



RETURN to HOCKEY

COVID-19 RESPONSE

Player Evaluation/ Selection

2020-21 Season



Introduction

Local Hockey Associations

- Player evaluation can be one of the most difficult tasks for a local hockey association to deal with. It can also be the foundation for which an association is built upon. In most cases, player evaluation is used to place players onto teams.
- For most local hockey associations, there are two types of evaluations:
 - 1) Evaluations during pre-season for selection on to teams (tiered or grouped).
 - 2) Evaluations at the end of the season as a post-season report card.
- Evaluations should also be used as a tool for coaches as a development framework based on the individual strengths and weaknesses of the players.

Objectives

- To provide a fair and impartial assessment of a player's total hockey skills during the skating and scrimmage sessions to ensure they have a reasonable opportunity of being selected to a team appropriate to their skill level as determined during the on-ice evaluations of the current year.
- To provide coaches with the opportunity and flexibility to build a team based in part on their own coaching philosophy and knowledge of player skills and attitude.
- To provide uniformity and consistency in the evaluation process such that player and parent expectations are consistent from year-to-year as players move through the association.
- To form teams to maintain balanced and competitive play where players can develop and participate equitably and have fun during the hockey season.

Coaches/Evaluators

- On-ice lead plus a minimum of four coaches on the ice to run the session.
- Minimum of four off ice evaluators to rate/score the players.
- Age-division coordinator to collect and tabulate the scores.

Process

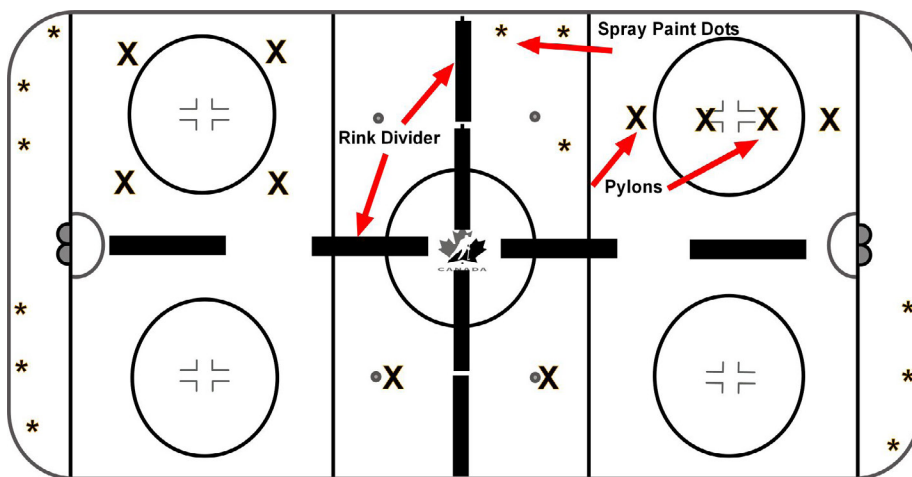
- A minimum of three evaluation sessions should be used to place players on teams:
 - **Session 1** should be on technical skills, without and with a puck.
 - **Session 2** should be on small-area games to evaluate small-area skills, competitiveness and hockey sense (providing public health authorities allow for close proximity on the ice).
 - **Session 3** should be a scrimmage or game to evaluate game play, competitiveness and hockey sense (providing public health authorities allow for close proximity on the ice).
- If further evaluation is required, then Session 3 can be repeated as necessary to get players evaluated and placed on teams (providing public health authorities allow for close proximity on the ice).
- These evaluation sessions can be used for all age groups (Timbits U7 does not require a formal evaluation process, but rather two or three practices that can be used to group the players according to skill level to meet the needs of placing players on balanced or tiered teams).

Player Evaluation Drills

On-Ice Set-Up

Suggested Equipment

All of the player evaluation drills found on the subsequent pages of this resource can be found free of charge on the [Hockey Canada Network](#) app.



Description:

The use of equipment such as pylons, rink dividers, dangles and spray paint can be effective to split the ice into zones and also ensure proper physical distancing for players.

PYLONS

- 16 pylons to mark proper spacing distances.
- Indicator of where a player not in the activity should wait for their turn.

SPRAY PAINT / MARKERS

- To divide ice into zones (water-based spray paint to be used after getting permission from facility).
- To mark proper spacing distances.
- Indicator of where players not in activity should wait for their turn.

