



**BVHS U7 – U18 Skills Testing
Information Package 2020-2021
Evaluations**



BVHS Skills Testing Information Package Evaluations



This document outlines the BVHS Skills Testing Information pertaining used during Evaluations. BVHS uses Fusion Sports Smartspeed PT laser equipment to test our players. This is the most technological timing equipment on the market and its accuracy is second to none. This ensures that every player is given an equal opportunity to be placed accurately for Session # 2 Cascades.

The U7 Skills testing is only done to give us an overall rank of each of our players so that we can follow the U7 Operations Manual and ensure that we have an equal number of strong, average and needs work players on each of our U7 Teams.

Players will be put through a variety of drills to test their speed and agility with and without a puck. The test that will be done will vary depending on each age group.

The laser equipment is extremely expensive, and players must ensure that they are always on their best behaviour. Any player that fails to act appropriately will be sent off the ice and placed at the bottom group and placed accordingly for Session # 2 Cascades. We ask that players do not shoot pucks while on the ice to ensure that they do not hit and or knock over the lasers.

In the event that the laser equipment gives the on-ice testing coaches issues, they will have to resort to timing players using stop watches and or iPads, iPhones etc. This will be done at the discretion of the MHO and or Age Group Director. We hope that this does not become an issue for us, but technology may not always work out as planned.

How will each test work?

We will have a non-parent (station leads) running each station who will look after running the iPad and laser equipment. This person has been trained on the equipment and will ensure that the system is working properly. We will have other BV Coaches on ice (they will not have a child in that specific age group) and they will look after ensuring the kids are in order and behaving appropriately.

The station leads will provide the group with one demonstration. Players are required to pay attention and watch to ensure that they understand the drill.

Players will each get one turn to run through the drill. Players will go in order based on helmet numbers, starting with the lowest helmet number first.

Players must complete the drills appropriately, and this includes going around each cone completely etc. When players perform the drills with pucks, the pucks must go around each cone.

The Station Lead has full discretion to make a player do a drill again. In the event that a station lead makes a child complete the drill again, their decision is final.

If a player falls, they will be given a second turn to complete the drill again. If a player falls during their second attempt they must get up and finish the drill as they will not receive a third attempt.



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In the event that a player bobbles the puck through the cones, and it doesn't affect their time significantly, they will not be given a second turn to complete the drill. These drills require players to have the ability to control the puck with speed at all times. If a player loses the puck and it goes approximately 6-8ft away from them, and as a result their time will be affected significantly, the station lead will give the player a second turn. For all situations where the player gets a second turn for losing the puck will be the discretion of the station lead. Their decision is final. If a player falls while carrying the puck, they will be given a second turn to complete the drill again. If a player falls or loses the puck during their second attempt they must get up and finish the drill as they will not receive a third attempt.

The players will complete all the drills outlined for their specific age groups and their overall times will be added up, and players will be ranked by their overall scores.

The lasers have been setup to start and stop timing when the bodies torso breaks the laser beam. Please do not tell kids to reach and use their sticks thinking it will give them an advantage, it will actually end up giving them a slower time as that motion will slow them down.

We often see players slow down as they get close the lasers. Please stress with your child the importance of skating hard through the lasers, ensuring that they get the best possible time.

When players are completing drills using pucks, they must always keep the puck on their stick by either stick handling, pushing or dragging the puck. For example, on the 100 ft forward skate with a puck if a player shoots the puck ahead of them, and then skates up to the puck their score will not count, and they will be required to complete the drill for a second time. The puck must go around the cones when completing the agility weave and transition skating. If the puck does not go around the cones, they will be required to do the drill again.

Groupings for Skills Session # 1

It is imperative that all players take part in the Skills Session # 1 so that we can ensure we get an accurate placement of each player within that specific age group.

Absent players for Skills Session # 1 will be ranked based on the BVHS Evaluations Policy and BVHS Evaluations Guidelines documents. The decision of the Evaluations Committee is final.

Groupings for the Skills Session # 1 have no bearing on placements for Session # 2 - Cascades. Players placements for Session # 2 Cascades is solely based on the players overall scores and ranking for that specific age group. For example, if we have 215 U9 aged players, we will take the players overall scores from Session # 1, and the lowest score of the 215 players will get a ranking of 1, and the player with the highest total score would be ranked 215.

Age Group Specific Drills

Below is a summary of the drills that each age group will be completing during the Skills Session # 1.



