



PLAYER DEVELOPMENT
Développement des joueurs

World Junior Championship Ontario Skills Challenge -Handbook-



Testing Your Players

Introduction

During the 1999 Molson **Open Ice Summit on Player Development** in Canada, delegates close to the game at the grassroots level recommended that Hockey Canada investigate ways to celebrate skill development in hockey. In Canada today there is no nationally organized program that tests or recognizes skill acquisition and skill improvement within the Canadian hockey system. In Canadian minor hockey, coaches should be encouraged to foster the development of the fundamental skills required to play the game at the minor levels by measuring and providing positive individual feedback on skill development. It is essential that minor hockey associations and parents have a method of measuring success beyond wins and losses.

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 and at the same time accessible to all players in the Canadian minor hockey system. Hockey Canada believes in celebrating skill achievement.

PROGRAM GOAL

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

If testing were to take place 3 times throughout the season, the best times would be:

1. The beginning of the season: sets a baseline for each player and the team
2. Mid – season: demonstrates the amount of skill improvement of each player and the team
3. End of season: demonstrates improvement from the start of the season to the end of the season

WORLD JUNIOR ONTARIO SKILLS CHALLENGE PRIZING

All teams who complete the Hockey Canada National Skills Standards and Testing Program will be entered **to win forty (40) tickets to the 2015 World Junior Championship December 30th, 2014 5:00 PM EST Switzerland vs. Denmark Game at the Air Canada Centre in Toronto, ON.** Prize winners are solely responsible for all other fees and charges not specifically mentioned in the official rules.

To enter to win, your team must complete the Hockey Canada National Skills Standards & Testing Program. Compile your team’s results and submit them to wjcskills@hockeycanada.ca. From all completed results received, one team will be randomly selected to win the grand prize. All results must be submitted by the contest closing time and date of 11:59 PM on Tuesday December 23rd.

Conducting The Test

With the right number of assistants (3) on the ice, the 3 station test can be administered during one ice session with all stations active simultaneously. A second option would be to incorporate the test into a series of practices by setting up and executing one or two stations over several ice sessions.

Equipment required:

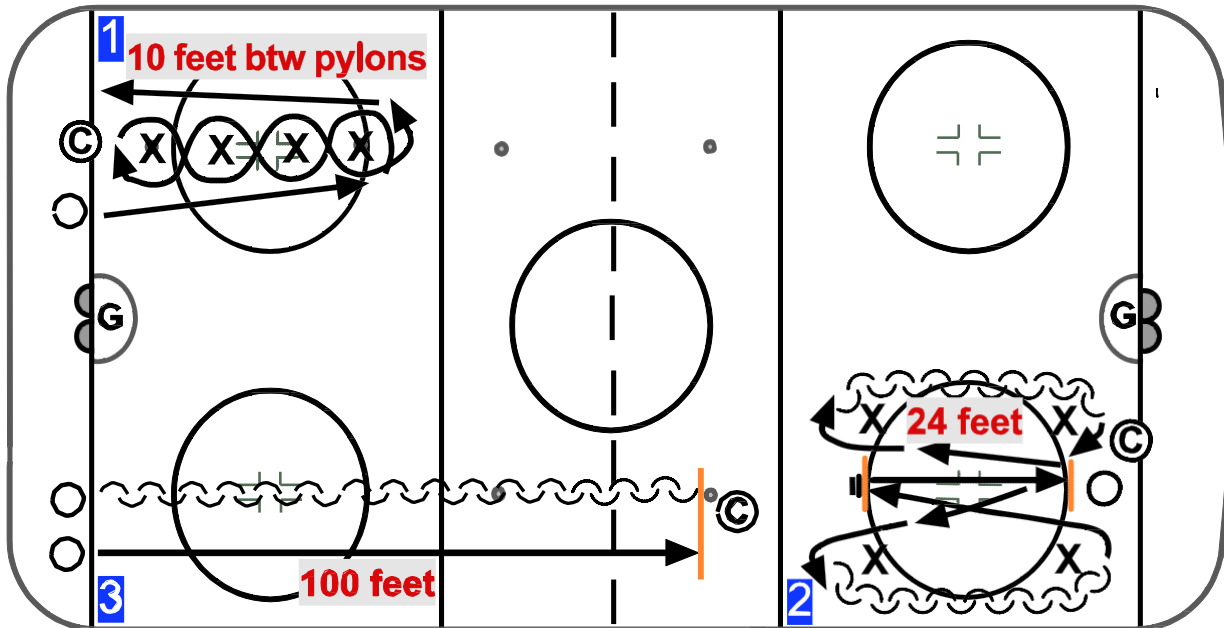
- (30) Pucks
- (1) Tape Measure – 100 feet
- (1) Spray paint
- (3) Stop watches
- (10) Pylons
- (3) Clipboards / pens