RINK DIVIDERS

- To divide ice into zones.
- To mark proper spacing distances.
- Indicator of where players not in activity should wait for their turn.
- Can be used to sit on.

ON-ICE COACHES

- Minimum four coaches.
- One additional coach to manage the ice session.

EVALUATORS

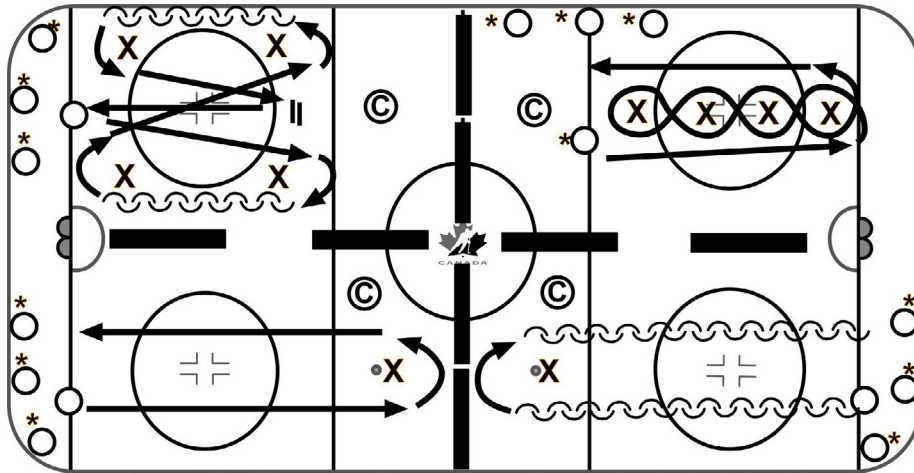
- Age-division coordinator.
- Minimum four evaluators required.

DRILL THEME:

Player Evaluation Ice Set-Up

DRILL NAME:

Four Stations – Player Evaluation Set-Up



Up to 24 skaters / Up to 4 goalies / 4 coaches

Evaluation Process:

- Determine the number of players in each group.
- Initial groupings of players can be based on where they played last season.
- Recommend promoting of players versus cutting of players.

Ice Session:

- Set up the four skills stations to have players evaluated on the four key skills areas.
- Four separate skills stations can be set up or four stations of the same skill can be set up to have all players evaluated on the same skill at the same time.
- Each player should get 4–5 reps of the drill without a puck and then 4–5 reps with a puck.

STATION #1

TRANSITION SKATING

- 4–5 reps without puck
- 4–5 reps with puck
- Adjust pylon positions after each group

STATION #2

AGILITY WEAWE

- 4–5 reps without puck
- 4–5 reps with puck
- Adjust pylon positions after each group

STATION #3

BACKWARDS SKATING

- 4–5 reps without puck
- 4–5 reps with puck
- Adjust pylon positions after each group

STATION #4

FORWARDS SKATING

- 4–5 reps without puck
- 4–5 reps with puck
- Adjust pylon positions after each group

16 PYLONS REQUIRED

PUCKS

FOUR ON-ICE COACHES REQUIRED

PLAYERS SHOULD GET 4–5 REPS THEN ADD A PUCK

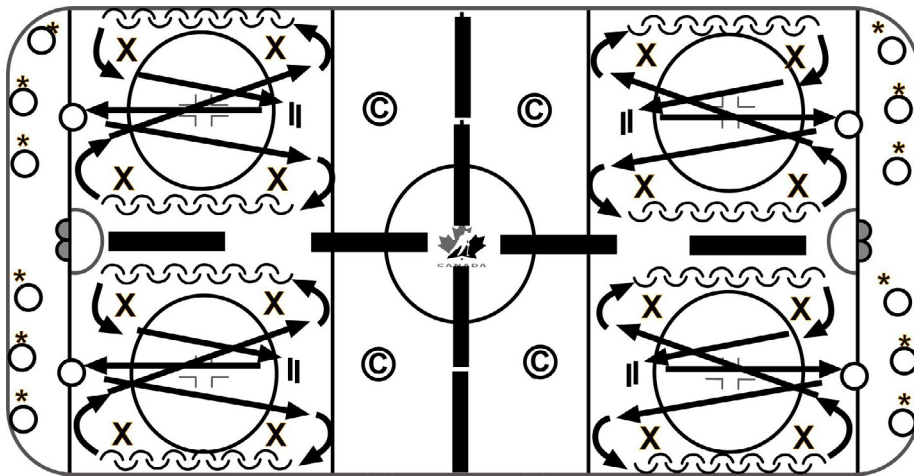
GOALIES CAN DO DRILLS AS WELL (WITH PUCK OPTIONAL)

