



SKILLS EVALUATION - Session #2



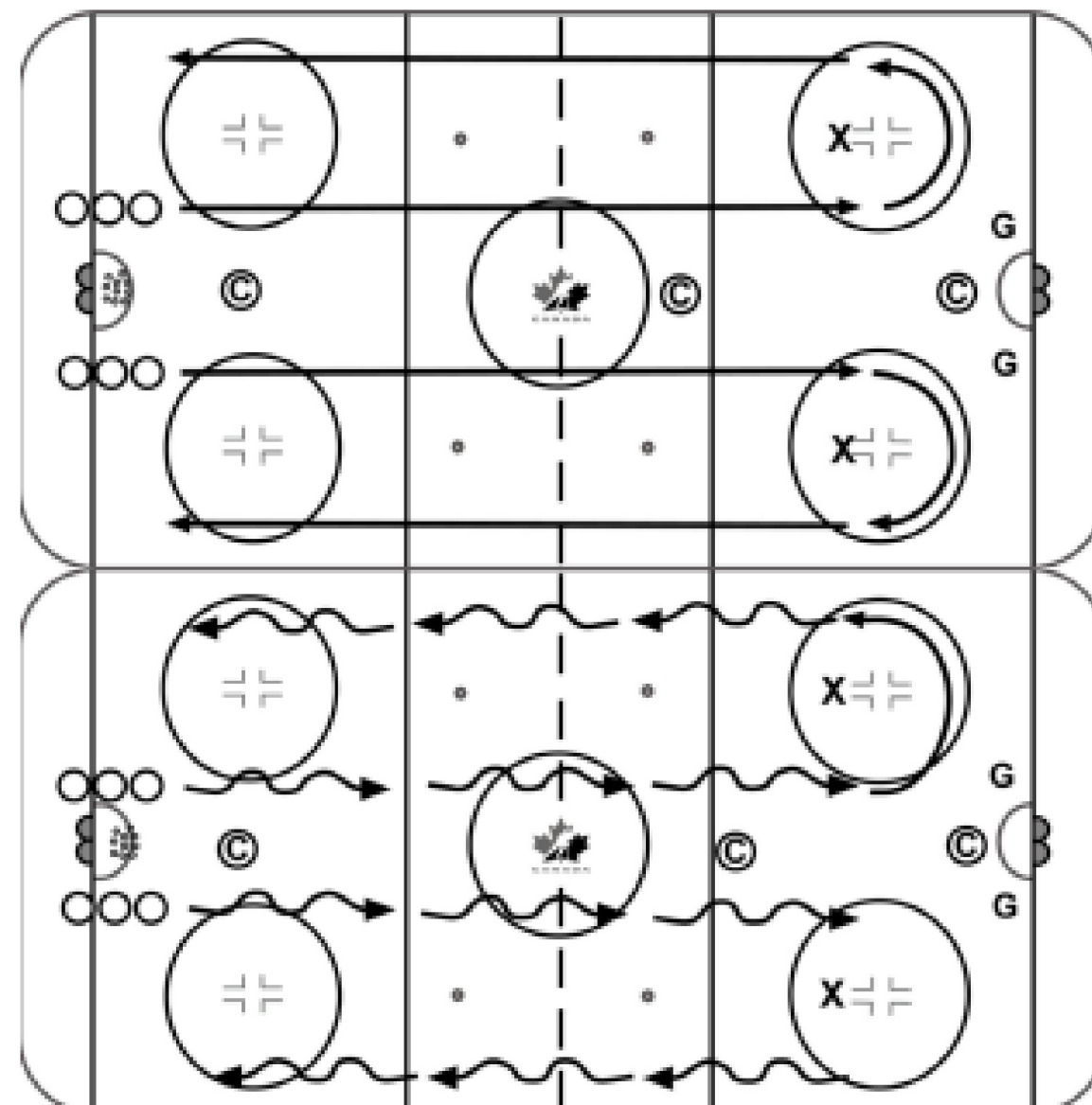
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1

