

EVALUATIONS (U13UP)

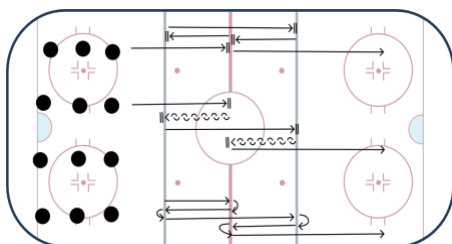
2025/2026- NOT ALL DRILLS WILL BE USED AND MAY BE ALTERED AT ANY TIME

SKATING EVALUATION- U11 and UP

Station #:

Time: 10 Minutes

- Stops and starts (facing same way)
- FWD/BWD Pivots (toward same way)
- Tight turns (toward same way)

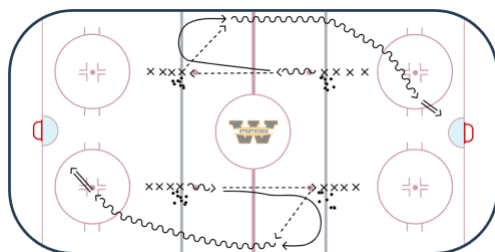


EVALUATION- Passing (4-Dots) U13 and UP

Station #:

Time: 8 Min

- Player leaves line and passes across to player directly across from them
- Player skates towards line and opens up toward boards and receives pass back
- Player skates down and shoots on goal

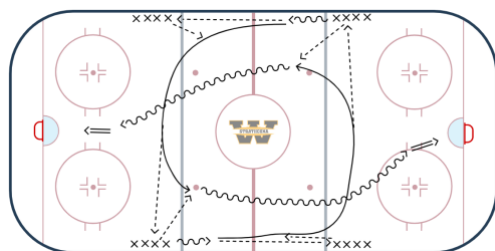


Evaluation- Passing (4- Bluelines) U13 and UP

Station #:

Time: 8 min - Player leaves line and passes across to player directly across from them

- Player skates towards line and receives pass back
- Player continues to next line and makes pass to first stationary player in line
- Stationary player passes back to skating player
- Player skates down and shoots on goal

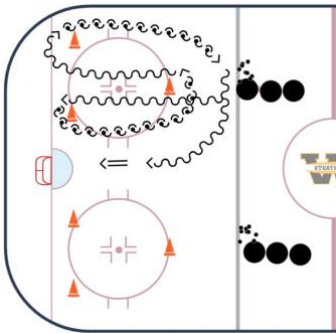


EVALUATIONS

2025

EVALUATIONS-Agility - U13 and UP

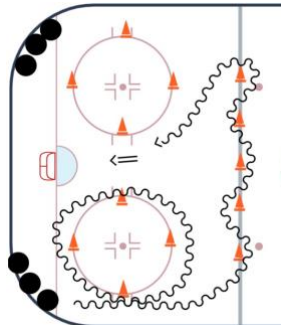
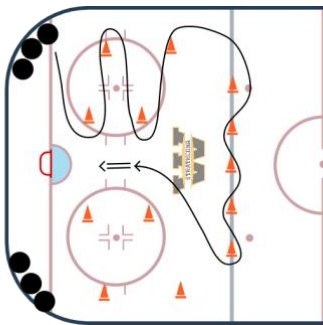
Station #: Time: 10 Minutes



- WITH A PUCK
- Start at cone closest to goal and pivot towards the slot
- backwards to top cone and return to middle
- Pivot towards boards on 2nd turn and over the top for a shot on net

Evaluation AGILITY CONES- Puck Handling through cones- U11 and UP

Station #: Time: 10 Minutes



- Players skate through cones **or** around circle as shown with puck
- Players will shoot on goalie at end
- Players will alternate sides

Evaluation SAG- U13 and UP

Station #: Time: 10 min

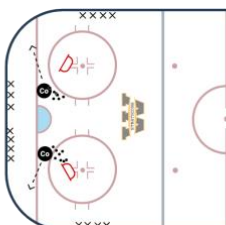
2V2



- Outside players on Offence
- Trying to score
- Inside players on Defence
- Must carry puck over ringette line
- Coach will play another puck for group or call for next 4

EVALUATION SAG- 1 V 1- U11 and UP

Station #: Time: 10 min

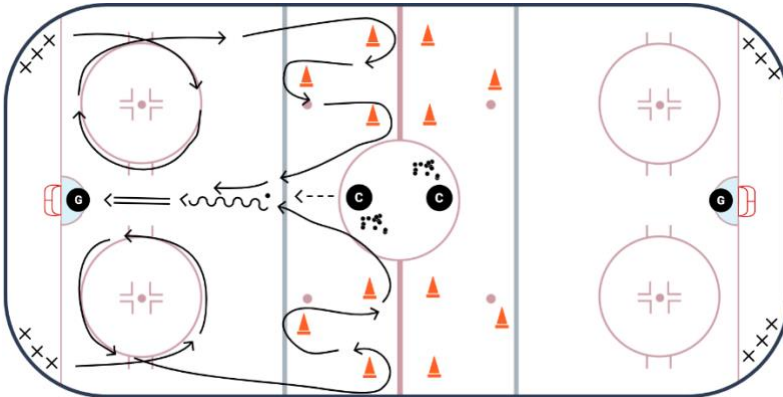


- Coaches will dump puck in corner
- Player from each of two lines will enter corner and play 1 on 1 -
- Coach will dump new puck in or call for next 2 players at their discretion

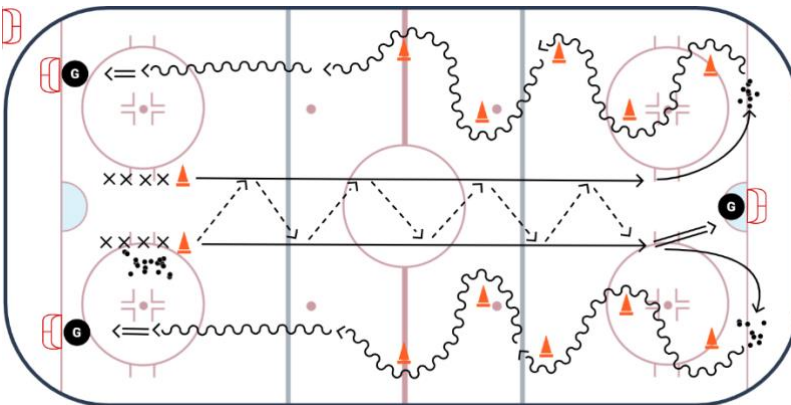
EVALUATIONS

2025

Evaluation- (Puck Races) **U11 and UP**



Evaluation- (Passing and agility) **U13 and UP**



Evaluation- (SAG- 3 on 3 Cross ice) **U13 and UP**