Personnel required:

- (1) Lead Tester – to coordinate all on ice activities - (3) Assistant Testers – to lead individual testing stations
- (3) Recorders – optional (can assist with recording scores at each station)

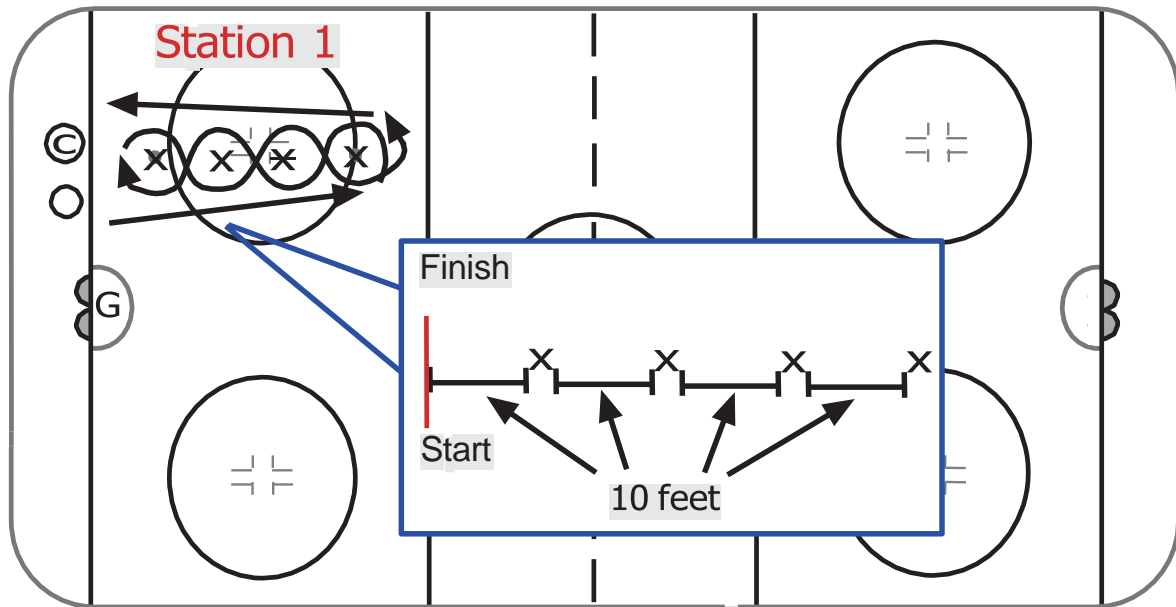
Setting Up The Stations

3 Station Skills Challenge Set-up



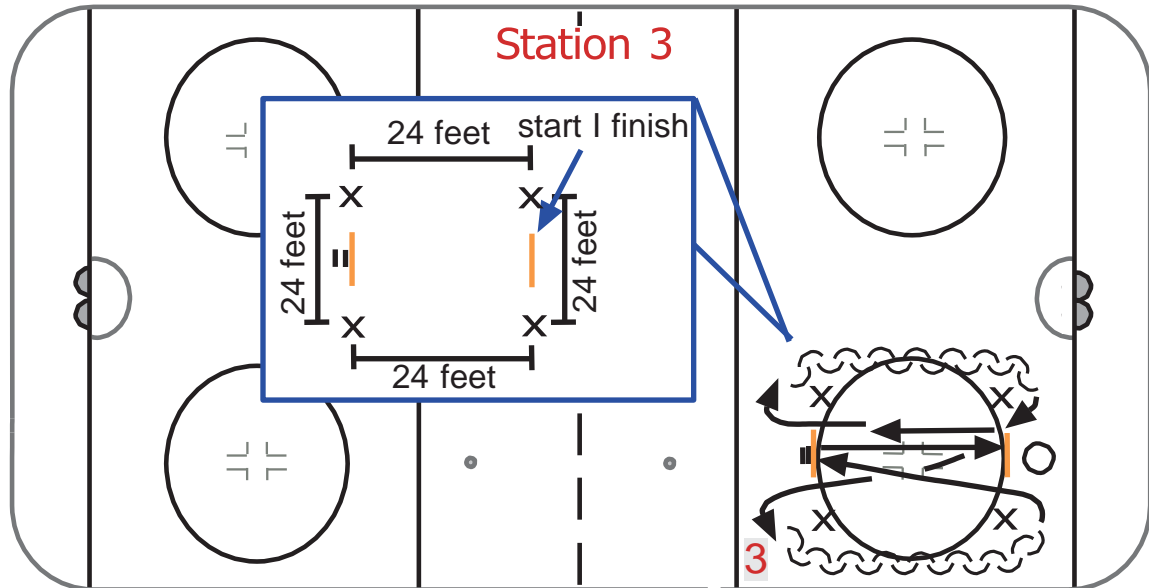
Time	Description
60 MIN	3 Station Skills Testing Set Up
<ul style="list-style-type: none"> - Set up stations as shown - Goaltenders can do the skating tests as well if you wish 	
Key Execution Points (KEP)	
<ul style="list-style-type: none"> - Use parents / volunteers to act as recorders when entering the scores on the data sheet - Ensure the necessary equipment is on hand <p>Y (30) Pucks Y (1) Tape Measure – 100 ft Y (1) Can of spray paint Y (3) Stop watches Y (10) Pylons Y (3) Clipboards</p>	
<p>If players fall or perform the skill incorrectly, give them another chance to complete the skill.</p>	