Puck Handling/Skating - 10 to 12 minutes

Resource: Hockey Canada Skill Evaluation

Drill Name & Description			
12 mins – Skating / Puck Control Agility Combinations			
<ul style="list-style-type: none">-Form two lines at hash marks in one end, players perform skills down the middle of the ice and back along the boards.-Players go one after another-Forwards and Defence do the same skills-Goalie Coach works with goalies at far end			
Forward Skating skills to be done With Puck <ol style="list-style-type: none">1. Heel skate2. Heel skate / stride combination3. Heel skate / 1 crossover combination4. Stride / 1 crossover combination5. Continuous Crossovers			
On Ice Instructors have ability to change skating/puck skills based on skill of group. i.e. backwards skating, pivots with puck etc.			
Key Teaching Points		Key Evaluation Points	
Skating <ul style="list-style-type: none">-Encourage creativity / deceptive skating-Change direction / Lateral Movements-Quick feet-Head up-Technique is important in the warm-up to give the players lots of repetition on technical aspects of skating	Puck Control <ul style="list-style-type: none">-Focus on the blending skills with a puck-Progress to crossovers-Progress to Mohawks-Deceptive skating moves with puck-Don't rush through the blended skills	Skating <ul style="list-style-type: none">-Eyes up, scan the ice-Look for equal ability with both feet-Look for agility, quickness, speed change-Puck Placement	Puck Control <ul style="list-style-type: none">-Eyes up, scan the ice-Range of motion to forehand and backhand-Separation of upper and lower body-Agility, creativity, deception-Puck Management – puck not exposed





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Forward & Defense skill split - Drill 1 - 8 to 10 minutes

Resource: Hockey Canada Skill Evaluation

Drill Name & Description	
12 mins – Skill Splits	
1) Forwards – Entries – Overspeed Moves -Players start along the boards inside the blue line. -Skate out from the boards into NZ and then perform a few quick crossovers to turn back. Can also pass puck off boards to self prior to entering zone -Turn head, scan before turning toward offensive zone Forward Entry sequences involved: <ol style="list-style-type: none">1. Heel skating across blue line - navigate2. Net drive – forehand / backhand3. Progress to 2 on 1 against coach	
2) Defence – Shooting Sequence -Place 2 or 3 piles of pucks inside blue line (Shoot 3 - 5 pucks for each skill) <ol style="list-style-type: none">1. Stationary quick release pulls (drag)2. Stationary quick release pushes3. Pull to inside, push back to outside for shot4. Push to outside, stop bhd drag back to inside shot	

Key Teaching Points		Key Evaluation Points	
Forwards -Use crossovers to turn quickly -Pick up the puck in stride to quickly enter the offensive zone – Eyes up -Sell the fake on the obstacle or coach with the head and shoulders	Defence -Eyes, up, look at target -No Dust, Quick release	Forwards -Accelerate out of turn in NZ -Eyes up, loading puck -Spatial awareness, (gap on coach) -Evasiveness and separation to create shot lane	Defence -Ability to move laterally - Push or Pull -Ability to shoot with eyes / head up -Ability to find open lane -Look for overhanding the puck. -Clean / efficient handling of puck



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Forward & Defense skill split - Drill 2 - 8 to 10 minutes

