



HOCKEY CANADA

www.hockeycanada.ca

MODULE: *Skills Testing*



Hockey Canada

National Skills Standards & Testing Program



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Purpose

“Raise awareness of the importance of skill development and establish a system to measure and celebrate skills.”

In Canada today there is no nationally organized program that tests or recognizes skill improvement within the Canadian hockey system. It is clear that in the Canadian system we need to encourage coaches to foster the growth of the fundamental skills required to play the game at the minor levels by developing, measuring and providing positive feedback towards individual skill development. We must provide a means to measure success beyond just wins and losses.

To this end Hockey Canada has created the ***Hockey Canada National Skills Standards and Testing Program*** for minor hockey aged players in Canada. This program is based on the fundamental philosophy that skill development should be fun and challenging while at the same time made accessible by any player in the minor hockey system in Canada. Hockey Canada believes we should celebrate skill achievement.

Accessibility

- Any Hockey Canada member team has access to the program
- Testing data is centralized through the use of the Hockey Canada national web site (www.skillstesting.net)
- There will be minimal cost to the player / team to participate in the program (Level 1 is free of charge)

Testing

- A series of individual tests have been established that may be administered with simplicity by team coaches with very little equipment, expense and set up time.
- Testing should be done 3 times per season
 - 1) Beginning of season for initial analysis and team / player profile
 - 2) Mid – season to check and see if team / players are showing improvement in skills
 - 3) End of season to show improvement from start to finish

Standards

- A series of age division standards will be set up for players and teams to compare scores and judge strength, weakness and improvement

Education

- Hockey Canada will provide a technical package for the testing kit for coaches as well as provide skill tips on a national web site.
- The most important aspect of the program is that once coaches have tested the kids, they will get a series of drills designed to help them improve weaker areas of the team as a whole, or players individually.



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Beyond the pilot phase

The primary component of the ***Hockey Canada National Skills Standards and Testing Program*** is an exclusive web site owned and operated by the CHA that will centralize data for member coaches, players and minor hockey associations in Canada.

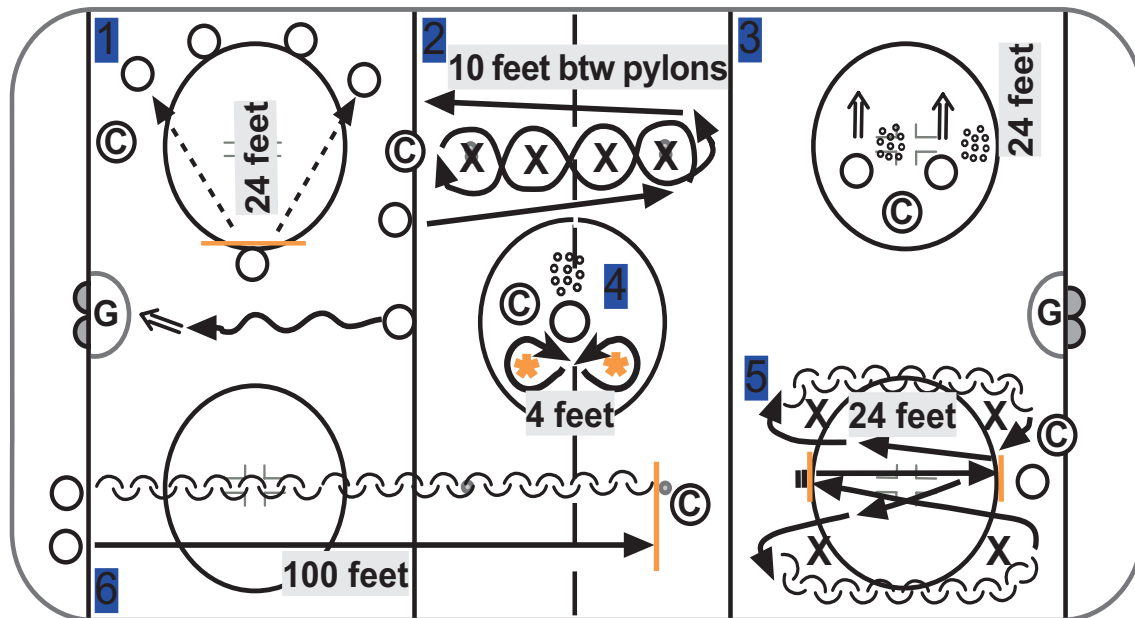
The web site located at www.skillstesting.com will house all player and team skill testing data and provide testing norms for skills comparison with peer players and teams throughout Canada, North America and eventually the world. There will also be an opportunity to compare against national team caliber players.

