

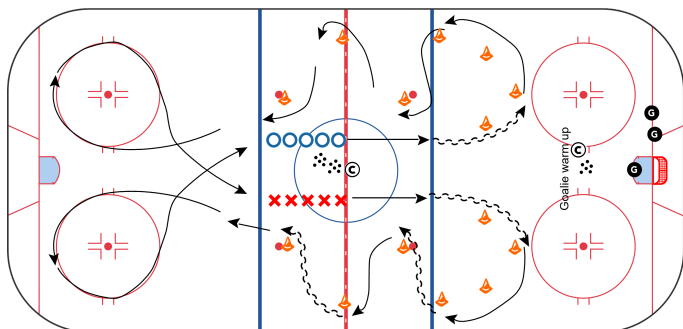


2026 - Valley Wild - U13 / U15 Skills Evaluation

Duration: 48 mins

Howie's Warm up -2

12 mins



This drill starts with players in two parallel lines on each side of the coach on the Red line.

- On the first whistle, one skater from each side skates Backwards and crosses over below the pylon and pivot forward to where the blue line and boards meet.
- Skater will weave the Neutral zone cones using tight turns and progression will be fwd to bkwd pivots.
- Finally upon exiting the 2nd blue line, players will then crossover the low face-off circle before getting back in line the opposite line.

Once the first skaters hit the blue line, the coach can send the next two players in line.

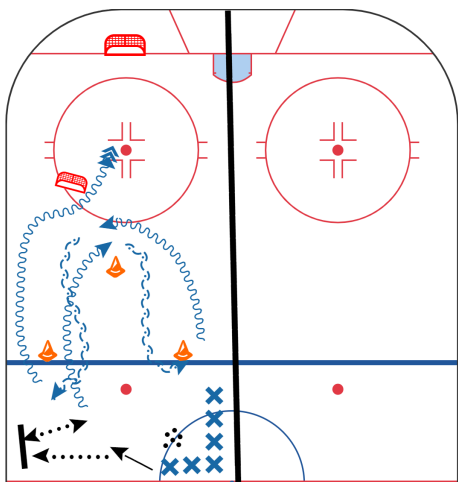
3-4 Reps with no puck , 2-3 Reps with pucks.

Key Points

- Big C Cut thrusts to start the Backwards Skating.
- Good use of edges
- Quality transitions, optimally maintaining speed FWD to BW and vice versa.
- Effortless puck handling
- Powerful crossovers around circle

VW Tryout - Skill - Triangle Skating

9 mins



- On Whistle, Player passes a puck off the rebounder (or boards) then goes and picks it up
- Player skates forward to bottom pylon and pivots to backwards. They skate backwards to top outside pylon and pivot to forward and skate to bottom pylon again and repeat to opposite top pylon.
- Player then attacks to mini net and dekes to either side and shoots on net.

Key Points

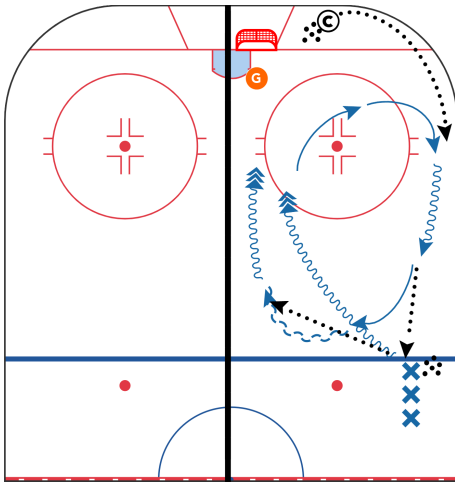
Evaluation points

Skating Abilities - Are players smooth or not, do they go around objects effectively and how much power do they show, do they crossover well, do they use their edges

Skating Transitions - Do players transition forward to backward smooth, do players handle puck well forward or backward skating

Puckhandling - Are players smooth with puck or not, do they over stickhandle or not, is head down or head up

Shooting - How well does player shoot the puck or not

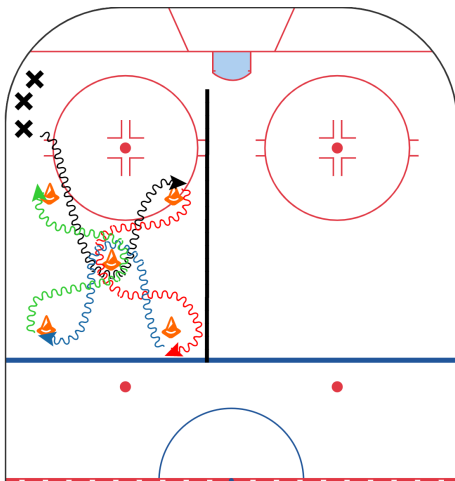


- **X** leaves line with puck and makes a move through dangler (if available) , takes a shot on net.
- **X** then skates to boards to pick up a rimmed puck from Coach.
- **X** will pass to next player in line , open up to middle for a return pass, make another move on dangler then take a second shot on net.

Key Points

Evaluation points

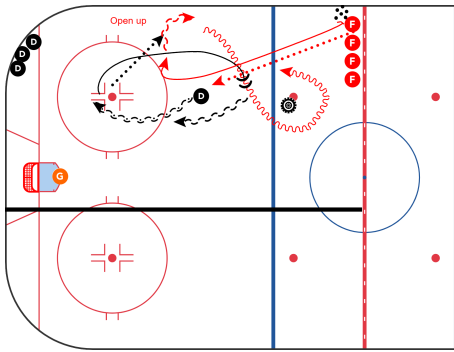
- is player comfortable and smooth carrying puck through dangler
- do they get a good, hard quick shot off
- do they present stick to receive pass / communicate for pass
- do they have head up to see outlet pass
- do they make good pass



With a Puck, each skater will got through the Cones as shown : Black - Red - Blue - Green.

Key Points

- Controlled turns
- efficient puck handling
- accelerate out of turns



- On whistle **F** 1 passes to **D** 1 and skates toward **D** 1 before conducting an open up towards boards for a return breakout pass.
- **D** 1 carries puck backward to Face Off dot, transitions and passes to posted up **F** 1.
- **F** 1 proceeds to go inside - out (toward boards) around the pylon and attack **D** 1.

Both players switch lines

Key Points

EVALUATION KEYS:

FORWARDS

- Attack Speed (does FWD speed up or slow down, do they make it easy or hard to defend)
- Creating offence (how does FWD create a scoring chance)
- Puckhandling and Decision making (does FWD over-stickhandle or do they shoot)

DEFENCE

- GAP and Skating (do DEF get their feet moving enough to play the 1v1 properly)
- Do they transition at correct time (gap) or lunge at Fwd?
- Defending the 1v1 (eyes on body, using stick, proper angling)
- Competition and Aggressiveness (making the 1v1 easy or hard for the FWD)