STATION ONE: Agility Weave



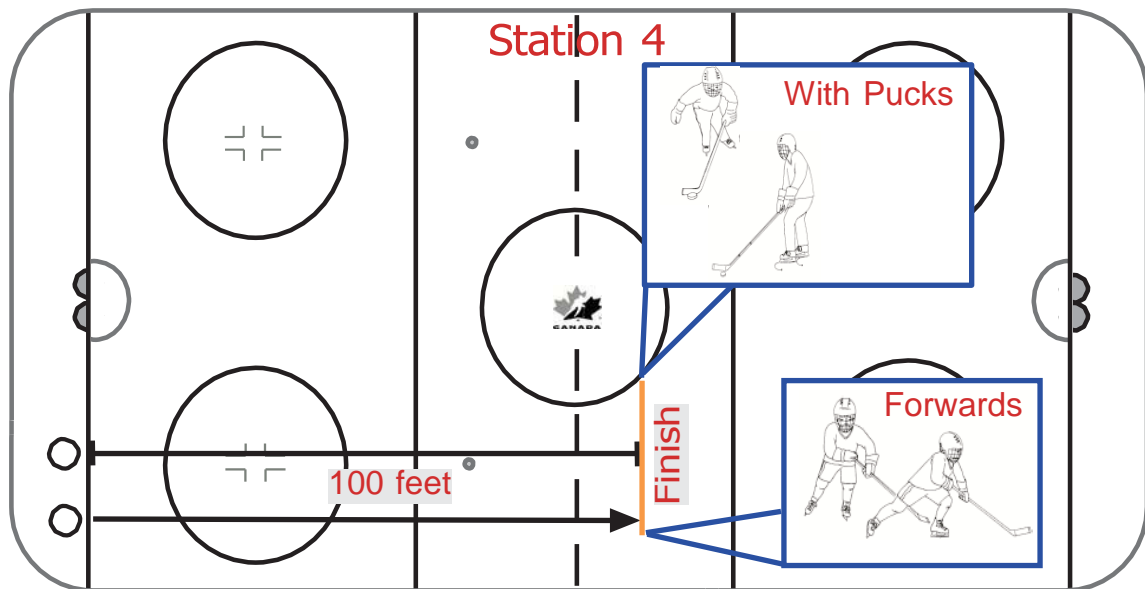
Time	Description
6 MIN	Forward Weave Agility Skate
	<ul style="list-style-type: none">• Start at the blue line, skate forward towards the far pylon and make a tight turn around first pylon. Weave back through the pylons, making a tight turn around the last pylon (closest to start line), and weave back 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.• The first pylon is 10 feet from blue line. (Starting point)• Pylons are set 10 feet apart.
	Key Execution Points (KEP)
	<ul style="list-style-type: none">• This is a timed drill• Do the test without a puck first, then repeat the test with a puck• Measure distances for pylon placement and use spray paint to mark the spot. Place a pylon over top of each spray painted dots. This ensures that if a pylon gets knocked off down, it will be easy to replace it to the exact spot.