Furthermore, the site will also offer special contests and skill development tips.



MODULE: Skills Testing

6 Station Skills Testing Set - Up

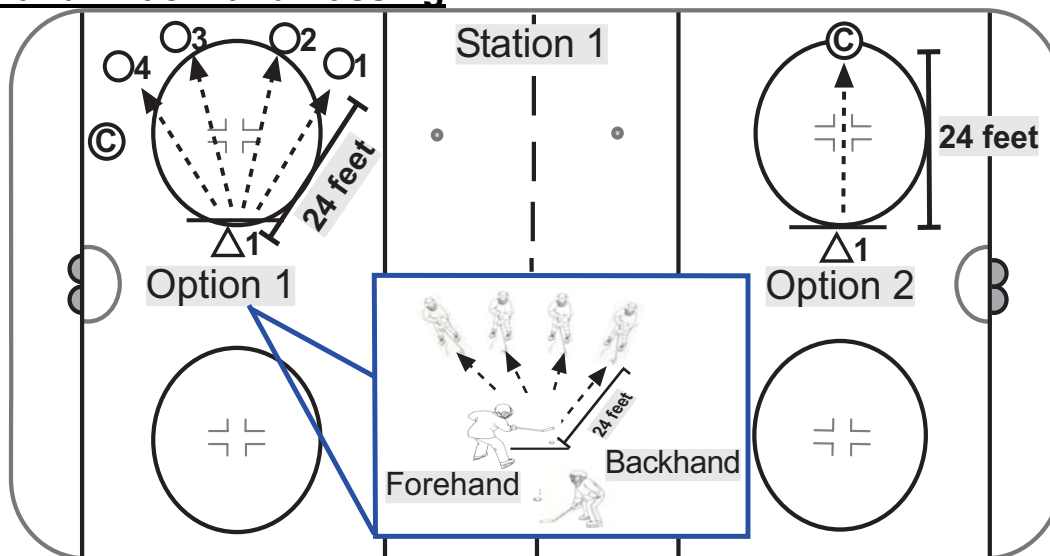


| Description | |
|---|---------------------------------|
| 60 MIN | 6 Station Skills Testing Set Up |
| <ul style="list-style-type: none"> ● Option 1 <ul style="list-style-type: none"> - All 6 stations can be run in one practice. It will take approximately 10 minutes to set up, leaving about 8 minutes per station to complete the testing. - During the set period, the players can warm up & be given an overview of how the session will work. - Depending how many players there are they can be divided into groups as small as two (1 Team on the ice) or as many as 6 (2 Teams on the ice). - If option 1 is used you will need at least 6 coaches or assistants on the ice ● Option 2 <ul style="list-style-type: none"> - 3 stations can be run one practice, and another 3 stations can be run the next. - If this option is used you will need at least 3 coaches or assistants. | |
| Key Execution Points (KEP) | |
| <ul style="list-style-type: none"> ● Use parents to act as recorders when entering the scores on the data sheet ● Ensure the necessary equipment is on hand 1. Pucks 2. Tape Measure 3. Spray paint 4. Stop watches 5. Pylons 6. Clipboards ● If players fall or perform the skill incorrectly, give them another chance to complete the skill. | |



MODULE: Skills Testing

Forehand / Backhand Passing



| Description | |
|---|-----------------------------|
| 8 MIN | Forehand / Backhand Passing |
| <ul style="list-style-type: none"> • Option 1 <ul style="list-style-type: none"> - 1 Player starts with puck standing on edge of circle, 4 or 5 receivers line up in semi circle. Passer makes a total of 10 passes to the receivers who are standing on the opposite edge of the circle. Receivers are 24 feet from passer. Passer makes pass to receiver, who then passes it back, then passer passes to next player etc until 10 passes are made by the passer. The receivers are not scored for their reception of the pass, or their pass back to the passer.. A successful pass is one that hits the stick of the receiver. Done on both forehand and backhand. • Option 2 <ul style="list-style-type: none"> - Performed in the same manner except the 10 passes are to a coach or to one player * This method is preferred when time constraints are an issue, as this test usually takes the longest to complete. Another way of saving time is to split this station into forehand and backhand stations and have two people recording simultaneously – 1 forehand, and 1 backhand. | |
| Key Execution Points (KEP) | |
| <ul style="list-style-type: none"> • Score is recorded as number of successful passes out of 10 (forehand & backhand) by passer only • There is no time limit • Can split into two groups, 1 doing forehand, 1 doing backhand then switch. | |