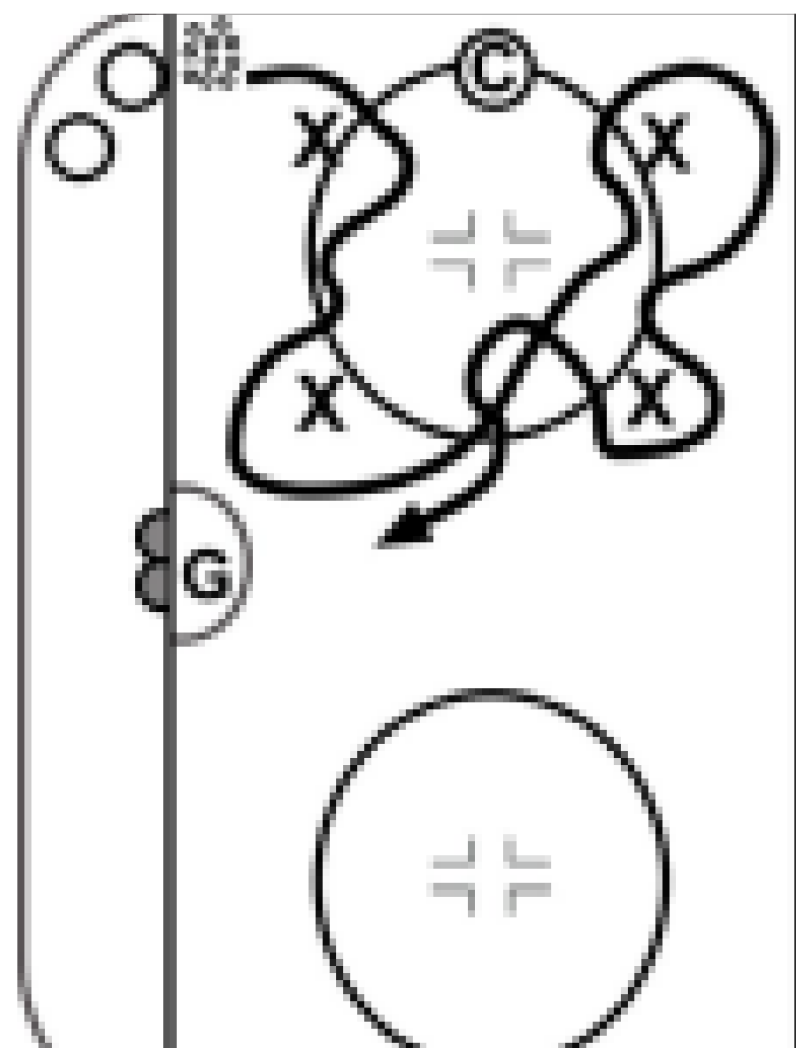
Resource: Hockey Canada Skill Evaluation

1) Forwards – 4 Pylon Agility

-Place 4 pylons on the circle (use both end zones to maximize player activity)

1. Player starts by going around the pylons in a random fashion.
2. Two players one puck – give and go passing
3. One puck carrier, one chaser trying to steal puck
4. Progress to no pylons / keep away

-Alternate sides - finish with shot on net (can use two nets on goal line if more than 2 goalies in the group and do drill from both sides)



2) Defence – Loose Puck Retrieval and Evasive Moves

Retrieval Sequences:

