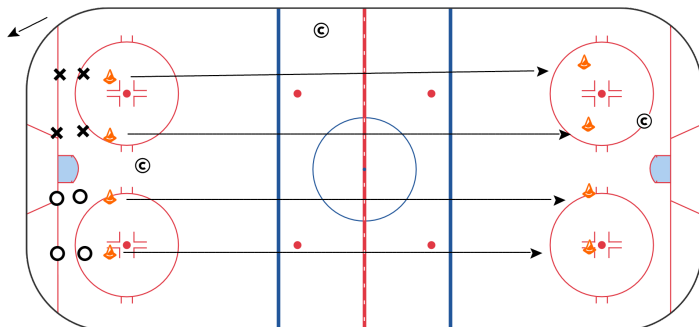
Date: Aug 16 2025

Time: 4:32 pm

Duration: 52 mins

## Sting Eval: Line Skate

12 mins



Players skate on whistle. Wait until players are all the way to other end and wait 5 seconds to send next group

Forward skate (4 reps each player)

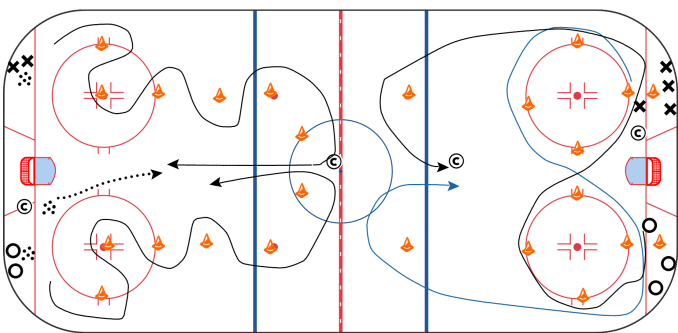
Backwards skate (4 reps each player)

Forwards/backwards in between blue lines (4 reps each player)

NOTE: 2 lines White, 2 lines Black

## Sting Eval: Puck Control & Edgework

30 mins



2 Drills on opposite ends

### Left side: Puck control

Players skate around cones w/o puck. Coach passes to player once they get to high slot.

After 5 mins, player starts with puck right away and goes through cones with puck and takes a shot.

Note: Black on stays top on side, white on bottom side for first 5 minutes to allow evaluators to track. Then switch sides (Black to bottom, white to top). This drill is not a race drill. White and black alternate who goes next so goalie has a chance to make be ready for shot.

Alternate who skates next between black and white, but keep rapid flow to get multiple reps.

### Right side: Edgework race

Black on top side races against White on bottom side

Players go on whistle, need to start in between cones at bottom of face-off circle and keep head up as they go through slot area

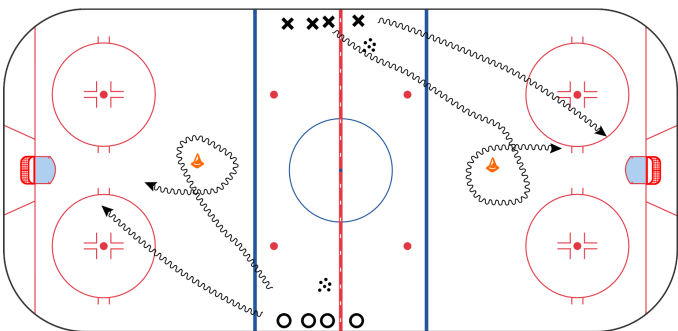
Coach places puck in middle of slot for player to take

MAKE SURE THAT PLAYERS RACE AGAINST DIFFERENT PLAYERS, so mix up order

7 mins forward race and 7 mins backward race

## Sting Double Shootout

10 mins



On whistle, First in line drives right to net for shot

Second in line skates around cone and then goes in for shot

Goalie must reset quickly