

RPM PROGRAM/SKILL DEVELOPMENT CHART

Age Groups: New to Hockey - 5-12yrs, U6/U9, U11/U13, U15/U18 & Levels: Beginners, Recreational (Average) & Rep Level - (Advanced)

Instructional

New to hockey or not playing minor hockey begin here. **Note must be able to stand on their own and get up off the ice.**



If your currently play recreational minor hockey and you want to focus on all skills.

If your currently play recreational minor hockey and you want to focus on specific skills.

Specialty Clinics & Camps

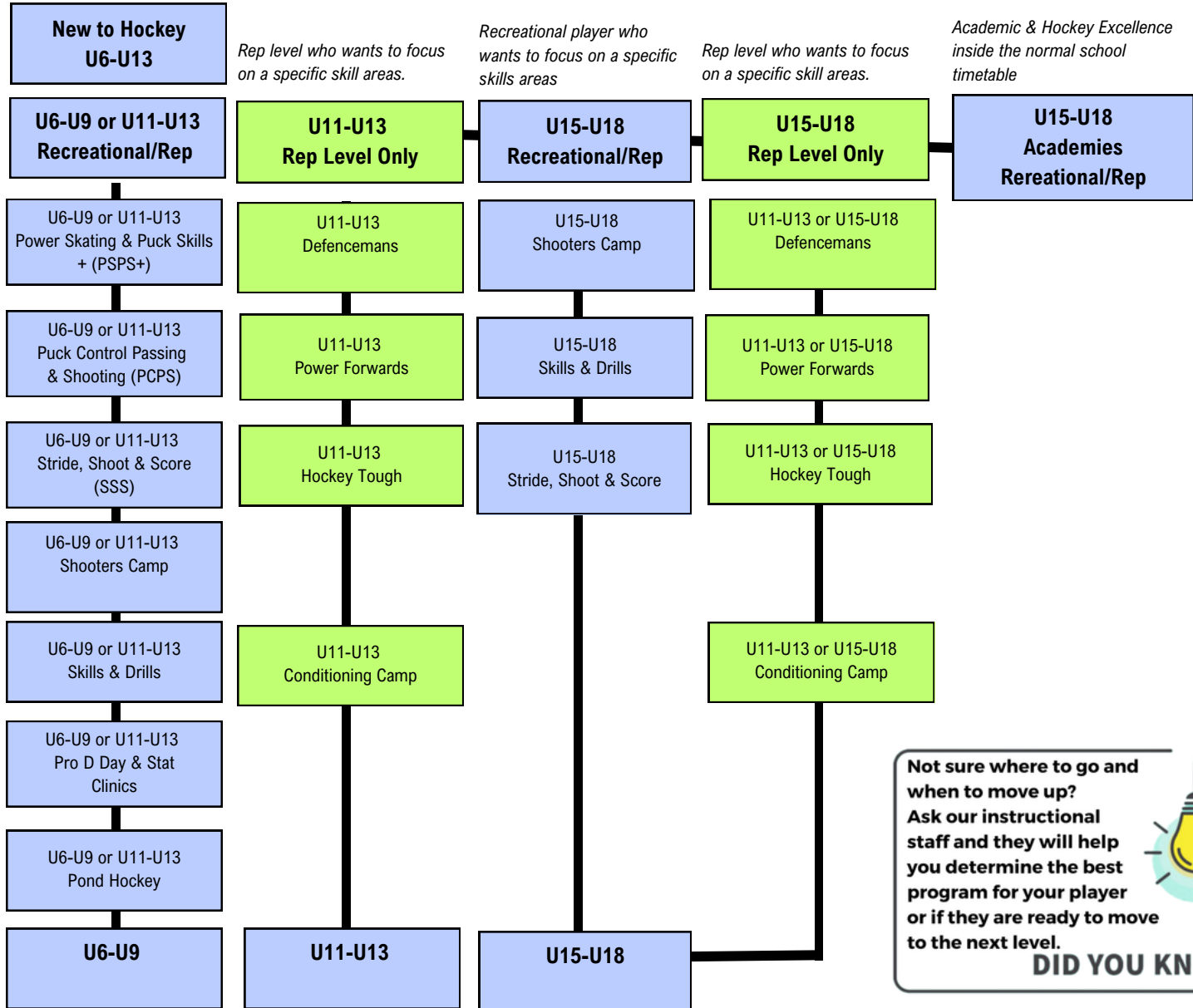
NID, Stat, Xmas or Spring Break

Pond Hockey

Individuals who want to play 3-3

Spring 3-3 League

3-3 Organized Teams



Not sure where to go and when to move up?
Ask our instructional staff and they will help you determine the best program for your player or if they are ready to move to the next level.

DID YOU KNOW?

