

U11 SKILLS SESSION 1



September, 2026

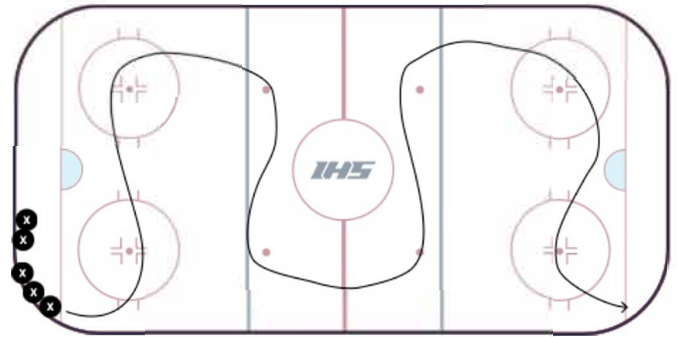
Skating, Tight Turns

Details:

Players get one dry run where they are not evaluated and then two turns where they are evaluated.

Players line up in the corner.

- First player leaves the line, skates up to the zone faceoff dot, completes a tight turn in to a cross over and proceeds across the ice to the faceoff dot on the opposing side of the ice. They then move out to the blueline faceoff dot and repeat this pattern all the way up the ice.
- Next player in lines leaves after the player in front of them complete the cross over at the second faceoff dot.



Evaluators looking for:

- Good leg bend, complete full strides and recovery
- Inside leg leading through turn
- Tight turn in to cross over

Length of Time: 8

Station Number: 1

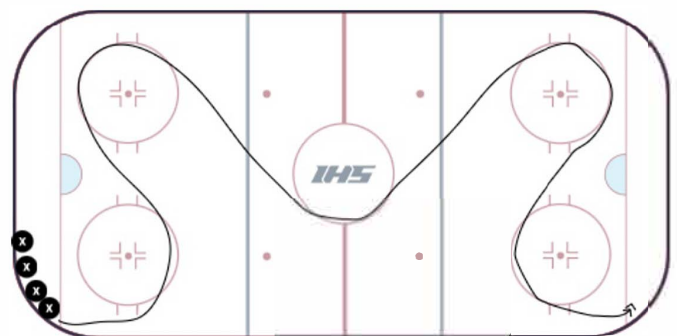
Tops And Bottoms

Details:

Players get one dry run where they are not evaluated and then two turns where they are evaluated.

Players line up in corner. One player goes at a time.

- Player leaves corner and skates up the board completes 3-5 cross overs around the top of the circle and follows down in-front of the goalie crease and completes 3-5 cross overs at the bottom of the next circle.
- Proceeds to center ice where player completes 3-5 cross overs at the center ice circle before proceeding to the far end of the rink.
- Completes 3-5 cross overs around the bottom of the next circle and 3-5 cross overs at the top of the last circle before ending in the corner directly up ice from where they began.



Next player leaves the line when the player in front of them starts skating towards center ice.

Evaluators looking for:

- Outside skate pushes all the way out through the toe.
- Cross over the inside skate.
- Inside skate uses outside edge to create the under push.
- Be sure to rotate the shoulders towards the inside of the circle.
- When turning on your forehand side have two hands on the stick.
- When turning to the backhand side have one hand on stick or rotate more to have two hands on the stick.

Length of Time: 10

Station Number: 2

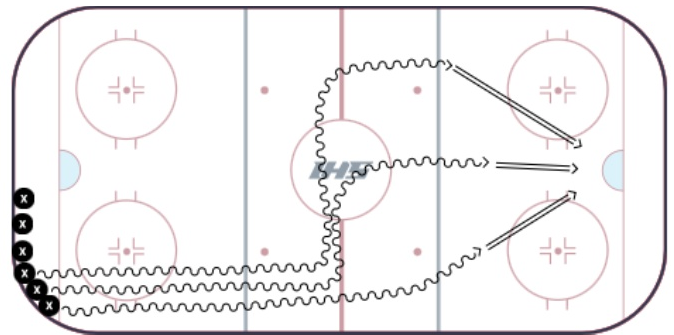
Three Lane Shooting

Details:

Players get one dry run where they are not evaluated and then two turns where they are evaluated.

Players line up in the corner with pucks. Three players to go at a time.

- Player 1 skates hard with the puck to the far blueline, remaining in their lane, and shooting the puck before the ringette line outside the faceoff dots
- Player 2 skates hard with the puck to center ice, they then cut across the redline to the faceoff dot and then cut in and shoot the puck hard before the ringette line.
- Player 3 skates hard with the puck to center ice, then cut across the redline to the far side of center ice and then cut in and shoot the puck hard before the ringette line, outside the faceoff dots.



Length of Time: 12

Station Number: 3

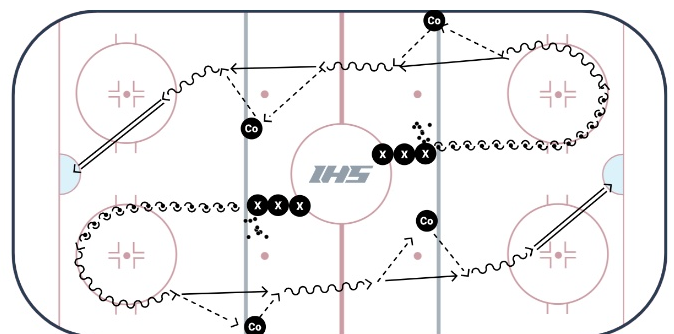
Backwards Skating With Puck, Passing And Shooting.

Details:

Players get one dry run where they are not evaluated and then two turns where they are evaluated.

Players line up at the blueline with pucks in line with where the center ice faceoff circle meets center ice.

- Players begin skating backwards with the puck, backwards cross overs with the puck at the bottom of the circle, pivot and transition to forward crossovers around the circle.
- Make a pass to the coach at the boards, call for pass back and make another pass to the coach at the far blueline outside the faceoff dot.
- Player calls for the puck back, receives pass in



stride and makes shot on the net.

Next player leaves the line when the player in front of them crosses the far blueline.

Evaluators looking for:

- Backwards skating with puck on side of the body; not in-front.
- Maintain puck control through transition skating at bottom of circle
- Make tape to tape pass.
- Communicate for pass.
- Receive pass in stride and hit the net with shot.

Length of Time: 15

Station Number: 4