



PLAYER DEVELOPMENT
Développement des joueurs



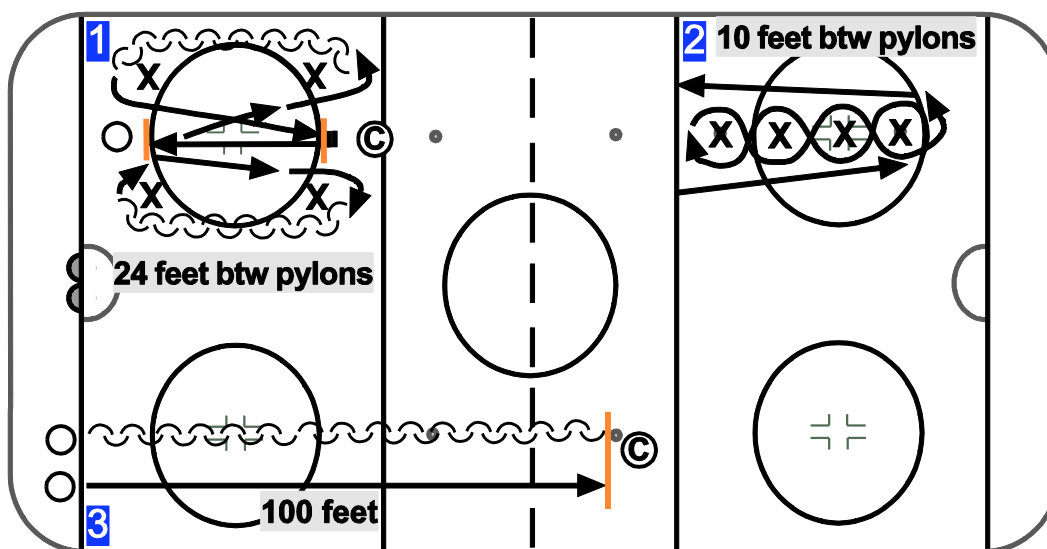
Hockey Canada

Under 17 Camp July 2014

Skills Testing On Ice Drills

Setup for the Testing Stations

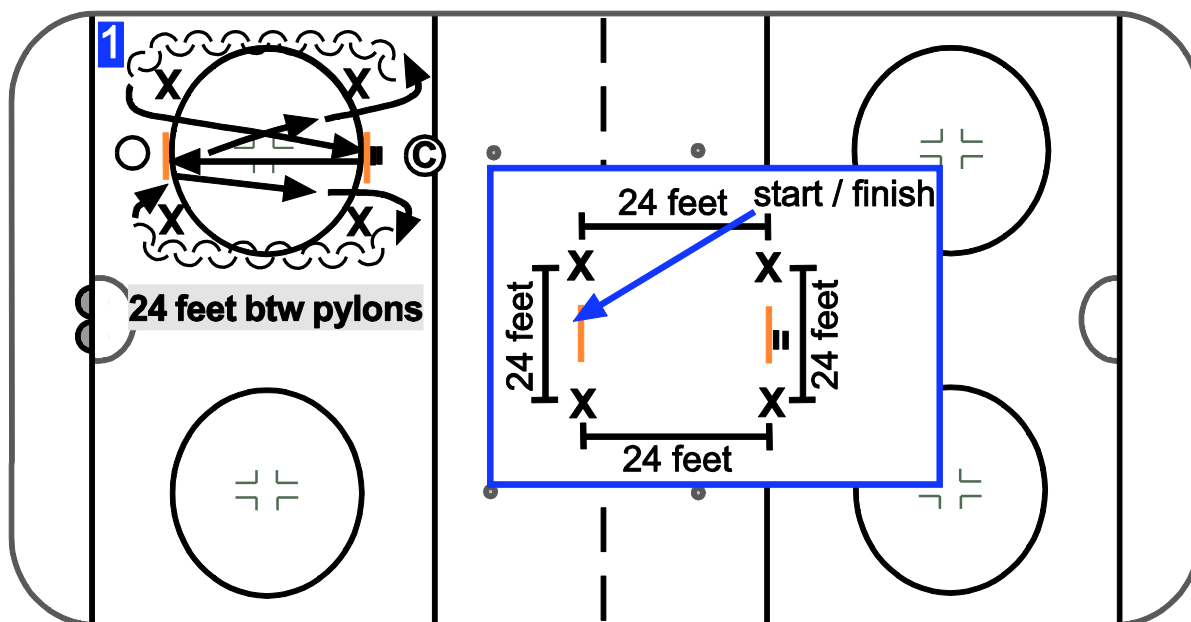
3 Station Testing Set-up



| Time | Description |
|--|--------------------------|
| 30 MIN | 3 Station Testing Set Up |
| <ul style="list-style-type: none"> ❖ All 3 stations will be run at the same time. It takes approximately 5 - 8 minutes to set up, leaving about 6 minutes per station to complete the testing. ❖ During the set up period, players can warm up and be given an overview of how the session will work. ❖ If a player falls or loses the puck they will be given another chance to complete the test (3 attempts is the max and then a No Time (NT) will be recorded) | |

