



**BVHS U7 – U18 Skills Testing
Information Package 2023-2024
Evaluations**



BVHS Skills Testing Information Package Evaluations



This document outlines the BVHS Skills Testing Information pertaining used during Evaluations. BVHS uses Fusion Sports Smartspeed PT laser equipment to test our players. This is the most technological timing equipment on the market and its accuracy is second to none. This ensures that every player is given an equal opportunity to be placed accurately for Session # 2 Cascades.

Players will be put through a variety of drills to test their speed and agility with and without a puck. The drills vary depending on the players age group.

The laser equipment is extremely expensive, and players must ensure that they are always on their best behaviour. Any player that fails to act appropriately will be sent off the ice and placed at the bottom group and placed accordingly for Session # 2 Cascades. We ask that players do not shoot pucks while on the ice to ensure that they do not hit and or knock over the lasers.

If the laser equipment gives the on-ice testing coaches issues, they will have to resort to timing players using stop watches and or iPads, iPhones etc. This will be done at the discretion of the Age Group Director, Executive and or MHO. We hope that this does not become an issue for us, but technology may not always work out as planned. In certain circumstances if the technology doesn't work, we may have to reschedule a skill testing session at the discretion of the Age Group Director, Executive and or Manager of Hockey Operations.

BVHS Vimeo Showcase

All of our BV Skills Testing drills can be found on our [BV Skills Testing Showcase](#) where you can watch demo's of each of drill and gain an insight into different scenarios that outline what would and wouldn't justify a redo.

How will each test work?

We will have a non-parent (station leads) running each station who will look after running the iPad and laser equipment. This person has been trained on the equipment and will ensure that the system is working properly. We will have other BV Coaches on ice (they will not have a child or sibling in that specific age group) and they will look after ensuring the kids are in order and behaving appropriately.

Coach Demo

The station leads will provide the group with one demonstration. Players are required to pay attention and watch to ensure that they understand the drill. We encourage all our members to watch the videos on our Vimeo account – [BVHS Skills Testing Showcase](#).

Of Attempts for Each Drill

Players will each get three turns to run through each drill. Players will go in order based on helmet numbers, starting with the lowest helmet number first.



Overview

Players must complete the drills appropriately, and this includes going around each cone completely. When players perform the drills with pucks, the pucks must go around each cone.

The Station Lead has full discretion to make a player do a drill again. If a station lead makes a child complete the drill again, their decision is final.

Skills Testing Overview

Players will complete each drill three times.

Players will participate in timed drills to evaluate skating with and without a puck.

Players will be placed into groups alphabetically by last name, in group sizes of 15 - 30 to ensure each player gets through the required drills in the time allotted to each group.

Each player's best score from the three timed attempts for each respective drill will be used. The other scores will not be used for averaging purposes. Ex. 75 FT Skate – Attempt #1 – 10 Seconds, Attempt #2 – 9.5 Seconds, Attempt #3 – 7.8 Seconds, we would use the score of 7.8 seconds and the other two scores would have no bearing on placement in the total averaging for Session #2 Cascades.

Players will be ranked from top to bottom based on the average from all their timed drills and ranked from top to bottom in their age category. Players will be ranked for placement in Session #2 (Cascades).

The players' rank from Skills Session # 1 is only used to place kids for Session # 2 and these scores are not used in determining overall ranks for players for Sessions # 2 – Session # 5/6.

What is the process for kids that fall and or do the drill incorrectly?

If a player falls, they will be given a second turn to complete the drill again (This only counts as one turn). If a player falls during their second attempt, they must get up and finish the drill as they will not receive a third attempt.

If a player bobbles the puck through the cones, and it doesn't affect their time significantly, they will not be given a redo. These drills require players to have the ability to always control the puck with speed. If a player loses the puck and it goes approximately 6-8ft away from them, and a result their time will be affected significantly, the station lead will give the player a second turn. For all situations where the player gets a second turn for losing the puck will be the discretion of the station lead. Their decision is final. If a player falls while carrying the puck, they will be given a second turn to complete the drill again. If a player falls or loses the puck during their second attempt, they must get up and finish the drill as they will not receive a third attempt.

The players will complete all the drills outlined for their specific age groups and their overall times will be added up, and players will be ranked by their overall scores.



When does the laser start to time?

The lasers have been setup to start and stop timing when the bodies torso breaks the laser beam. Please do not tell kids to reach and use their sticks thinking it will give them an advantage, it will end up giving them a slower time as that motion will slow them down.

We often see players slow down as they get close the lasers. Please stress with your child the importance of skating hard through the lasers, ensuring that they get the best possible time.

