

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.

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		Backward c-cut start	T-push	Gliding on one skate backward	Crossovers—forward & backward
Gliding on one skate—forward & backward	Heel to heel (Mohawk)	One o'clock – eleven o'clock	Forward striding	Backward striding 1 crossover/reach	Pivots—backward to forward & forward to backward
Lateral crossovers	One-leg weaving—forward/backward	Outside leg stop			Pivots—open & reverse
		Two-foot parallel stop			
		One-leg backward stop			
		Two-leg backward stop			

U9 Skills

LTPD STAGE
FUNDAMENTALS 2

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 backhand pass	Moving backhand 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	