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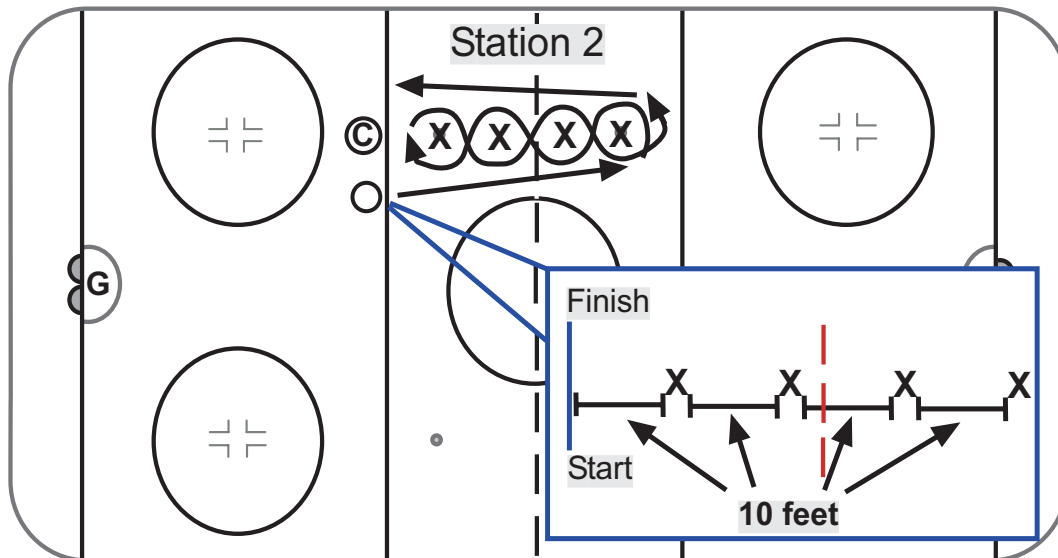
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Forward Weave Agility Skate

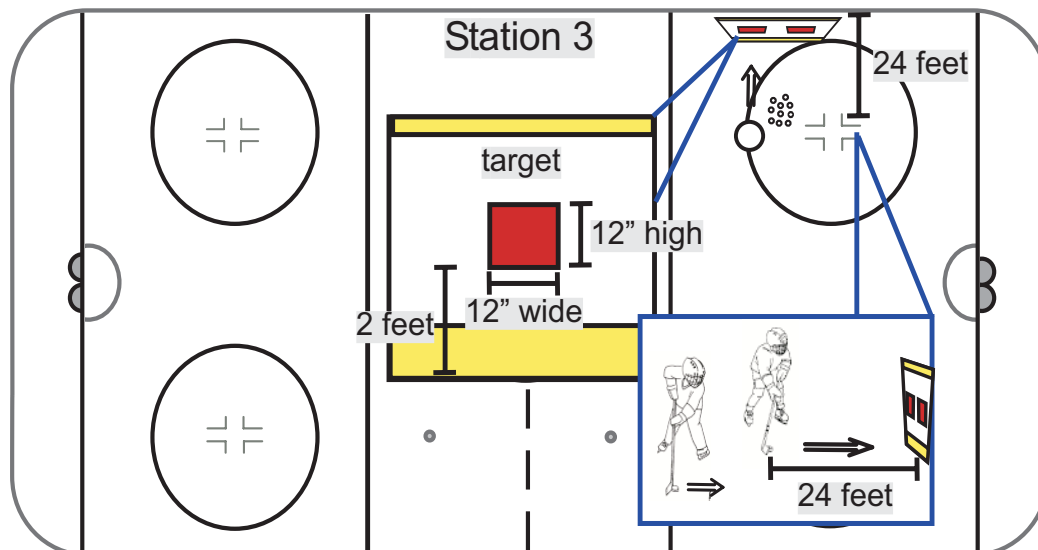


| Time | Description |
|---|-----------------------------|
| 6 | Forward Weave Agility Skate |
| <ul style="list-style-type: none">• Start at blue line, skate forward towards far pylon make a tight turn around first pylon, then weave through pylons, making a tight turn around last pylon, and weave back through the pylons, making a tight turn around the last one, and sprinting to far blue line.• Pylons are 10 feet apart.• First pylon is 10 feet from blue line. (Starting point) | |
| Key Execution Points (KEP) | |
| <ul style="list-style-type: none">• This is a timed drill• Done without a puck, then with a puck• Measure distances, and use spray paint to mark the spot, then put a pylon over top of the spray paint dots, this ensures if a pylon gets knocked off, it won't have to be re-measured. | |