When players are completing drills using pucks, they must always keep the puck on their stick by either stick handling, pushing, or dragging the puck. For example, on the 75 ft forward skate with a puck if a player shoots the puck ahead of them, and then skates up to the puck their score will not count, and they will be required to complete the drill for a second time. The puck must go around the cones when completing the agility weave and transition skating. If the puck does not go around the cones, they will be required to do the drill again.

Groupings for Skills Session # 1

It is imperative that all players take part in the Skills Session # 1 so that we can ensure we get an accurate placement of each player within that specific age group.

Absent players for Skills Session # 1 will be ranked based on the BVHS Evaluations Policy and BVHS Evaluations Guidelines documents. The decision of the Evaluations Committee is final.

Groupings for the Skills Session # 1 have no bearing on placements for Session # 2 - Cascades. Player's placements for Session # 2 Cascades is solely based on the players overall scores and ranking from their skills testing data for that specific age group. For example, if we have 215 U9 aged players, we will take the players overall scores from Session # 1, and the lowest score of the 215 players will get a ranking of 1, and the player with the highest total score would be ranked 215.



Age Group Specific Drills

Below is a summary of the drills that each age group will be completing during the Skills Session # 1.

U7 Drills

50 Foot Skate Forwards without Puck
Agility Weave without Puck

U9 Drills

Transition Skate without Puck
75 Foot Skate Forwards with Puck
75 Foot Skate Forwards without Puck
75 Foot Skate Backwards without Puck
Agility Weave without Puck

U11 Group

Transition Skate with Puck
Transition Skate without Puck
75 Foot Skate Forwards with Puck
75 Foot Skate Forwards without Puck
75 Foot Skate Backwards without Puck
Agility Weave with Puck
Agility Weave without Puck

U13, U15 and U18 Age Group

Transition Skate with Puck
Transition Skate without Puck
75 Foot Skate Forwards with Puck
75 Foot Skate Forwards without Puck
75 Foot Skate Backwards without Puck
75 Foot Skate Backwards with Puck

Position Specific Drills for U13, U15 and U18 Age Group

Agility Weave with Puck Forwards (Forwards Only)
Agility Weave without Puck Forward (Forwards Only)
Agility Weave without Puck Backwards (Defence Only)
Agility Weave with Puck Backwards (Defence Only)



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BVHS U9 and U11 House Leagues

Transition Skate without Puck

75 Foot Skate Forwards without Puck

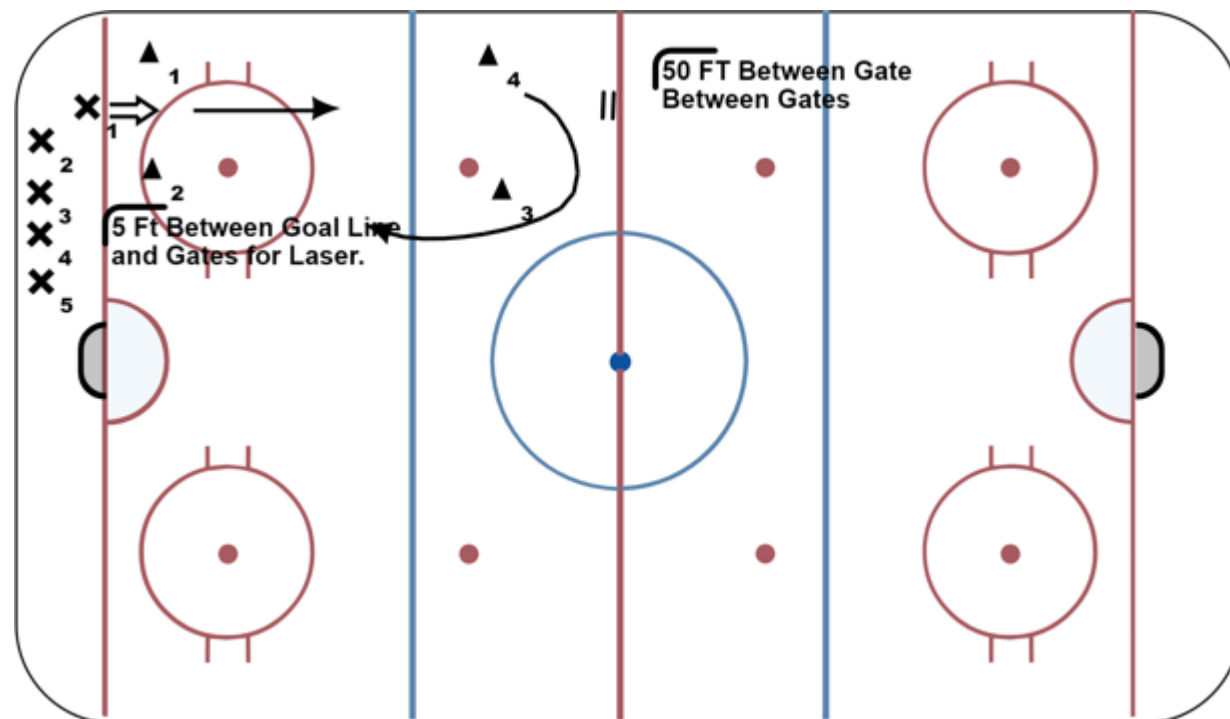
75 Foot Skate Backwards without Puck

Agility Weave without Puck

Drill Descriptions

Please see the drill descriptions attached to this document. We encourage parents to discuss these drills with their children so that they understand the drills. It is also encouraged to setup pylons and go through the sequence of drills on the street and or on the ice prior to evaluations.