U7 Drills

100 Foot Skate Forwards without Puck
Agility Weave without Puck

U9 Drills

Transition Skate without Puck
100 Foot Skate Forwards with Puck
100 Foot Skate Forwards without Puck
100 Foot Skate Backwards without Puck
Agility Weave without Puck

U11 Group

Transition Skate with Puck
Transition Skate without Puck
100 Foot Skate Forwards with Puck
100 Foot Skate Forwards without Puck
100 Foot Skate Backwards without Puck
100 Foot Skate Backwards with Puck
Agility Weave with Puck
Agility Weave without Puck

U13, U15 and U18 Age Group

Transition Skate with Puck
Transition Skate without Puck
100 Foot Skate Forwards with Puck
100 Foot Skate Forwards without Puck
100 Foot Skate Backwards without Puck
100 Foot Skate Backwards with Puck

Position Specific Drills for U13, U15 and U18 Age Group

Agility Weave with Puck Forwards (Forwards Only)
Agility Weave without Puck Forward (Forwards Only)
Agility Weave without Puck Backwards (Defence Only)
Agility Weave with Puck Backwards (Defence Only)



BVHS House Leagues

U9 age group will do the following drills for skills testing:

Transition Skate without Puck
100 Foot Skate Forwards with Puck
100 Foot Skate Forwards without Puck
100 Foot Skate Backwards without Puck
Agility Weave without Puck

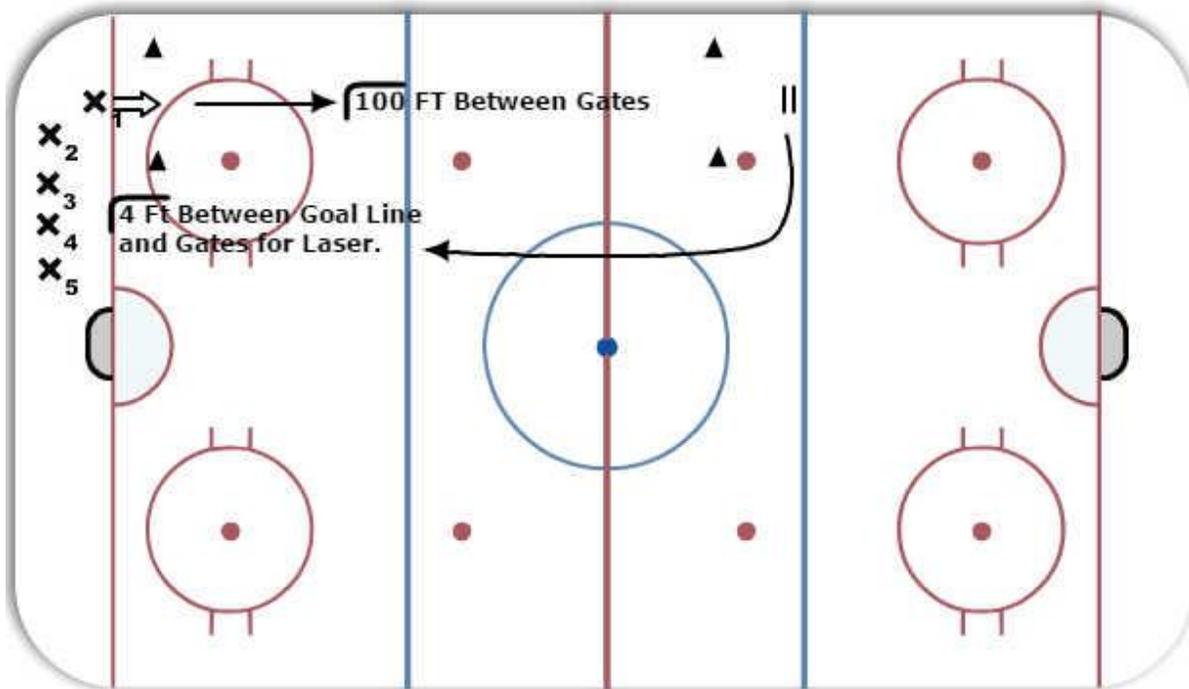
The U11 and U13 Age Group will do the following drills for skills testing:

Transition Skate without Puck
100 Foot Skate Forwards with Puck
100 Foot Skate Forwards without Puck
100 Foot Skate Backwards without Puck
100 Foot Skate Backwards with Puck
Agility Weave with Puck
Agility Weave without Puck

Drill Descriptions

Please see the drill descriptions attached to this document. We encourage parents to discuss these drills with their children so that they understand the drills. It is also encouraged to setup pylons and go through the sequence of drills on the street and or on the ice prior to evaluations.