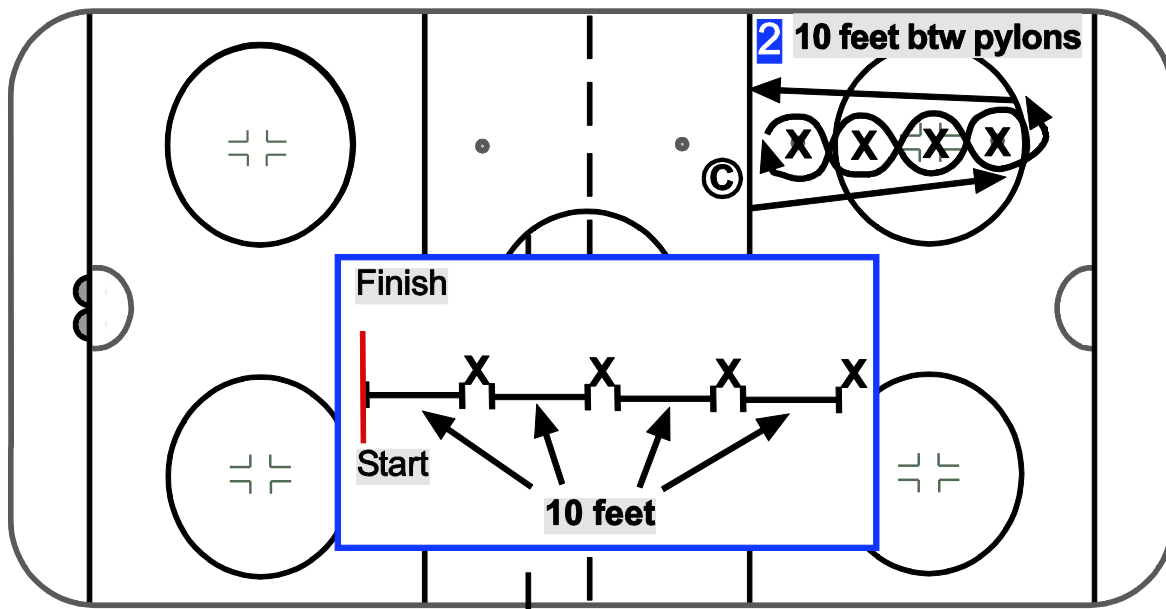
Under 17 Camp – July 2014

STATION ONE: Skating Transition



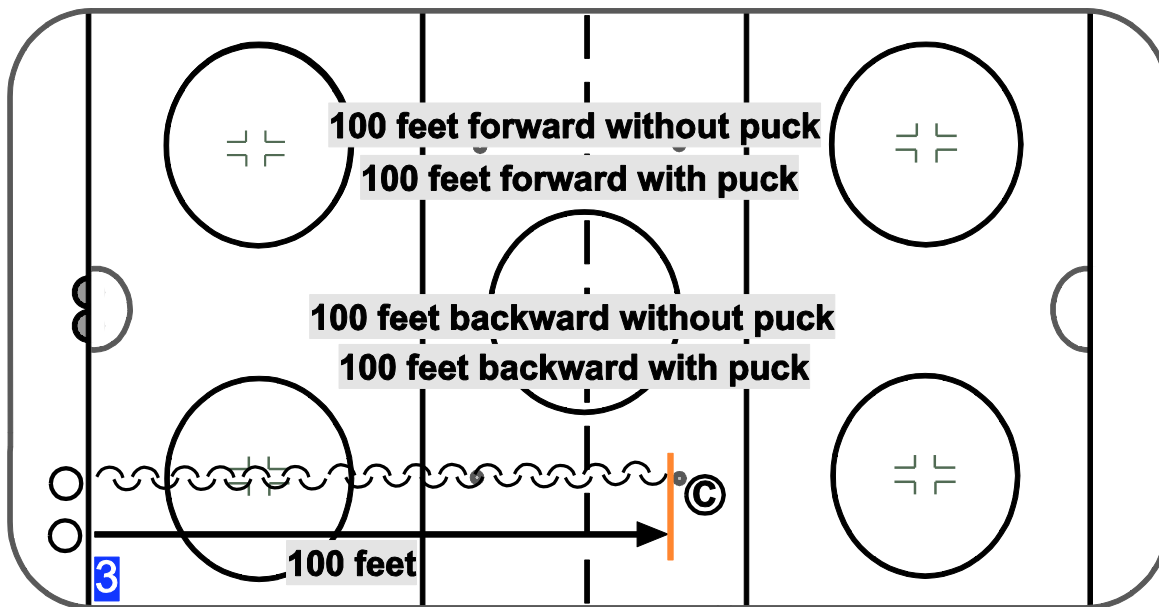
| Time | Description |
|--|--------------------|
| 8 MIN | Skating Transition |
| <ul style="list-style-type: none"> ❖ Each player starts on line at the bottom of circle. The player skates forward to far right side pylon, pivots and skates backwards to lower right side pylon. ❖ The player then pivots 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"> ❖ This is a timed drill ❖ Players must transition from forward to backward, and forward to backward at the pylons | |

