

U15 FORWARD SKILLS SESSION



September, 2026

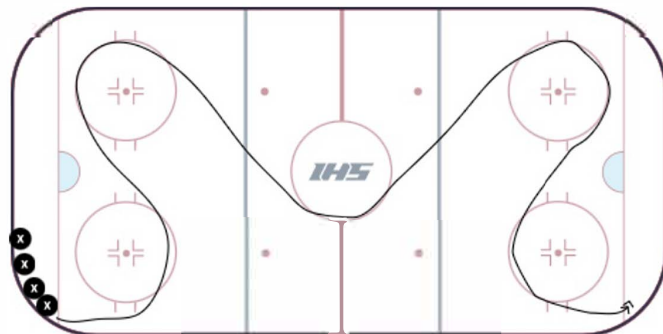
Tops And Bottoms

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: 6

Station Number: 1

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.

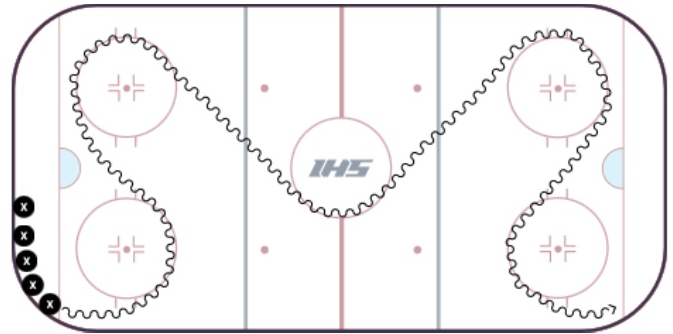
Next player leaves the line when the player in front of them starts skating towards center ice.

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: 8

Station Number: 2



Backwards Skating With Puck, Passing And Shooting.

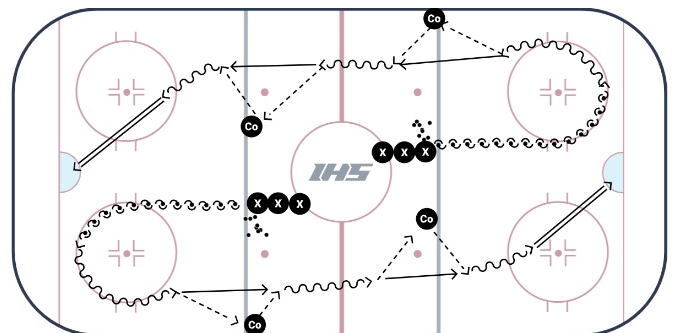
Details:

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: 10

Station Number: 3

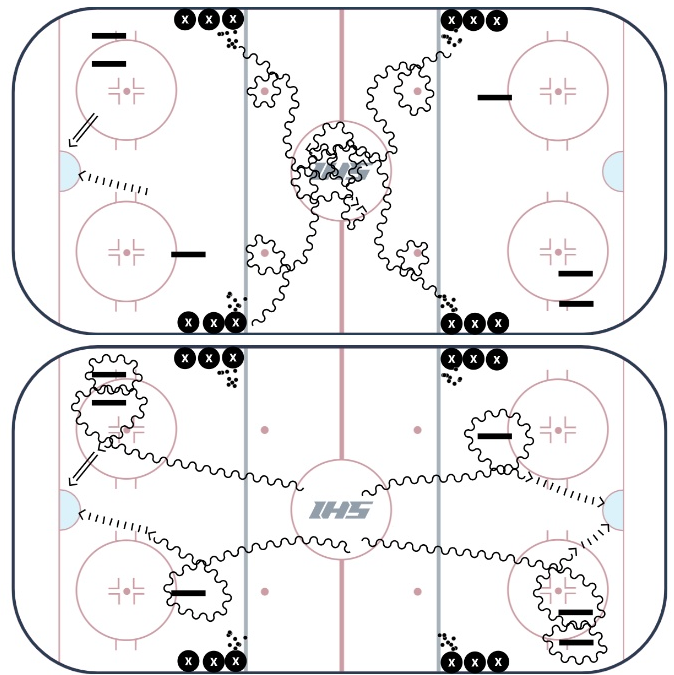
Puck Control

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: 15

Station Number: 4