100 Foot Skate (Forwards and Backwards) With and Without Puck



Description

The first gate will be setup 4 Ft off the Goal Line and the distance between the two gates (lasers) will be 100 Feet.

Players will start from a stand still on the goal line. Players can use either a V Start or Cross Over Start to start.

When the coach says go, the player will skate between the gate, and the first laser will begin to time when the bodies torso breaks the beam.

The player should skate as hard as he or she can until they get to the far blue line where they should make a two foot stop on the blue line.

The player should then come back through the middle of the ice and get in line for their next turn.

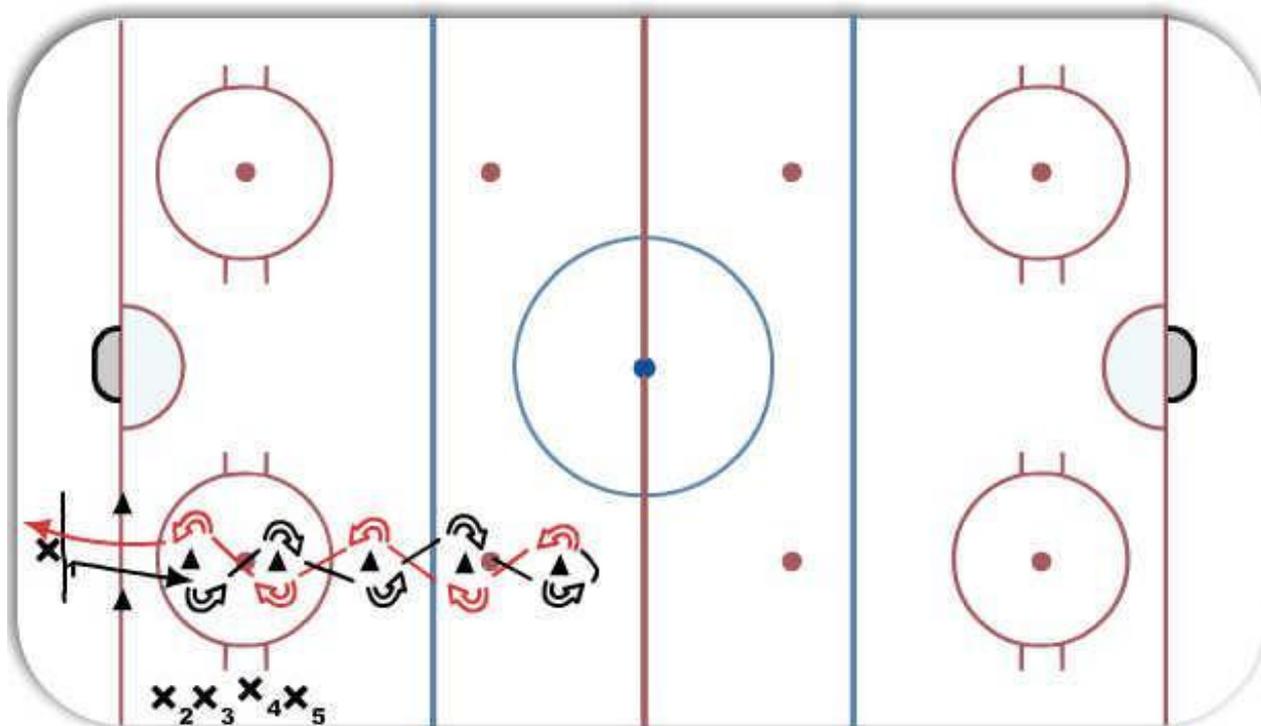
When players go with a puck they must either stick handle, push or drag the puck as they move down the ice. If a player shoots the puck in front of them and then chases it, their score will not count and they will be required to complete the drill again.

Depending on the Age Group players will complete this sequence in the following order:

- Forwards Without a Puck
- Forwards with a Puck
- Backwards without a Puck
- Backwards with a Puck

Key Points: Skate Hard to far blue line and do not let up prior to getting to the blue line., Use arm movements to generate speed when skating without puck., When skating with puck, either stick handle, drag, or push the puck depending on forward or backwards skating as well as comfort-ability.

Agility Weave - With and Without A Puck - Forwards



Description

The player will start on the line drawn on the ice four feet behind the goal line. The Pylons will be setup ten feet apart from one another.

When the coach tells the player to go, the timing will start when the bodies torso breaks the beam.

Players will start by going to the right or left side of the first pylon, and they proceed to go around all the cones.

They will do a full circle around the top cone and proceed to go around all the cones back towards the goal line. Players must to a tight turn around the top cone.