STATION TWO: Skating Agility Weave



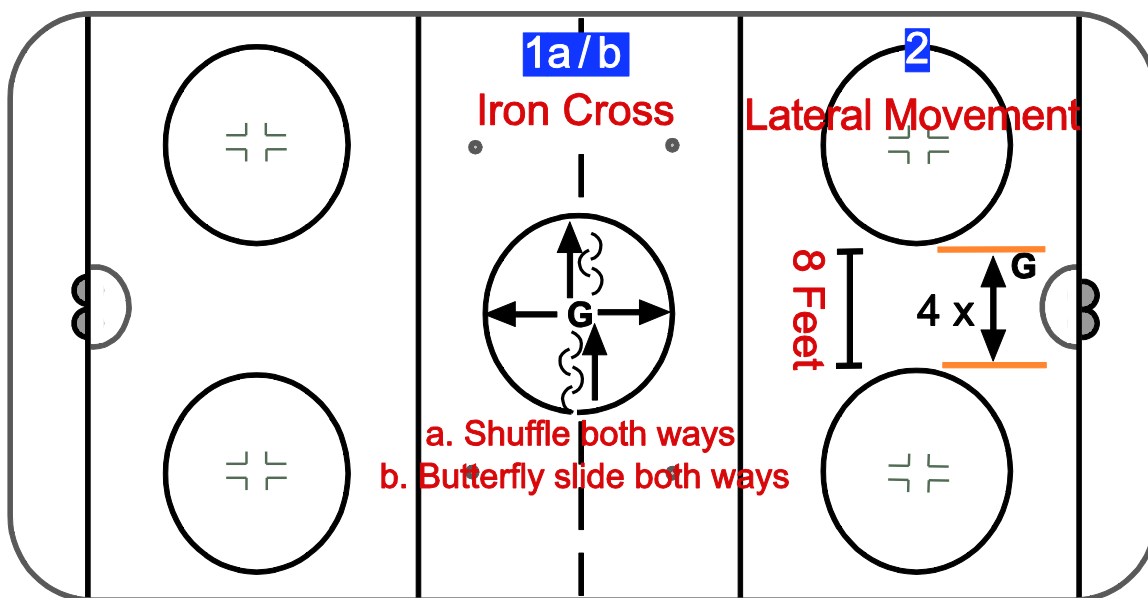
| Time | Description |
|---|-----------------------|
| 6 MIN | Skating Agility Weave |
| <ul style="list-style-type: none"> ❖ Start at the blue line, skate forward towards the far pylon and make a tight turn around first pylon. Weave back through the pylons, making a tight turn around the last pylon (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 | |

STATION 3: Forward / Backward 100 Foot Sprint



| Time | Description |
|----------------------------|---|
| 8 MIN | Forward / Backward 100 Foot Sprint |
| | <ul style="list-style-type: none"> ❖ Players skate as fast as they can straight ahead, first forwards and then backwards ❖ 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. Repeat the test backwards first without a puck and then with a puck. ❖ Players should skate through finish line (discourage players from stopping at the finish line) |

Goaltender Tests



| Time | Description |
|---|-------------------------------|
| 8 MIN | Iron Cross – Lateral Movement |
| <ul style="list-style-type: none"> ❖ 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. Goalie starts at bottom of the circle, and skates forward to the centre dot and then to one side then sideways back through the dot to the other side of the circle and back to the centre dot and back to the starting position 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"> ❖ Goaltenders will also do each of the previous tests without a puck | |