DRILL THEME:

Transition Skating

DRILL NAME:

Four Stations – Transition Skating



Up to 24 skaters / Up to 4 goalies / 4 coaches

Drill Description: Transition Skating

- Each player starts on line at the bottom of the face-off circle. The player skates forwards to the far right-side pylon, pivots and skates backwards to the lower right-side pylon.
- The player then pivots and skates forwards to the far left-side pylon, pivots and skates backwards to the lower left-side pylon.
- The player then pivots and skates forwards to the designated line, stops and then skates forwards back to the start line.
- Add a puck after each player has gone through without a puck 4–5 times.

SKILLS SEQUENCE #1

WITHOUT PUCK

- 4–5 reps without puck
- Adjust pylon positions after each group

SKILLS EVALUATED

- Forwards skating / Backwards skating
- Pivot Backwards to Forwards / Forwards to Backwards

SKILLS SEQUENCE #2

WITH PUCK

- 4–5 reps with puck
- Adjust pylon positions after each group

SKILLS EVALUATED

- Forwards skating / Backwards skating with puck
- Pivot Forwards to Backwards / Backwards to Forwards with puck
- Puckhandling

16 PYLONS REQUIRED

PUCKS

FOUR ON-ICE COACHES REQUIRED

PLAYERS SHOULD GET 4–5 REPS THEN ADD A PUCK

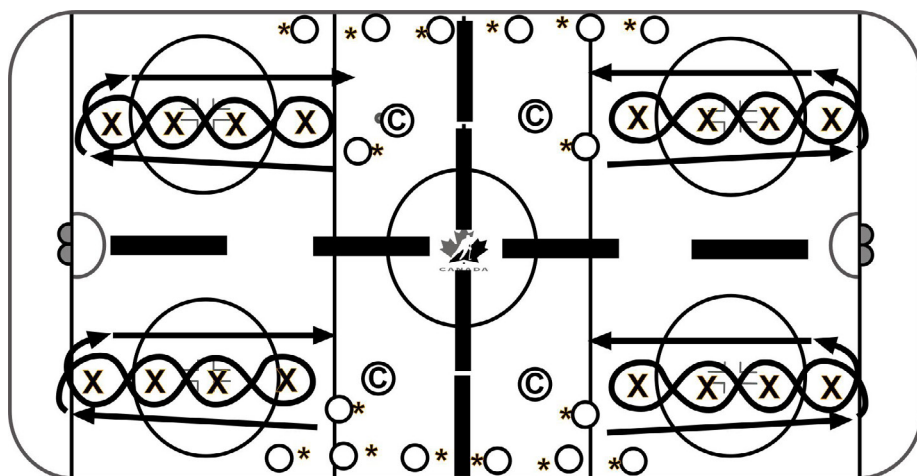
GOALIES CAN DO DRILLS AS WELL (WITH PUCK OPTIONAL)

DRILL THEME:

Agility Weave

DRILL NAME:

Four Stations – Agility Weave



Up to 24 skaters / Up to 4 goalies / 4 coaches

Drill Description: Agility Weave

- Start at the blue line, skate forwards towards the far pylon and make a tight turn. Weave back through the pylons, making a tight turn around the last pylon (closest to the start line), and weave back through the pylons, making a tight turn around the last one. Sprint back to the blue line, which is both the start and finish line.
- Add a puck after each player has gone through without a puck 4–5 times.