U7 - 50 Foot Skate (Forwards and Backwards) With and Without Puck



Description

The first gate will be setup 5 Ft off the Goal Line and the distance between the two gates (lasers) will be 50 Feet.

Players will start from a stand still on the goal line. Players can use either a V Start or Cross Over Start to start.

When the coach says ready when you are, the player will skate between the gates, and the first laser will begin to time when the bodies torso breaks the beam.

The player should skate as hard as he or she can until they get to the red line where they should make a two foot stop on the red line.

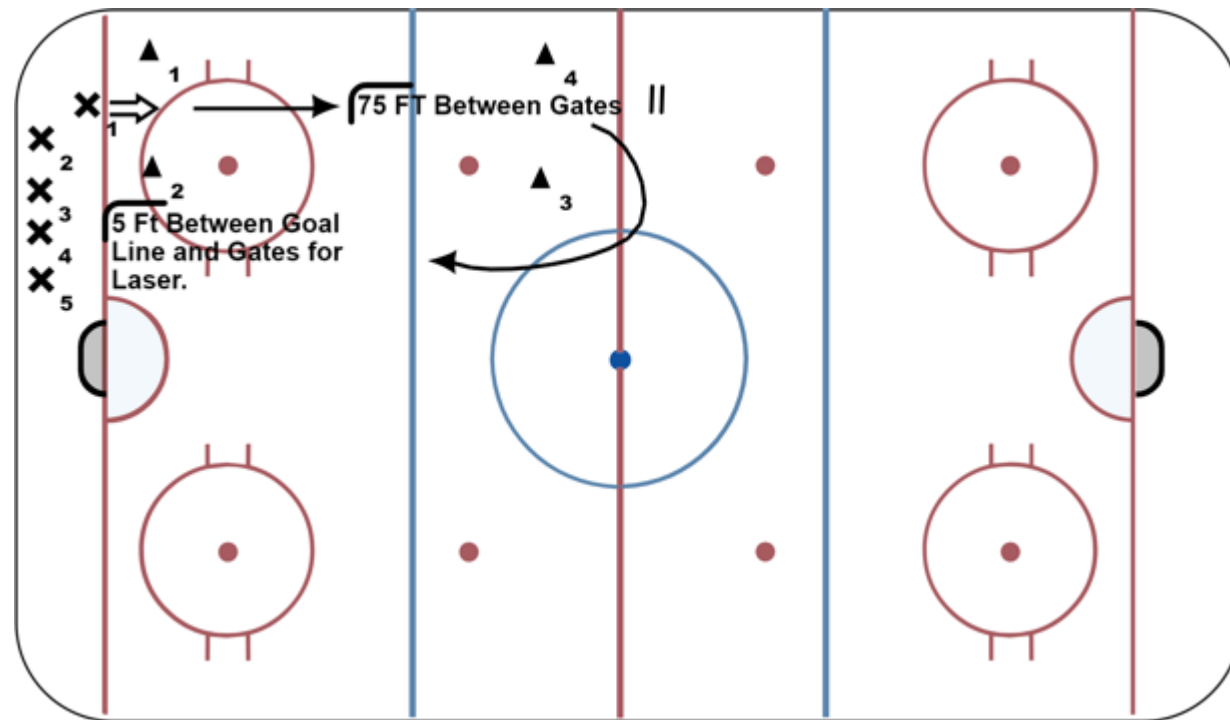
The player should then come back through the middle of the ice and get in line for their next turn.

The U7 Age Group players will complete this sequence in the following order:

Forwards Without a Puck

Tags: Skate Hard to the red line and do not let up prior to getting to the red line., Use arm movements to generate speed when skating without puck., When skating with puck, either stick handle, drag, or push the puck depending on forward or backwards skating as well as comfort-ability.

75 Foot Skate (Forwards and Backwards) With and Without Puck



Description

The first gate will be setup 5 Ft off the Goal Line and the distance between the two gates (lasers) will be 75 Feet.

Players will start from a stand still on the goal line. Players can use either a V Start or Cross Over Start to start.

When the coach says ready when you are, the player will skate between the gates, and the first laser will begin to time when the bodies torso breaks the beam.

