

U13 DEFENCE SKILLS SESSION 2



September, 2026

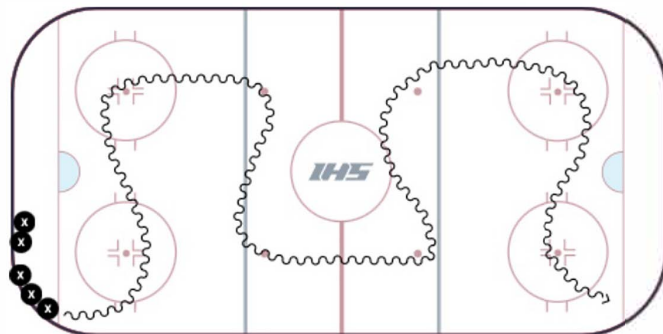
Skating, Tight Turns, With Puck

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 puck.

- First player leaves the line with the puck, 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
- Good puck control, cradling puck through turns
- Not overhandling the puck

Length of Time: 8

Station Number: 1

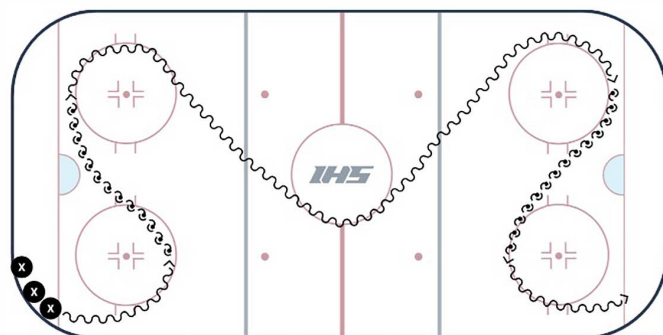
Defence Skating With A Puck

Details:

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

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

- Player leaves corner with a puck 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.
- Maintain puck control throughout the skating movements.

Length of Time: 8

Station Number: 2

Defence Puck Control 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 in line with where the center ice faceoff circle meets center ice. Pucks are in a pile in the corner directly below them.

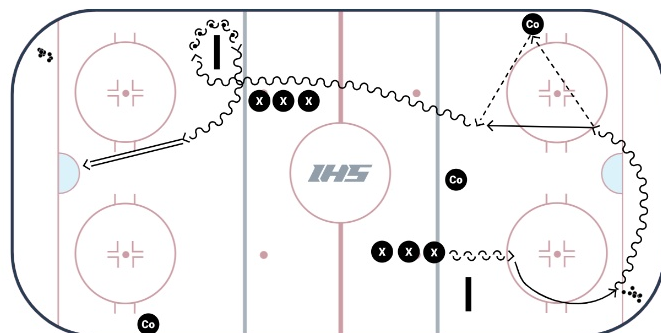
- Players begin skating backwards to the top of the faceoff circle and then pivot towards the boards and retrieve a puck in the corner.
- Pick up speed behind their net and make a pass to the coach at the hashmarks on the far boards.
- Call for the puck back and jump up ice.
- Cross the far blueline, pivot forwards to backwards and backwards to forwards around the bumper pad and take a shot on the net

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

Evaluators looking for:

- Good form on backwards C-cuts; legs bent, chest up, looking up ice.
- Pick up in motion and make a good first pass tape to tape.
- Communicate to get the puck back.
- Keep body facing the net as they transition around the bumper pad at the blueline.
- Make a hard shot.

Length of Time: 14



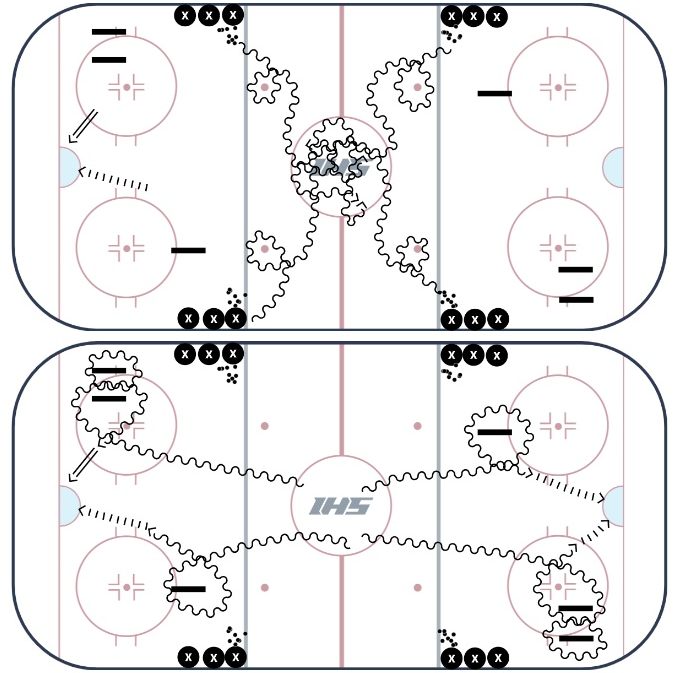
Puck Control

Details:

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

Players line up at the corner of each blueline with pucks. On whistle, one player from each line leaves.

- Each player skates above the faceoff circle closest to them and does a 360 around the faceoff circle.
- All 4 players then skate in to the middle of the center ice faceoff circle. Players keep their head up, control the puck and avoid getting grouped together with the others in the circle. Continue for 15-20 seconds.
- On the next whistle, players skate in to the zone closest to their line. If they come in to one bumper pad, players run a delay at the blueline around the bumper pad and shoot on the net. If there are two bumper pads on their side, they skate through the middle of the ice towards the crease. Players then skate a figure 8 around the bumper pad before shooting on the net.
- Players return to the line of players opposite where they began so they're always shooting on the same net.



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

Evaluators looking for:

- Good puck control.
- Skating with head up.
- Skates in to open ice.
- Ability to move through bumper pads in good form and attacking the net.

Length of Time: 16

Station Number: 4