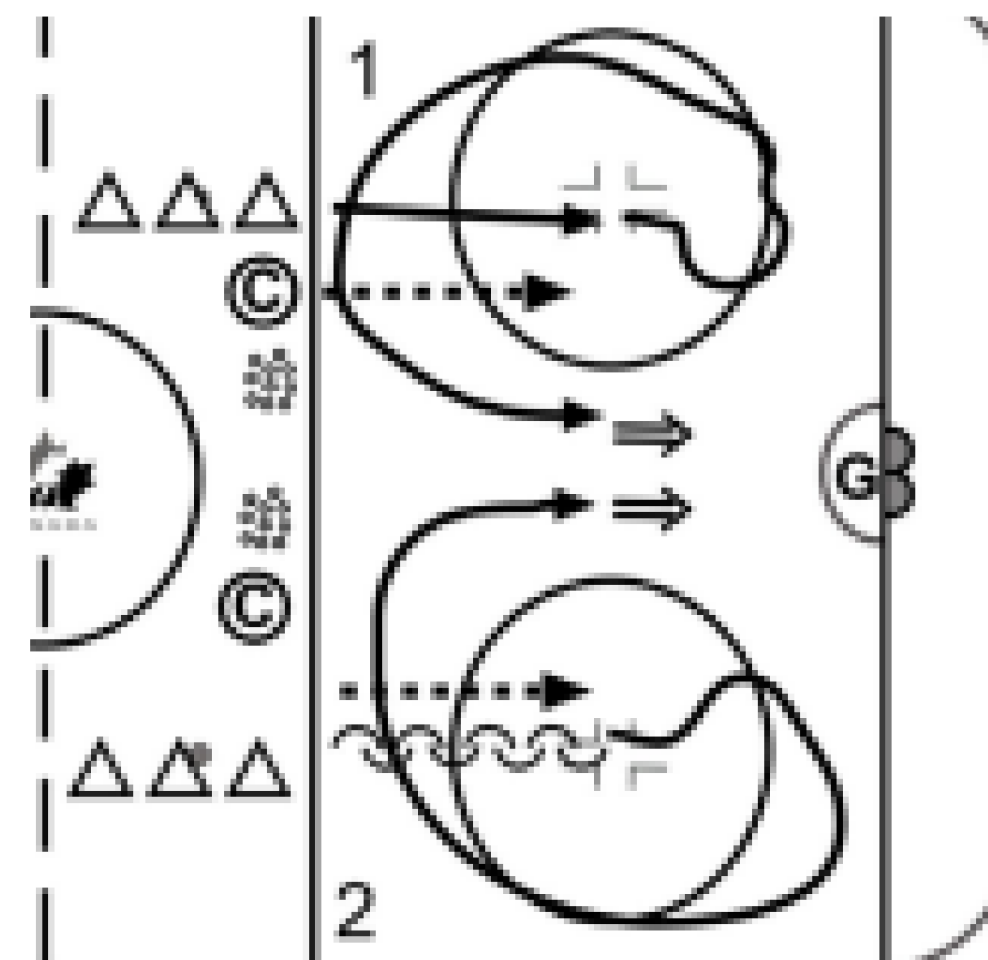
Defense uses shoulder checks and deception on way to retrieve puck, outlet pass to Defence along blue line who walks blue line for shot. Alternate sides

1. Forward skate retrieval
2. Forward skate retrieval add chaser

Evasive Sequences:

Defence drags puck back with eyes up scanning for the next correct play

1. Backwards Drag and escape to BHD / FHD
2. Backwards Drag and ½ turn escape to BHD / FHD
3. Backwards Escape turn of choice add chaser