The player should skate as hard as he or she can until they get to the red line where they should make a two foot stop on the red line.

The player should then come back through the middle of the ice and get in line for their next turn.

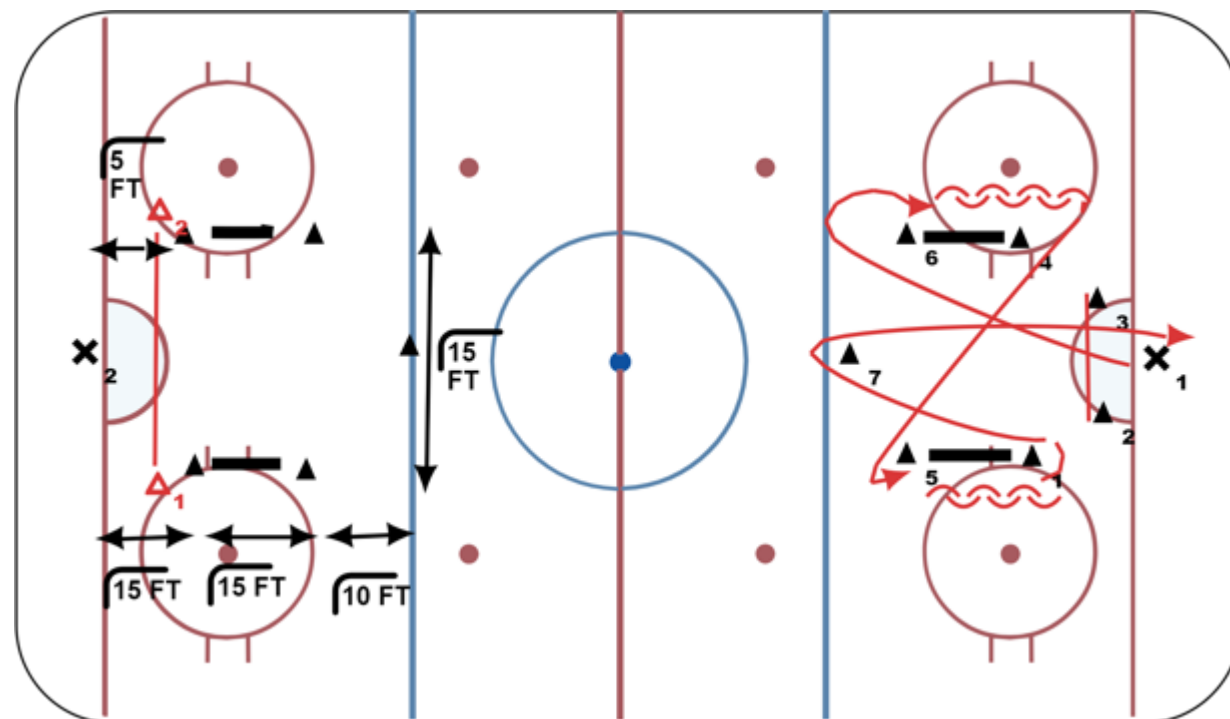
When players go with a puck they must either stick handle, push or drag the puck as they move down the ice. If a player shoots the puck in front of them and then chases it, their score will not count and they will be required to complete the drill again.

Depending on the Age Group players will complete this sequence in the following order:

- Forwards without a Puck
- Forwards with a Puck
- Backwards without a Puck
- Backwards with a Puck

Tags: Skate Hard to the red line and do not let up prior to getting to the red line., Use arm movements to generate speed when skating without puck., When skating with puck, either stick handle, drag, or push the puck depending on forward or backwards skating as well as comfort-ability.

Transition Skate With and Without a Puck



Description

Players will start on the goal line and the lasers will be setup 5 feet from the goal line. When the coach tells them to go they will skate to the right or left side of the four cones and transition from forwards to backwards.

(In the diagram outlined above the player starting by going to the right side).

When they get to the bottom cone they proceed to skate forwards to the opposite side and go around the top cone where they transition from forwards to backwards.

When they get to the bottom cone they transition forwards and proceed to the top middle cone and do a tight turn around that cone and skate hard back through the laser gate where the timing will stop. Players can go to either side around the top cone. When they go around the top centre cone they must do a tight turn.

Players must take the puck around the pylons. They cannot put the puck inside the cones. To eliminate this from happening dividers will be placed between the cones to ensure that everyone has their feet and puck go around the pylons properly.

The pylons for the box shape will be set 15 feet apart from one another.

The cones closest to the goal line will be set out 15 feet from the goal line. The top centre cone will be set out 40 feet from the goal line.

Players will start 5ft behind the laser line to ensure that they don't break the plain before their turn.

Depending on the age group players will complete this drill with and without a puck.

Tags: Generate speed on transition from forwards to backwards., Keep in control of edges at all times., For Age Group with puck keep control of puck at all times.,