SKILLS SEQUENCE #1

WITHOUT PUCK

- 4–5 reps without puck
- Adjust pylon positions after each group

SKILLS EVALUATED

- Forwards skating / Tight turns / Crossovers

SKILLS SEQUENCE #2

WITH PUCK

- 4–5 reps with puck
- Adjust pylon positions after each group

SKILLS EVALUATED

- Forwards skating / Tight turns / Crossovers with puck
- Puckhandling

16 PYLONS REQUIRED

PUCKS

FOUR ON-ICE COACHES REQUIRED

PLAYERS SHOULD GET 4–5 REPS THEN ADD A PUCK

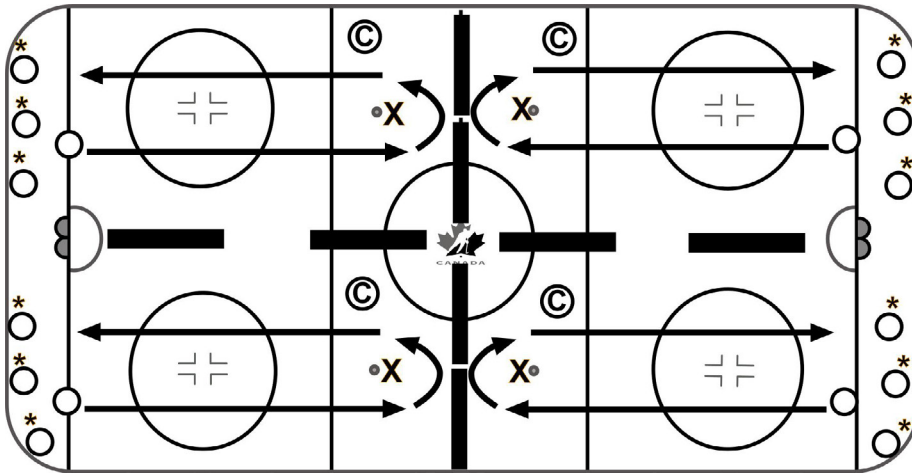
GOALIES CAN DO DRILLS AS WELL (WITH PUCK OPTIONAL)

DRILL THEME:

Forwards Skating

DRILL NAME:

Four Stations – Forwards Skating



Up to 24 skaters / Up to 4 goalies / 4 coaches

Drill Description: Forwards Skating

- Players start on the goal line and skate as fast as they can straight ahead. When they get to the pylon, they tight turn and skate forwards back to the start.
- Add a puck after each player has gone through without a puck 4–5 times.

SKILLS SEQUENCE #1

WITHOUT PUCK

- 4–5 reps without puck
- Adjust pylon positions after each group

SKILLS EVALUATED

- Forwards skating / Tight turns / Crossovers

SKILLS SEQUENCE #2

WITH PUCK

- 4–5 reps with puck
- Adjust pylon positions after each group

SKILLS EVALUATED

- Forwards skating / Tight turns / Crossovers with puck
- Puckhandling

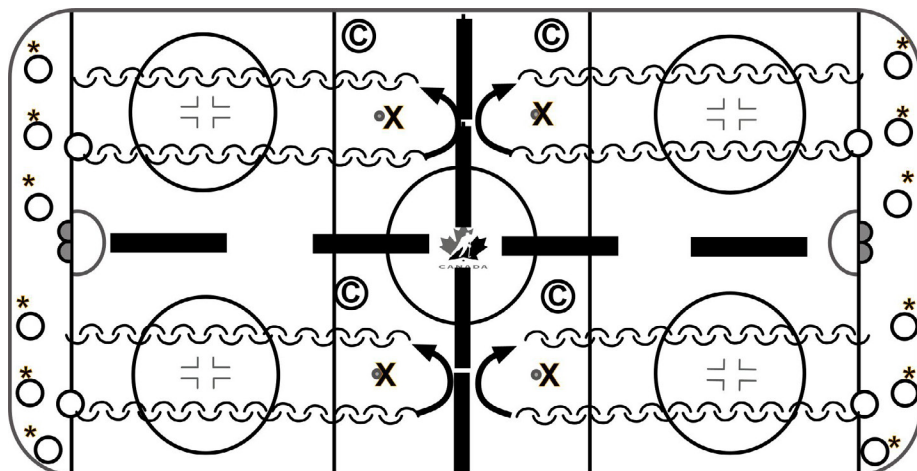
- **FOUR PYLONS REQUIRED**
- **FOUR ON-ICE COACHES REQUIRED**
- **PLAYERS SHOULD GET 4–5 REPS THEN ADD A PUCK**
- **GOALIES CAN DO DRILLS AS WELL (WITH PUCK OPTIONAL)**

DRILL THEME:

Backwards Skating

DRILL NAME:

Four Stations – Backwards Skating



Up to 24 skaters / Up to 4 goalies / 4 coaches

Drill Description: Backward Skating

- Players start on the goal line and skate as fast as they can backwards. When they get to the pylon, they turn and skate backwards back to the start.
- Add a puck after each player has gone through without a puck 4–5 times.