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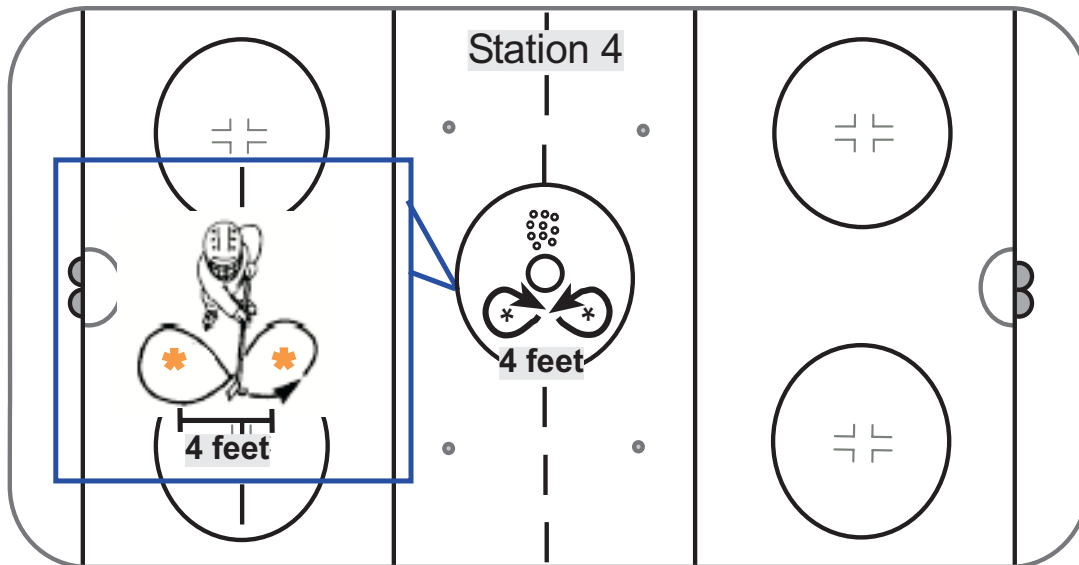
Shooting Accuracy



| Time | Description |
|--|-------------------|
| 8 MIN | Shooting Accuracy |
| <ul style="list-style-type: none">• Players line up 24 feet from the boards. Bottom of target is placed on the boards 24 inches up from ice. Players take 10 forehand shots and 10 backhand shots at the target. Number of shots that hit the target out of 10 is recorded.• Another way of saving time is to split this station into forehand and backhand stations and have two people recording simultaneously – 1 forehand, and 1 backhand. | |
| Key Execution Points (KEP) | |
| <ul style="list-style-type: none">• Have 10 pucks ready for each player to shoot.• Have all players go through on forehand first, then on backhand.• Measure distances, and use spray paint to mark the spot | |