RPM Program Description – Levels: Beginners, Recreational (Average) & Rep Level – (Advanced)

Age Groups: New to Hockey – 5–12yrs, U6–U9, U11–U13, U15–U18

Beginner Program

New to Hockey 5–12yrs

RPM will get the players started with basic skating and puck skills. We combine just the right amount of instruction with social interactive play. An excellent opportunity to gauge the interest of your player as he or she tries their hand at hockey. CSA Hockey Equipment required. **Make your first experience a great one!**

Recreational Programs

Power Skating & Puck Skills+ U6/U9 or U11/U13

National-level Can Power Skate instruction designed to build elite skating foundations. Develop balance, edge control, stride power, tight turns, crossovers, starts, stops, backward skating, and pivots—then apply those mechanics directly to puck control, passing and shooting. **Stronger stride. Better edges. Greater impact.**



Puck Control, Passing & Shooting U6/U9 or U11/U13

Learn the difference between stick handling and puck control... understand what moves to use, when to use it, and why. Develop your wrist shot, backhand, snap, slap, flip shots, breakaways, bad-angle scoring, deflections, net drives, and plays from behind the net. This program connects skating puck control and shooting so you can beat defenders with speed, power, and accuracy **Create space. Commit defenders. Finish with purpose.**



Stride/Shoot/Score U6/U9 or U11/U13

Skating, stickhandling & Shooting—learn what moves to use, when to use them & why. Refine your wrist shot, backhand, snap, slap, flip shots, breakaways, bad-angle scoring, net drives, dekes deflections. This program connects Skating, Stickhandling & Shooting with speed, power & accuracy. **Create separation. Make defenders commit. Finish the play.**



Skills & Drills U11/U13 & U15/U18

A blend of technical skill instruction & high-tempo flow drills. Players get plenty of skating, puck movement, and shooting using RPM's most popular game-speed flow drills. An ideal opportunity to get back on the ice, build rhythm, and prepare for the upcoming season.

Sharpen your skills. Find your pace. Start the season strong.

Shooters Program U11/U13 & U15/U18

Refine your wrist shot, backhand, snap, slap, flip shots, breakaways, bad-angle finishes, deflections, net drives, and plays from behind the net. Players learn to connect skating with shooting mechanics, generating speed, power, and accuracy.

Quick release. Strong edges. Finish with confidence.

Specialty Clinics & Camps U6/U9 or U11/U13

Short duration (1 session) on ice instruction focusing on a specific skill area offered on select stat holidays or pro d days. Or Camps that run during Xmas or Spring Break.

Rep Level Programs

Rep Level Conditioning Camp U11/U13 & U15/U18

A fast-paced, high-tempo on-ice camp built to prepare you for tryouts. We focus on technique, conditioning, flow, and competitive drills that mirror real association evaluations. Skate through common tryout drills, learn what evaluators look for, and step on the ice confident and prepared. **Arrive ready. Compete hard. Stand out.**

Rep Level Defencemans U11/U13 & U15/U18

Designed exclusively for defencemen looking to fine-tune their skills. Refine backwards skating, acceleration, pivots, point shots, and play reading while mastering gap control, angling, controlled contact, and shot blocking. Players develop confidence defending 1-1, 2-1, 3-1, and 3-2 situations, along with puck movement skills including headmanning and identifying passing and rushing lanes. **Control the gap. Win the battles. Command the ice.**

Rep Level Power Forward U11/U13 & U15/U18

Built for the REP-level forward ready to elevate their impact. Focus areas include forechecking, backchecking, cycling, puck control under pressure, 1-1 battles, faceoffs, angling, gap control & scoring execution. Players also learn advanced “sniper” concepts—combining power-forward presence with the finish of a true goal scorer. **Train like a difference-maker. Play like one.**

Rep Level Hockey Tough U11/U13 & U15/U18

Hockey Tough is where compete level meets skill. Built for players who want to outwork & out battle the competition. Develop the mindset & skills to win puck battles, control contact, protect the puck & dominate 1-1 and small-area play. Sessions blend technical skill, tactical awareness, flow & conditioning focusing on the details that separate good players from great ones. **Your edge to reach the next level.**

Pond Hockey U6/U8 or U9/U11

No team. No tryouts. Just play. Fast-paced, fully organized 3-on-3 games every week—designed for more puck touches, ice time & fun. Smaller teams mean maximum involvement, constant engagement & confidence-building. Each session includes: warm-up, referee, scorekeeper, & 3 timed periods. Shooter Tutors replace goalies to increase scoring & build confidence. A safe, structured environment where players compete, develop & simply enjoy the game. U6–U8: 6–12 skaters/team or U9–U11: 6–9 skaters/team. Big smiles. Fast shifts. Non-stop fun...

RPM's 3 on 3 Spring Hockey League U6/U9, U11/U13 or U15/U18

Operating April to June at the Planet Ice Maple Ridge and Pitt Meadows Ice Arenas.

3 on 3 Hockey is fun & fast with plenty of action, it develops both individual and team skills and has end to end play with few stoppages! 3 on 3 offers player's an alternative, a place where kids can be kids, play the game they love the way it is meant to be played...all out! If you want to spend your Spring playing hard, developing your skills, making new friends and having a blast, RPM's 3 on 3 is for you! Boys, Girls & Co-ed teams are welcome! Divisions are tiered based on ability.