



U13 2025 Evaluation Drills

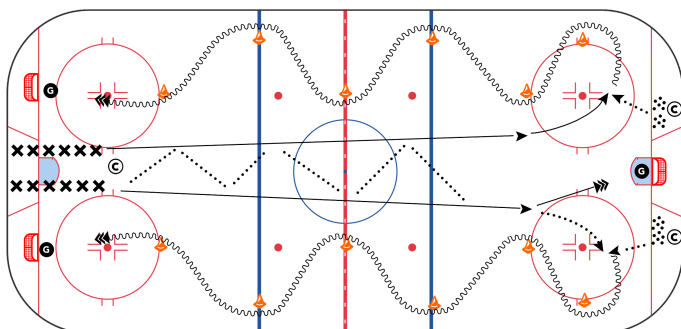
Date: Aug 30 2025

Time: 2:21 am

Duration: 60 mins

Butterfly Passing Warmup

12 mins



Butterfly Passing Warm up - 12 mins

Start with 2 lines in front of net.

1. On whistle perform a variety of passing skills down the ice.

- Full cradle, control and pass
- One-touch
- Cross-Cross
- Fwd/Bwd

2. Finish with shot on net.

3. Each receive puck from coach weave through cones with a variety of skills

- stops
- tight turns
- crossovers
- transitions (*age appropriate)

4. Finish with shots on the net.

Depending on the group, try to find a proper cadence so not too many are going at once and the goalies are taking shots too quickly to recover for the next skaters. This will change based on the group.

Water Break Set-Up for SAG

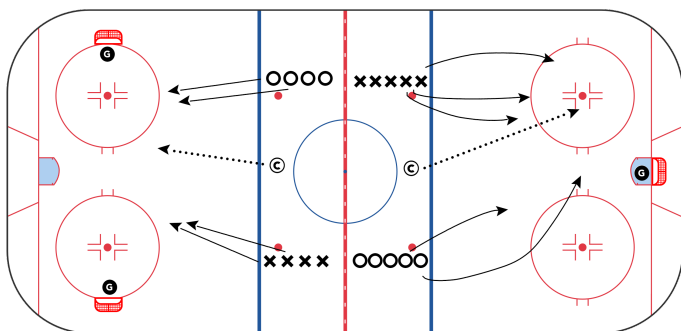
0 mins

Do another Water Break before switch of kids between SAG

0 mins

2v2, 3v3, 4v4 and Walrus

48 mins



2v2, 3v3, 4v4 - One Side (Switch after 20 mins)

1) Players line-up on the face off dot (Black on one side White on the other)

2) Coach dumps in a puck and yells:

"2" and 2 players from each line goes in and battles 2 on 2

"3" and 3 players from each line goes in and battles 3 on 3, or 4 on 4

etc

Battle for 20-30 seconds each.

Other coaches keep pucks cleared

Try to make sure each kid gets a variety of 2v2, 3v3, etc

Walrus - One Side (Switch after 20 mins)

1) Players line-up on the face off dot (Black on one side White on the other)

2) If the coach dumps the puck in your corner, you are on offence and send 3 players to try to score and the other side sends 2 players in to defend.

Defensive team must skate the puck out past the tops of the circles or utilize their partner to pass the puck out of the zone.

3) Alternate which side randomly. Let the kids know it's their job to pay attention and send the right number of kids to battle.