Once they get around the the last cone they skate hard through the gate and stop at the wall. Players are encourage to skate hard through the gate for the best possible time.

When players perform the drill with a puck, the puck must go around each cone or the player will be required to complete the drill again.

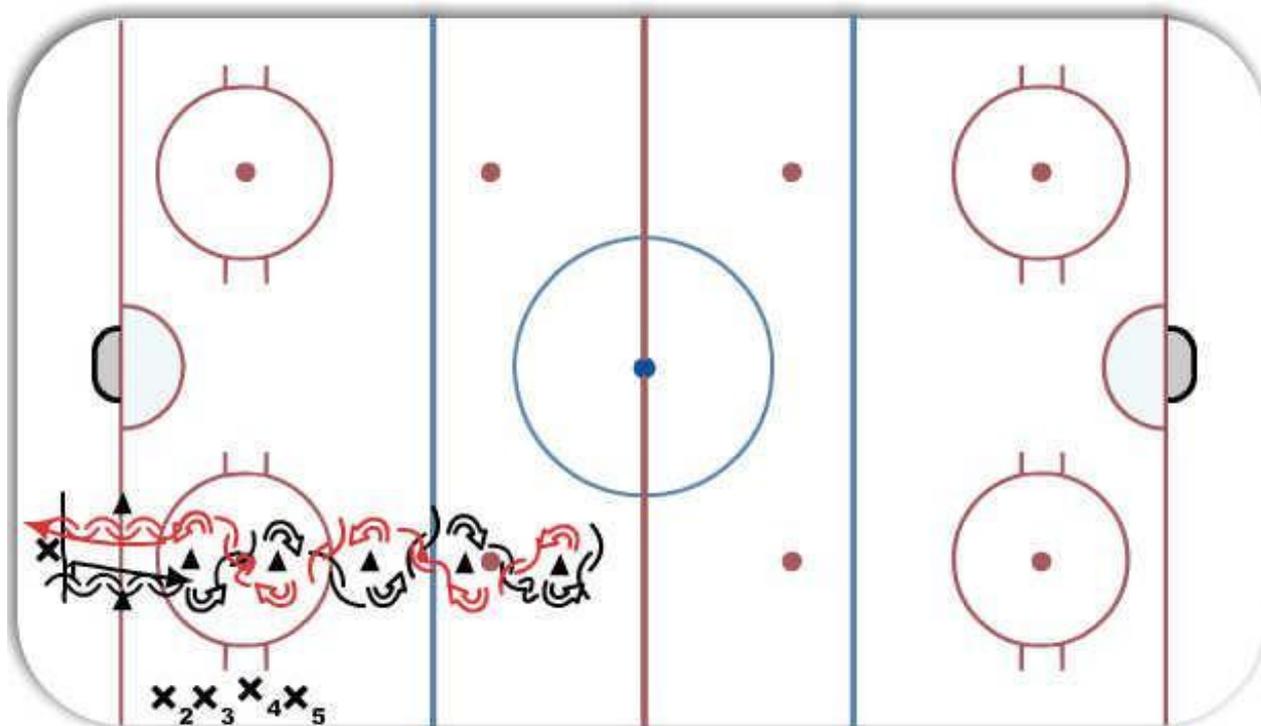
The sequence shown above in black is the players motion through the cones going from left to right. The sequence shown in red is the players motions going back through the cones right to left.

Depending on the age group players will do this drill with and without a puck.

Players must go all the way around the cones, and cannot go over top the cone. Any player that doesn't go all the way around the cone will be required to complete the drill again.

Tags: Quick feet., Controlled movements with puck., Don't lose speed going around the top cone.,

Agility Weave - With and Without A Puck - Backwards



Description

The player will start on the line drawn on the ice four feet behind the goal line. The Pylons will be setup ten feet apart from one another.

When the coach tells the player to go, the timing will start when the bodies torso breaks the beam.

Players will go to the right or left side of the first pylon, and they proceed to go around all the cones going backwards at all times.

They will do a full circle around the top cone and proceed to go around all the cones back towards the goal line. Players must do a tight turn around the top cone.

Once they get around the the last cone they skate hard through the gate and stop at the wall. Players are encourage to skate hard through the gate for the best possible time.

