U13 Skills Matrix

The **Long-Term Player Development Model** places U13 hockey at the Learn to Train stage, with programming focused on fundamental skill development with an introduction to tactical development. The U13 skills matrix identifies the skills players must have the opportunity to develop through progressive and meaningful practice sessions.

U13 Skills/Concepts

LTPD STAGE
LEARN TO TRAIN

Balance & Agility	Edge Control	Starting & Stopping	Forward Skating & Striding	Backward Skating	Turning & Crossovers
All skating skills from U7 / U9 and U11	Figure 8's– forward– inside & outside edge	Front v-start	Forward striding	C-cuts left foot/right foot	Glide turns/tight turns
Forward/Backward Scissor Skate	Figure 8's– backward– inside & outside edge	Crossover start	Linear crossovers	Backward scissor skate	C-cuts–around circle– outside foot– forward & backward
Lateral crossovers	Heel to heel (Mohawk)	Backward c-cut start	Acceleration	One crossover/reach	Crossovers– forward & backward
C-cuts toe on puck	One-leg weaving– forward/backward	Outside leg stop	Quick feet	Backward striding	Pivots– backward to forward & forward to backward
		Two-foot parallel stop	Evasive skating		Pivots– open & reverse
		One-leg backward stop			
		Two-leg backward stop			

Stationary Puck Control	Moving Puck Control	Stationary Passing & Receiving	Moving Passing & Receiving	Shooting	Individual Offensive Tactics
Narrow/Wide	Narrow/Wide	Stationary forehand pass	Moving forehand pass	Forehand– wrist shot	Body fakes
Side–front–side	Open ice carry– forehand & backhand	Stationary backhand pass	Moving backhand pass	Backhand– sweep shot	Stick fakes
Toe drag–front & side	Weaving with puck	Forehand saucer pass	Pass & follow	Forehand / backhand shots in motion	Dekes
Attack the triangle	Toe drag–front & side		Cross & drop	Forehand– flip shot	Moves in combination
	Attack the triangle			Backhand– flip shot	Net drives
				Tips / deflections	

Individual Defensive Tactics	Team Play
Angling	Basic positioning–D zone
Basic 1-on-1	Basic breakouts
Escape moves	Basic entries
Puck retrievals	
Gap control	
Tracking	