STATION TWO: Transition - Agility Skate



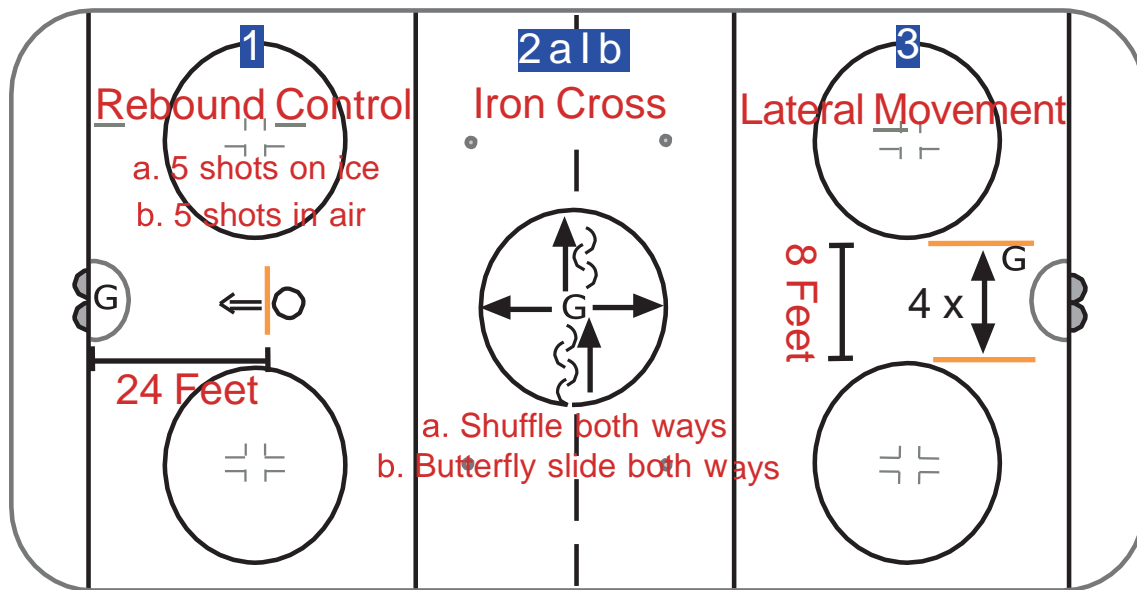
Time	Description
8 MIN	Transition - Agility Skate
	<ul style="list-style-type: none"> • Each player starts on line at the bottom of circle. The player skates forward to far right side pylon, pivots and skates backwards to lower right side pylon. • The player then pivots and skates forward to far left side pylon, pivots and skates backwards to lower left side pylon. • The player then pivots and skates forward to designated line, stops, and then skates forward back to starting line. • Complete the test without a puck. Then complete the test with a puck.
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. Place a pylon over top of each spray painted dot. This will ensure accurate placement of the pylon without having to re-measure when pylons are knocked over.

STATION THREE: Forward - Speed Skate



Time	Description
8 MIN	Forward Speed Skate
<ul style="list-style-type: none">• Players skate as fast as they can straight ahead forwards• The distance is 100 feet.• Measure 100 feet starting at the goal line. Use spray paint to draw a line to indicate the finish line.• Complete first without a puck. Then add a puck for the second trial.	
Key Execution Points (KEP)	
<ul style="list-style-type: none">• Complete forward skating without a puck then add a puck.• Encourage players to skate through finish line (discourage players from stopping at the finish line)	

Goaltender Tests



Time	Description
8 MIN	Rebound Control – Iron Cross – Lateral Movement
	<ul style="list-style-type: none"> Rebound control is done from 24 feet out measured from the goal line, 10 shots total are taken. 5 in the air, 5 on the ice. The following point system is used to record score. <ul style="list-style-type: none"> 1 point for trapping or catching the puck (possession) 2 points for deflecting the puck to the corners with elevation. 3 points for rebound back in direction of the shot 4 points for a rebound to the weakside 5 points for a goal <p>(The lower the point total, the better the score)</p> The Iron Cross is a timed drill with two separate tests. The forward and backward 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 standardized circle width of 30 feet , if circle is not standard size, then mark off 30 feet distance both vertically and horizontally.) Goalie starts at dot in centre of the circle, and skates forward to top of circle then back to bottom of the circle, forward to centre dot again and then to one side then sideways back through the dot to the other side of the circle and back to the centre dot where clock is stopped The Lateral Movement test is done by moving sideways 8 feet for 4 repetitions, while keeping the outside pad (slide pad) on the ice the entire time (over and back is counted as 1 repetition)
	Key Execution Points (KEP)
	<ul style="list-style-type: none"> Can be done anywhere on the ice as part of regular team testing or in a separate session For Rebound control drill try to ensure the shots are consistent for each goalie Best to do when the ice is fresh, for less pad friction