

U13 FORWARD SKILLS SESSION 2



September, 2026

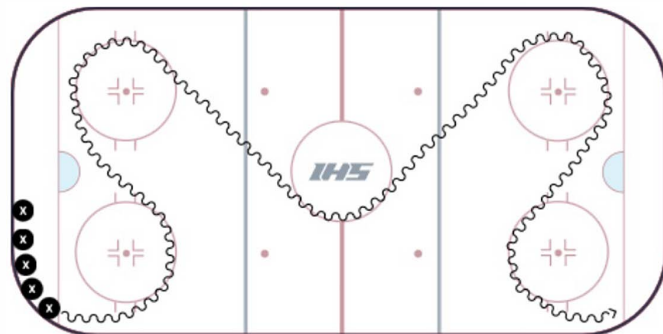
Tops And Bottoms With Pucks

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 with a puck.

- 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:

- Complete cross overs with complete inside and outside edge usage
- Full stride extension and recovery in straight skating lanes
- Fast feet
- Good puck control, cradling the puck through turns
- Not overhandling the puck

Length of Time: 6

Station Number: 1

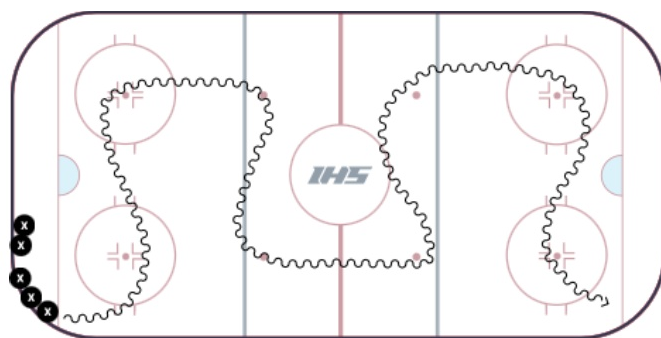
Skating, Tight Turns, With Puck

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: 2

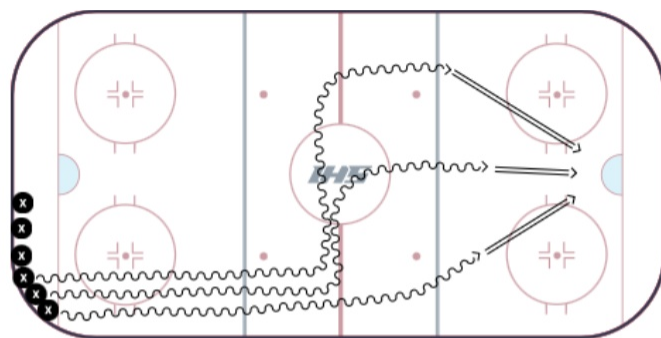
Three Lane Shooting

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: 10

Station Number: 3

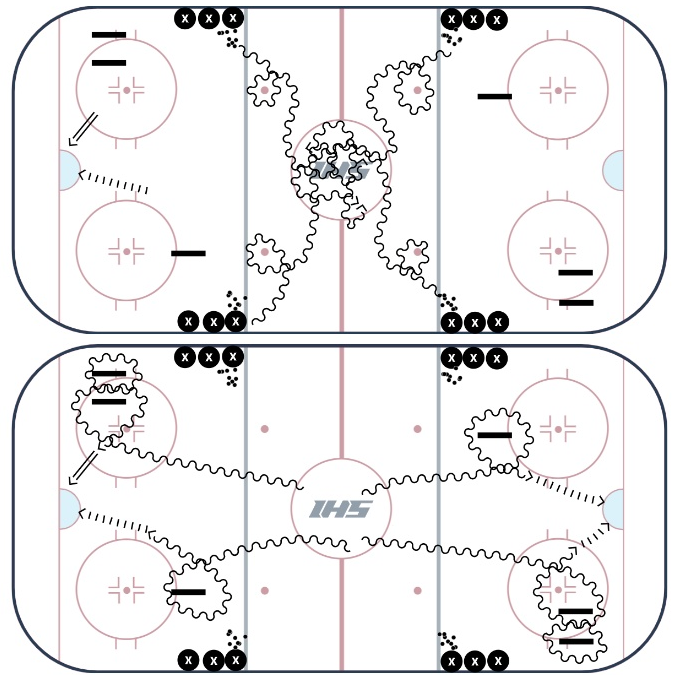
Puck Control

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: 14

Station Number: 4