

U13 DEFENCE SKILLS SESSION 1



September, 2026

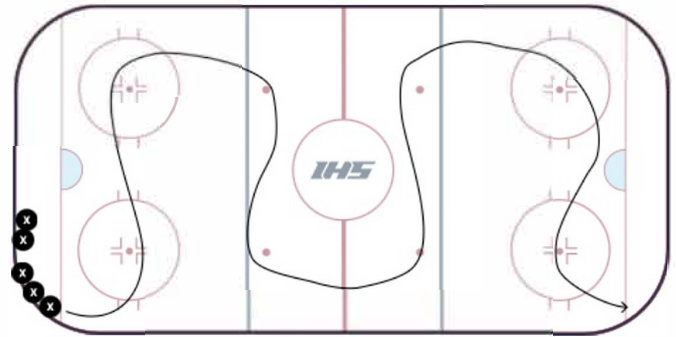
Skating, Tight Turns

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

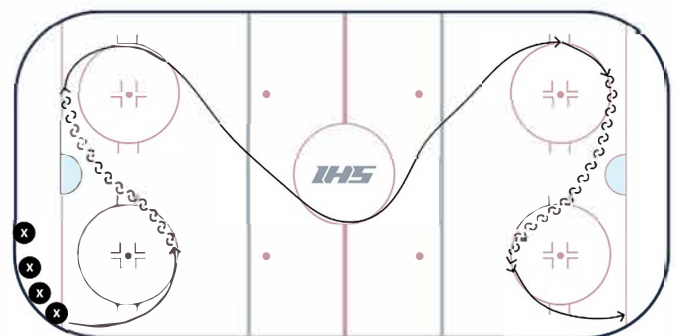
Defence Skating

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 boards and completes 3 forward cross overs, pivots forward to backwards and then 3 backwards crossovers around the top of the circle and follows down in-front of the goalie crease and completes three backwards cross overs, a pivot from backwards to forwards and 3 forward cross overs around the bottom of the next circle.
- Proceeds to center ice where player completes 3 cross overs at the center ice circle before proceeding to the far end of the rink.
- Completes 3 forward cross overs, pivots forward to backwards and then 3 backwards crossovers around the bottom of the circle and follows out in-front of the goalie crease and completes three



backwards cross overs, a pivot from backwards to forwards and 3 forward cross overs around the bottom of the next circle and finish in the corner.

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

Evaluators looking for:

- Good leg bend, complete full strides and recovery
- Good strong cross overs, using both the inside and outside edges.
- Full body control through cross overs, with toes, hips, and shoulders all leaning in to turns.
- Smooth pivots from backwards to forwards and forwards to backwards without losing speed.
- Players remain looking up ice at all times.

Length of Time: 8

Station Number: 2

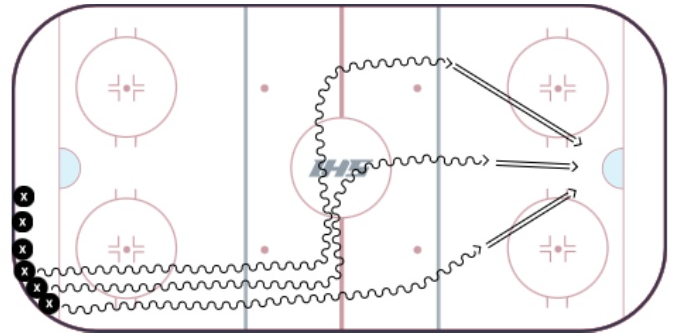
Three Lane Shooting

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: 14

Station Number: 4