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Figure “ 8 “ Stickhandling

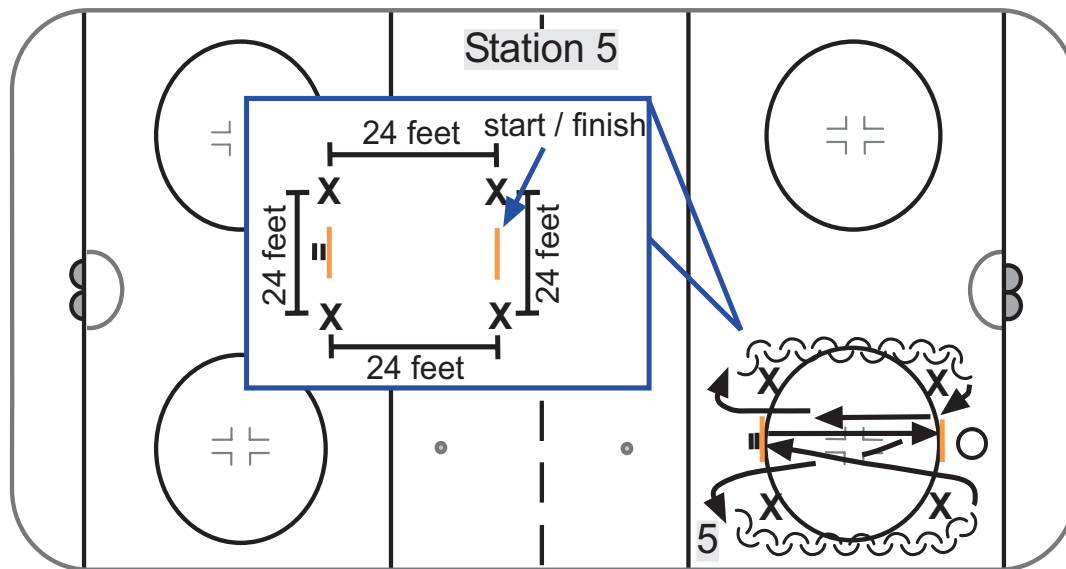


| Time | Description |
|----------------------------|---|
| 8 MIN | Figure “ 8 “ Stickhandling |
| | <ul style="list-style-type: none"> • Two spray paint dots, or pucks are placed 4 feet apart. • Player is timed to see how long it takes to do 10 figure 8’s around the dots with the puck. • Player is stationary, and only the puck does the figure 8’s around the dots. • One complete figure 8 is going around both dots / pucks and crossing the middle starting point. |
| Key Execution Points (KEP) | |
| | <ul style="list-style-type: none"> • This is a timed drill |



MODULE: Skills Testing

Transition - Agility Skate

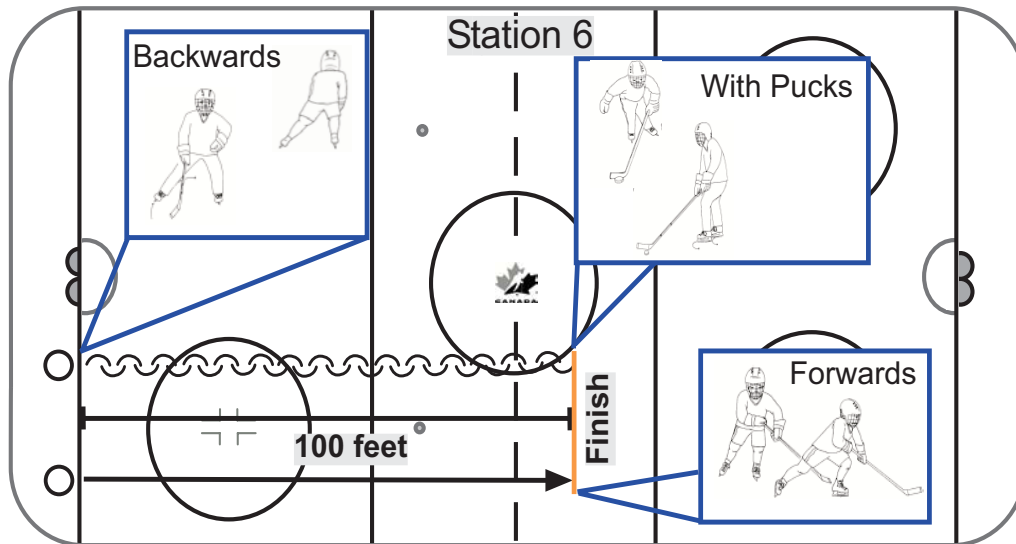


| Time | Description |
|----------------------------|--|
| 8 MIN | Transition - Agility Skate |
| | <ul style="list-style-type: none">• Players starts on line at bottom of circle, skates forward to far, right hand pylon, pivots and skates backwards to lower right hand pylon.• Player then pivots and skates forward to far, left hand pylon, pivots and skates backwards to lower left hand pylon.• Player then pivots and skates forward to designated line, stops, and then skates forward back to starting line. |
| Key Execution Points (KEP) | |
| | <ul style="list-style-type: none">• Players must transition from forward to backward, and forward to backward at the pylons• Measure distances, and use spray paint to mark the spot, then put a pylon over top of the spray paint dots, this ensures if a pylon gets knocked off, it won't have to be re-measured. |



MODULE: Skills Testing

Forward / Backward - Speed Skate



| Time | Description |
|---|----------------------------------|
| 8 MIN | Forward / Backward - Speed Skate |
| <ul style="list-style-type: none">• Players skate as fast as they can straight ahead, forward and backwards• The distance is 100 feet.• Measure 100 feet starting at the goal line, use a spray paint line to indicate finish.• Do first without a puck, then with a puck. | |
| Key Execution Points (KEP) | |
| <ul style="list-style-type: none">• Do forwards without / with puck, then backwards.• Encourage kids to skate through finish line | |

