

## 2023/2024 Evaluations Program



Dear Players & Parents,

Early fall is an exciting time of the year as it is the start of hockey season! Along with this excitement comes some stress: getting hockey gear ready, organizing schedules and of course evaluations. The purpose of this letter is to relieve some of this stress and be transparent on how the evaluation program will work. Please become comfortable with this document to ensure that there will be no surprises when coming to the first skate. Let's make this process as positive as we can and have a great start to the hockey season.

Thanks,

*Bar Down Education*

### **Keys to success:**

- Read and understand all the components of the evaluation program. Knowing what you are getting into will help relieve the stress.
- Make sure all equipment is ready (ie: sticks cut, skates sharpened etc.)
- Eat well and make sure you are properly hydrated for your skate.
- Get a good sleep leading up to the day of your skate.
- Don't panic. Relax.

### **General Rules:**

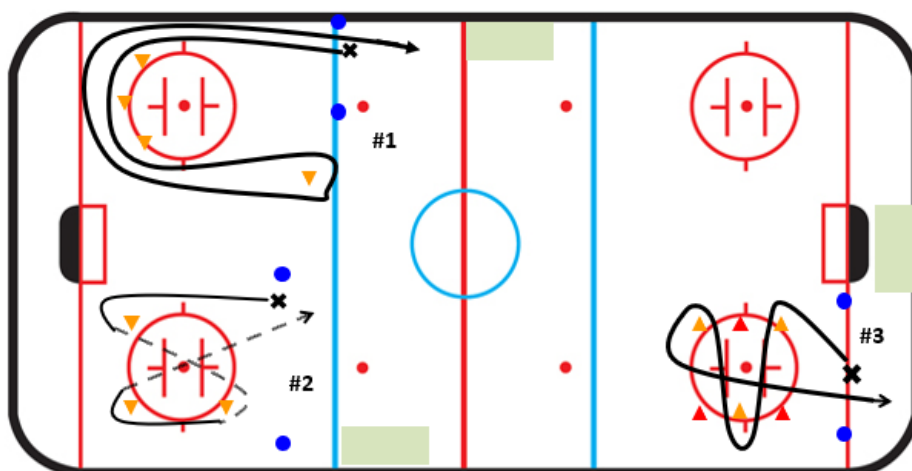
- Be dressed and ready to go on the ice 10 minutes before your scheduled ice time.
- Ensure that you are listening and following all commands of your group leader.



### Skate #1 (Skill Skate):

Players will be assigned a 15 minute time interval to be at the rink. Players will be asked on the ice in groups and will complete each drill twice. Their best time will be recorded. Under the discretion of Bar Down Education the players 2<sup>nd</sup> attempt at the drill can be cancelled if it serves to best fit the dignity of the player (ex. player struggles tremendously at the drill and there is no need to force player to do it a second time). Players will move from drill to drill and then exit the ice. Total time on ice will be approx. 15 minutes.

### Drills:



Drill #1	Drill #2	Drill #3
<ul style="list-style-type: none"> <li>• Crossover Sprint</li> <li>• Players stand in the lime green box</li> <li>• Player will be called up to the blue dots</li> <li>• Player will start on their own accord and follow the pattern as shown in the diagram.</li> </ul>	<ul style="list-style-type: none"> <li>• Pivots</li> <li>• Players stand in the lime green box</li> <li>• Player will be called up to the blue dots</li> <li>• Player will start on their own accord and follow the pattern as shown in the diagram.</li> <li>• Note: The dashed line represents back ward skating.</li> </ul>	<ul style="list-style-type: none"> <li>• Tight Turns (w/puck)</li> <li>• Players stand in the lime green box</li> <li>• Player will be called up to the blue dots</li> <li>• Player's first tight turn will be on their forehand (above diagram is showing a right handed player)</li> <li>• Player will start on their own accord and follow the pattern as shown in the diagram.</li> </ul> <p><i>Note: Body, puck and stick must go around the pylon.</i></p>



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## Skate #2 (Scrimmage 1)

Teams will be created based on the results from Skate #1. Scrimmages will follow the traditional rules of hockey but for equality of ice time shifts will be limited to 1 minute (signaled by the buzzer). No faceoffs (except to start the scrimmage) will be performed. If a goal is scored, the scoring team must give the opposing team the blue line to re-engage (for U9 players will move to half ice).

## Skate #3 (Scrimmage 2)

Teams will be created based on the results from Skate #1 and Skate #2. Scrimmages will follow the traditional rules of hockey but for equality of ice time shifts will be limited to 1 minute (signaled by the buzzer). No faceoffs (except to start the scrimmage) will be performed. If a goal is scored, the scoring team must give the opposing team the blue line to reengage (for U9 players will move to half ice).

## Evaluation Criteria

For each scrimmage each player will be given a holistic score out of 5 working off the criteria\* below from each evaluator:

The skills noted in white writing are for contact hockey.

Skating	Puck Skills	Compete Level	Positional Play	Hockey Smarts
<ul style="list-style-type: none"> <li>• Quickness</li> <li>• Agility</li> <li>• Transitions</li> <li>• Pivots</li> <li>• Ability to skate through a hit</li> <li>• Gap control for angling in contact situations.</li> </ul>	<ul style="list-style-type: none"> <li>• Accurate passing</li> <li>• Range of motion with puck</li> <li>• Creativity</li> <li>• Dekes</li> </ul>	<ul style="list-style-type: none"> <li>• Backchecking</li> <li>• Forechecking</li> <li>• Second effort attempts</li> <li>• Engagement in the corners and front of the net</li> <li>• Willingness to engage in contact</li> <li>• Confidence in playing contact hockey</li> </ul>	<ul style="list-style-type: none"> <li>• General positional play</li> <li>• Maintaining lanes</li> <li>• Offensive tactics</li> <li>• Defensive tactics</li> <li>• Awareness of position to maximize successful hitting tactics</li> </ul>	<ul style="list-style-type: none"> <li>• Spacing</li> <li>• Read and react</li> <li>• Coverage</li> <li>• Team-mate spatial awareness</li> <li>• Knowing when separation of man and puck is best suited for contact or successful stick check</li> </ul>

*\*These are examples of key terms used by the evaluators, however with the complexity of the game of hockey this is not a comprehensive list of skills looked at.*