

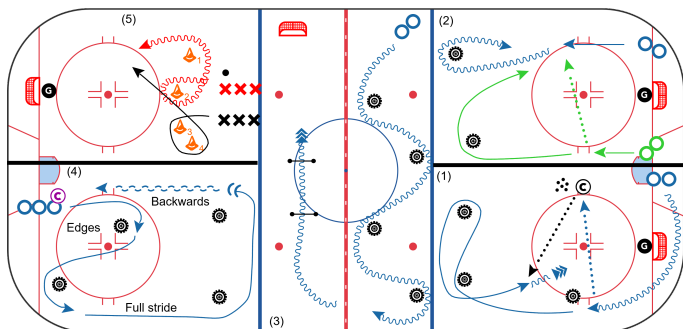


MWF Skill Evaluation Drills - 2026/27

Duration: 70 mins

MWF Skill Evaluation Session U11/U13 - 2026/27

50 mins



Station 1 - Give and Go Skating

- Players leave from behind the net with the puck
- While moving, pass to the coach before tire
- Player skates around the tires performing tight turns
- Player gets pass from coach for shot
- Second step is to execute a pivot, skating backwards before transitioning forward

Station 2 - Angling 1-on-1

- ✕ 2 pass the puck cross ice to ✕ 1
- ✕ skates with the puck up and around the tires trying to beat ✕ 2 back to the net
- ✕ 2 skates to the middle of the ice, mirrors ✕ 1 and tries to angle them back to the wall

Station 3 - Finnish Skills with shot

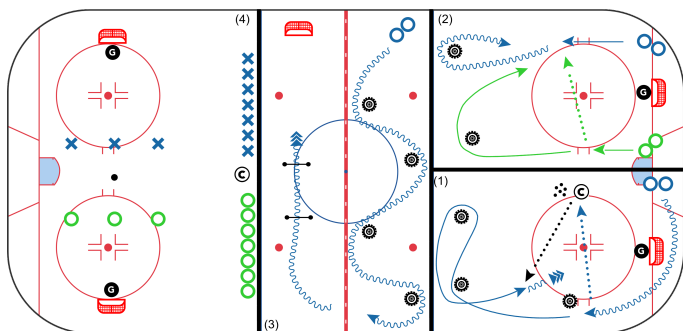
- 4 or 5 cones
- Players skate the course performing different skating skills
 - tight turn, inside edge, outside edge, pivots, escapes, 10-2s
- Forwards and backwards can be done
- Players deke out stick aids before shooting

Station 4 - Skating edges

- Players complete the skating track
- Forward skating, working on their edges, executing a pivot on their way back to line
- Introduce a puck halfway through

Station 5 - 1 on 1

- ✕ leaves with a puck and skates their route (around 🔥 2 then 1)
- ✕ leaves at the same time, works hard to catch up and angle

**Station 1 - Give and Go Skating**

- Players leave from behind the net with the puck
- While moving, pass to the coach before tire
- Player skates around the tires performing tight turns
- Player gets pass from coach for shot
- Second step is to execute a pivot, skating backwards before transitioning forward

Station 2 - Angling 1-on-1

- **X** 2 pass the puck cross ice to **X** 1
- **X** skates with the puck up and around the tires trying to beat **X** 2 back to the net
- **X** 2 skates to the middle of the ice, mirrors **X** 1 and tries to angle them back to the wall

Station 3 - Finnish Skills with shot

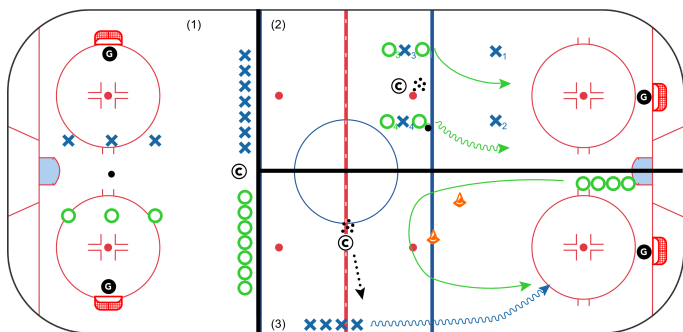
- 4 or 5 cones
- Players skate the course performing different skating skills
 - tight turn, inside edge, outside edge, pivots, escapes, 10-2s
- Forwards and backwards can be done
- Players deke out stick aids before shooting

Station 4- Small Area Game/Battle Drill

Game will be dependent on available goaltenders. Options may include:

- 2v2/3v3 cross ice
- Single net tag up 2v2/3v3
- 2v2 Offense-Defense - out continuous drill

Coaches whistle for changes.

**Station 1 - 3 on 3**

Coaches whistle for changes.

Station 2 - Continuous 2v2

- Players will attack the two defenders trying to score. When the defenders get the puck and pass to the next two in line, they offensive team now becomes defensive team.
- Offense - Defense - back of line

Station 3 - Full ice angle

- **O** Leaves and angles **X**
- Coach passes as **O** hits the first cone.