SKILLS SEQUENCE #1

WITHOUT PUCK

- 4–5 reps without puck
- Adjust pylon positions after each group

SKILLS EVALUATED

- Backwards skating / Crossovers

SKILLS SEQUENCE #2

WITH PUCK

- 4–5 reps with puck
- Adjust pylon positions after each group

SKILLS EVALUATED

- Backwards skating / Crossovers with puck
- Puckhandling

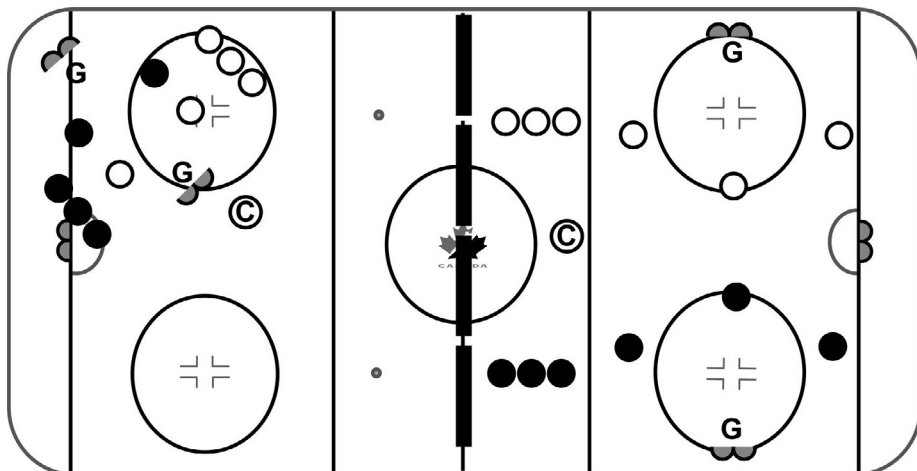
- **FOUR PYLONS REQUIRED**
- **FOUR ON-ICE COACHES REQUIRED**
- **PLAYERS SHOULD GET 4–5 REPS THEN ADD A PUCK**
- **GOALIES CAN DO DRILLS AS WELL (WITH PUCK OPTIONAL)**

DRILL THEME:

Small-Area Games

DRILL NAME:

Two Stations – Small-Area Games



Up to 24 skaters / Up to 4 goalies / 4 coaches

Following a warm-up, the players are divided into two groups. Each group should spend approximately 20 minutes at each small-area game and switch ends to participate in the other. A second option would be to run the same small-area game in each end and change the game at the halfway point of the ice session.

Drill Description: Small-Area Games

#1 Corner 2-on-2

- Place two nets in a corner.
- Players can be divided into two groups.
- Play 2-on-2.

#2 Cross-Ice 3-on-3

- Place two nets on each side of the ice.
- Players can be divided into two groups.
- Play cross-ice 3-on-3.

SMALL-AREA GAME #1

CORNER 2-ON-2

- 2-on-2 in a confined space

SKILLS EVALUATED

- Game play / Compete level / Hockey sense
- Maximum one-minute shifts

SMALL-AREA GAME #2

CROSS-ICE 3-ON-3

- 3-on-3 cross-ice

SKILLS EVALUATED

- Game play / Compete level / Hockey sense
- Maximum one-minute shifts

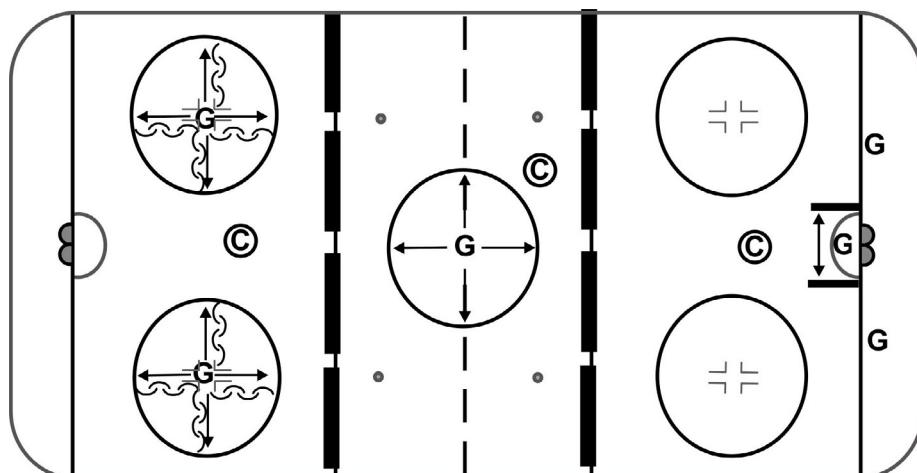
- **FOUR NETS REQUIRED**
- **MAXIMUM ONE-MINUTE SHIFTS**
- **PLAYERS SHOULD GET 5-6 SHIFTS THEN SWAP ENDS TO PLAY OTHER GAME.**
- **GOALIES ROTATE WITH PLAYERS**