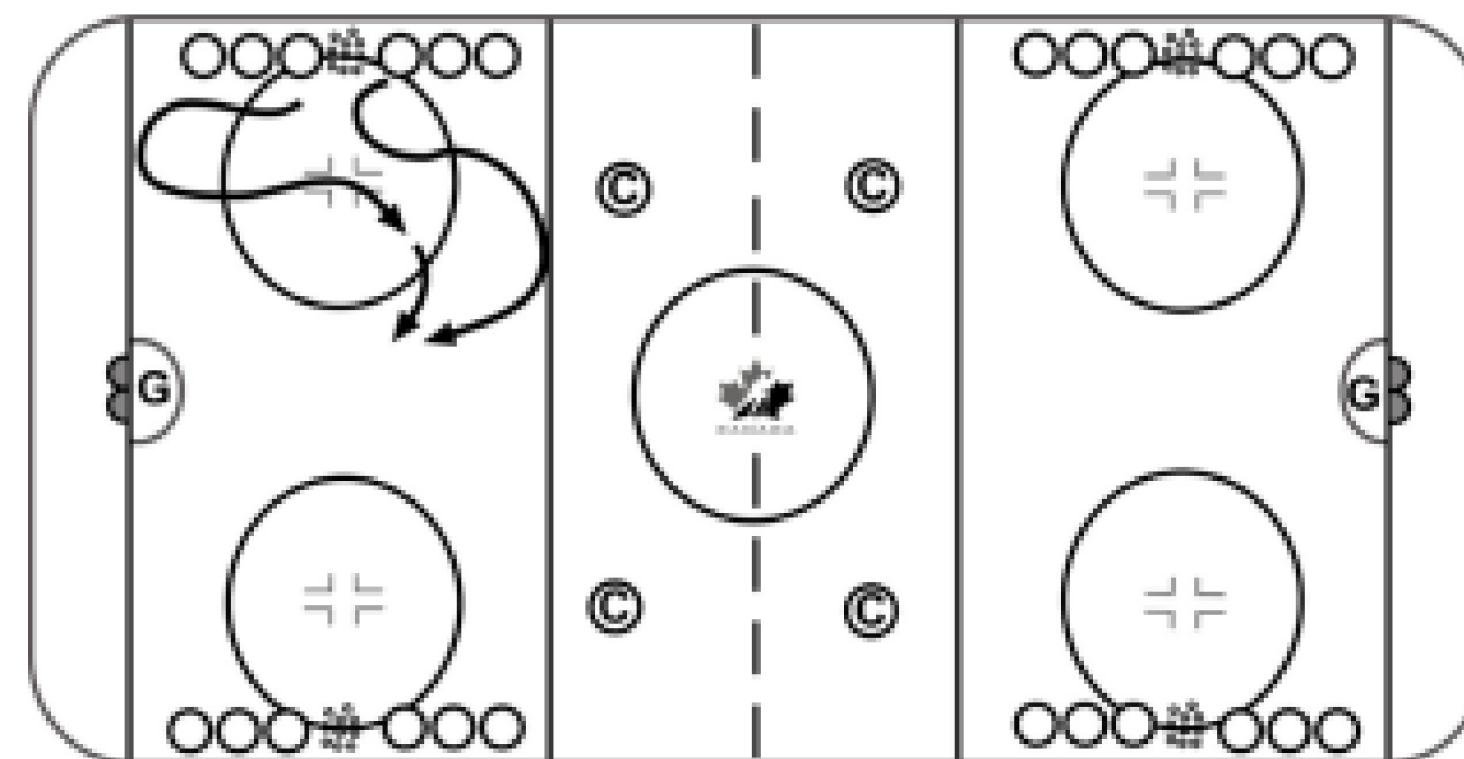
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GROUP ACTIVITY - SAG Angling Drill - 10 to 12 minutes

Resource: Hockey Canada Evaluation Package

Drill Name & Description	
8 mins – SAG - Angling	
1) 1 Up / 1 Down <ul style="list-style-type: none">-Gap and angling drill – Can split into 4 groups using each corner of ice. Alternate sides-Coach starts play with “Go”-Defensive player must touch goal line-Forward must touch blue line.-Defensive player tries to clear puck or skate it past ringette line if they steal it.-Forward tries to score – 1 shot / 1 rebound allowed	
Key Teaching Points	
-Offensive players attack the net and defensive players compete to strip the puck.	



Key Evaluation Points	
Forwards <ul style="list-style-type: none">-Look before turning to attack-Evasiveness, creativity-Attack vulnerability-Protect puck, get it to net	Defence <ul style="list-style-type: none">-Turn head, before turning up ice-Gap up-Use stick to steer then stick on puck

Encourage both D & F to alternate carrying puck vs. angling



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GROUP ACTIVITY - TURBO Finisher - remaining time allotted

Resource: T.W Coach Development

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^ Description

** Dotted Lines are boundaries - nets are put on ringette lines.

- Game is player 3v3 or 4v4 in middle of ice.
- IF the puck goes out of bounds or in the net on team X side - 3 new X's jump in with a puck - forcing O's to transition to defense/backcheck.
- Play will continue while puck is in the middle of the ice.
- Teams always change when puck goes out of their end.
- Fast pace with lots of player movement & action.

^ Key Points

Players should recognize a turnover and jump back to d side of puck. Backchecking/picking up a man is important.

For Evaluators:

- Watch players with and without the puck
- Do players without the puck move into space to get open, are they passing and moving towards the net.
- Once on D side - are players finding a "man" on the back check, coming back to defend or standing still.