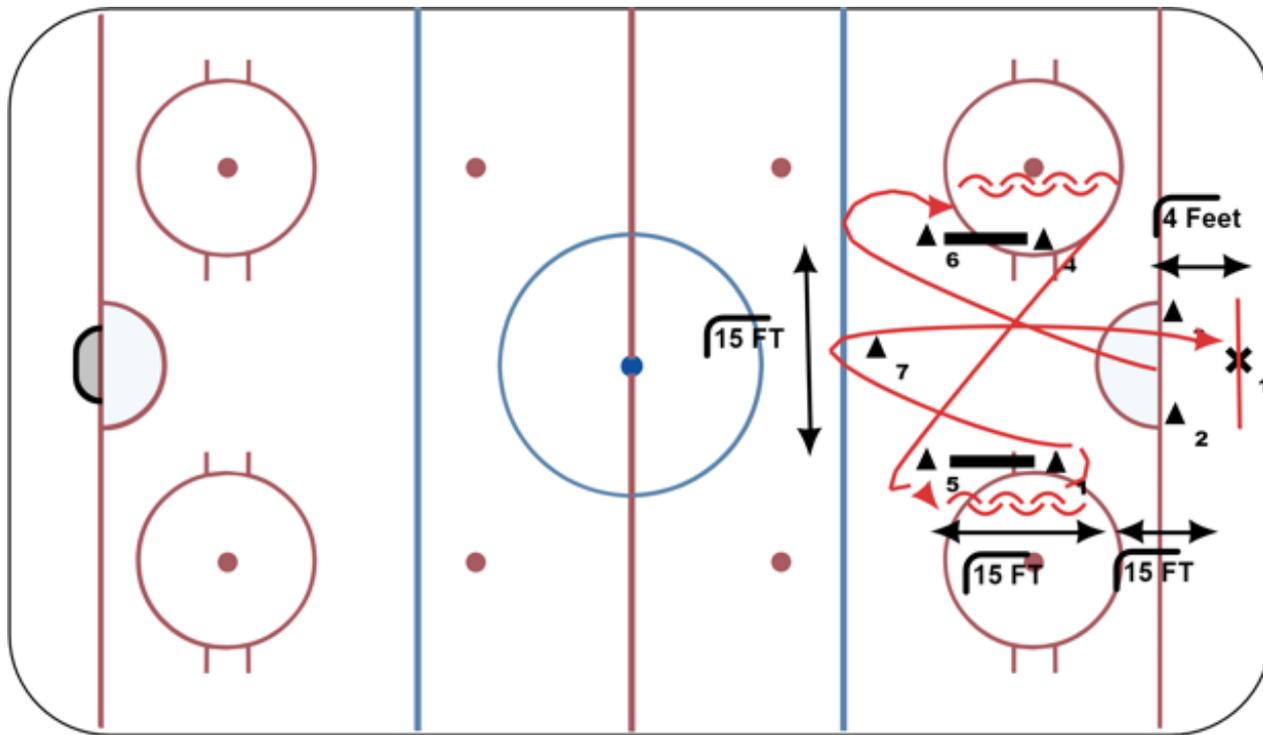
When players perform the drill with a puck, the puck must go around each cone or the player will be required to complete the drill again.

The sequence shown above in black is the players motion through the cones going from left to right. The sequence shown in red is the players motions going back through the cones right to left.

Players must go all the way around the cones, and cannot go over top the cone. Any player that doesn't go all the way around the cone and or doesn't stay backwards all times will be required to complete the drill again.

Tags: Quick feet., Controlled movements with puck., Don't lose speed going around the top cone.,

Transition Skate With and Without a Puck



Description

Players will start Four feet behind the goal line. When the coach tells them to go they will skate to the right or left side of the four cones and transition from forwards to backwards.

(In the diagram outlined above the player starting by going to the right side).

When they get to the bottom cone they proceed to skate forwards to the opposite side and go around the top cone where they transition from forwards to backwards.

When they get to the bottom cone they transition forwards and proceed to the top middle cone and do a tight turn around that cone and skate hard back through the laser gate where the timing will stop. Players can go to either side around the top cone. When they go around the top centre cone they must do a tight turn.

Players must take the puck around the pylons. They cannot put the puck inside the cones. To eliminate this from happening dividers will be placed between the cones to ensure that everyone has their feet and puck go around the pylons properly.

The pylons for the box shape will be set 15 feet apart from one another.

The cones closest to the goal line will be set out 15 feet from the goal line. The top centre cone will be set out 40 feet from the goal line. Players will start 4ft behind the laser gate to ensure that they don't break the plain before their turn.

Depending on the age group players will complete this drill with and without a puck.

Tags: Generate speed on transition from forwards to backwards., Keep in control of edges at all times., For Age Group with puck keep control of puck at all times.,