DRILL THEME:

Goaltender Evaluation

DRILL NAME:

Goaltender Skating Evaluation



Up to 16 goalies / 3 coaches

Drill Description: Goaltender Skating Evaluation

- The Iron Cross is a drill with two separate movement evaluations. The forwards and backwards portions are the same, with the difference being the first one utilizes a shuffle to go sideways and the second one uses a butterfly slide to go sideways (based on a standardized circle width of 30 feet).
- The goalie starts at the dot in centre of the circle, skates forwards to the top of the circle then backwards to bottom of the circle and forwards to the centre dot again, to one side then sideways back through the dot to the other side of the circle, and back to the centre dot where the drill is stopped.
- The lateral movement drill is done by moving sideways eight feet for four reps, while keeping the outside pad (slide pad) on the ice the entire time (over and back is counted as one rep).

SKILLS SEQUENCE #1

IRON-CROSS SHUFFLE

- 4–5 reps without puck

SKILLS EVALUATED

- Forwards skating / Backwards skating / Shuffles

SKILLS SEQUENCE #2

IRON-CROSS BUTTERFLY SLIDE

- 4–5 reps without puck

SKILLS EVALUATED

- Forwards skating / Backwards skating / Butterfly slides

SKILLS SEQUENCE #3

LATERAL MOVEMENT

- 4–5 reps without puck
- Lateral power slides
- Distance should be about eight feet to slide – use pylons or marker to draw a line on the ice

ONE NET REQUIRED

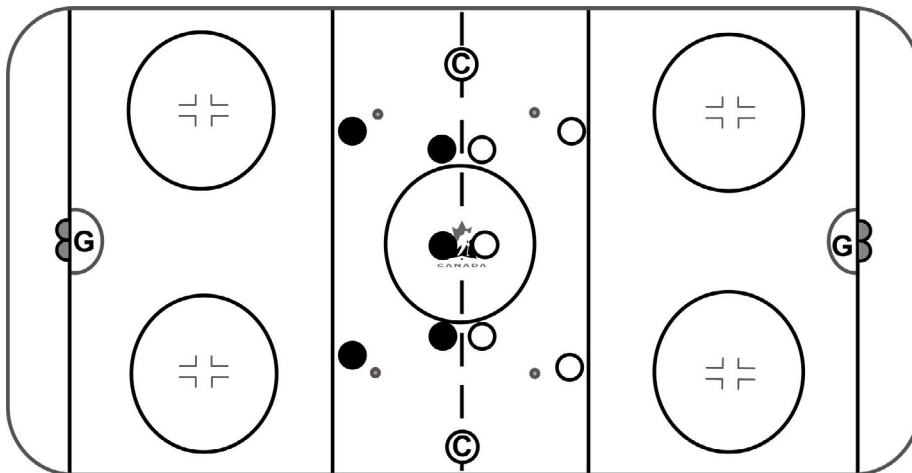
- PLAYERS SHOULD GET 3–4 REPS THEN ROTATE STATIONS

DRILL THEME:

Formal Games

DRILL NAME:

Formal Games



Up to 30 skaters / Up to 4 goalies / 2 coaches

FORMAL GAME #1

- 4-on-4 half-ice for U9
- 5-on-5 full-ice for U11 – U18
- Maximum one-minute shifts
- Coaches act as officials to manage ice session

SKILLS EVALUATED

- Game play / Compete level / Hockey sense

FORMAL GAME #2, #3, ETC.

CAN BE PLAYED AGAINST A TEAM FROM ANOTHER ASSOCIATION IF APPLICABLE OR AVAILABLE

Following a warm-up, players are divided into two equal groups by jersey / pinney color.

- Play a 4-on-4 half-ice game (U9) or a 5-on-5 full-ice game (U11-U18).
- One-minute shifts on a buzzer to ensure each player gets an equal amount of ice time.
- Does not have to be position-specific for U9, U11 or U13 (i.e. rotate players around to different positions).

