



**BVHS U7 – U18 Skills Testing  
Information Package  
2024-2025 Evaluations**



## BVHS Skills Testing Information Package Evaluations



This document outlines the BVHS Skills Testing Information pertaining used during Evaluations. BVHS uses Fusion Sports 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.

### **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 go in order based on helmet numbers, starting with the lowest jersey or helmet number first.

The evaluation committee has the authority to decrease the number of attempts of a specific drill based on timelines.

U7 Age Group - Players will complete the 50 ft skate two times. They will not be given any redoes.

U9 - U18 Community Players will complete each drill three times. Players will not be given any redoes.

U9-U11 House League players will complete each drill two times. Players will not be given any redoes.

### **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.

If a player misses a cone, they will be required to go back to the cone that they missed and finish the drill from that point.

If a player falls or loses the puck, they must get back up and or retrieve the puck and continue the drill.

### **Skills Testing Overview**

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. Ideal group sizes will be 18-24 skaters.

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?**

In the event a player falls, they must get back up and complete the drill. There will be no redoes given.

In the event a player misses a cone, the station lead will direct them to go back to the cone that they missed and finish the drill from that point.

If a player loses the puck, they will be required to get the puck and finish the drill. If this happens during the agility weave, they will need to go back to the cone where they lost the puck and finish the drill from that point forward.

### **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, the station lead will make them go back to the point where they pushed the puck ahead and finish the drill from that point.

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 get the puck back and finish from the point where they lost the puck.

### **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 are 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**

### **U7 Drills**

50 Foot Skate Forwards 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 forwards

### **U11 Group**

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 Forwards

Agility Weave without Puck Forwards

### **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

Agility Weave with Puck Forwards

Agility Weave without Puck Forwards

### **BVHS U9 and U11 House Leagues**

75 Foot Skate Forwards without Puck

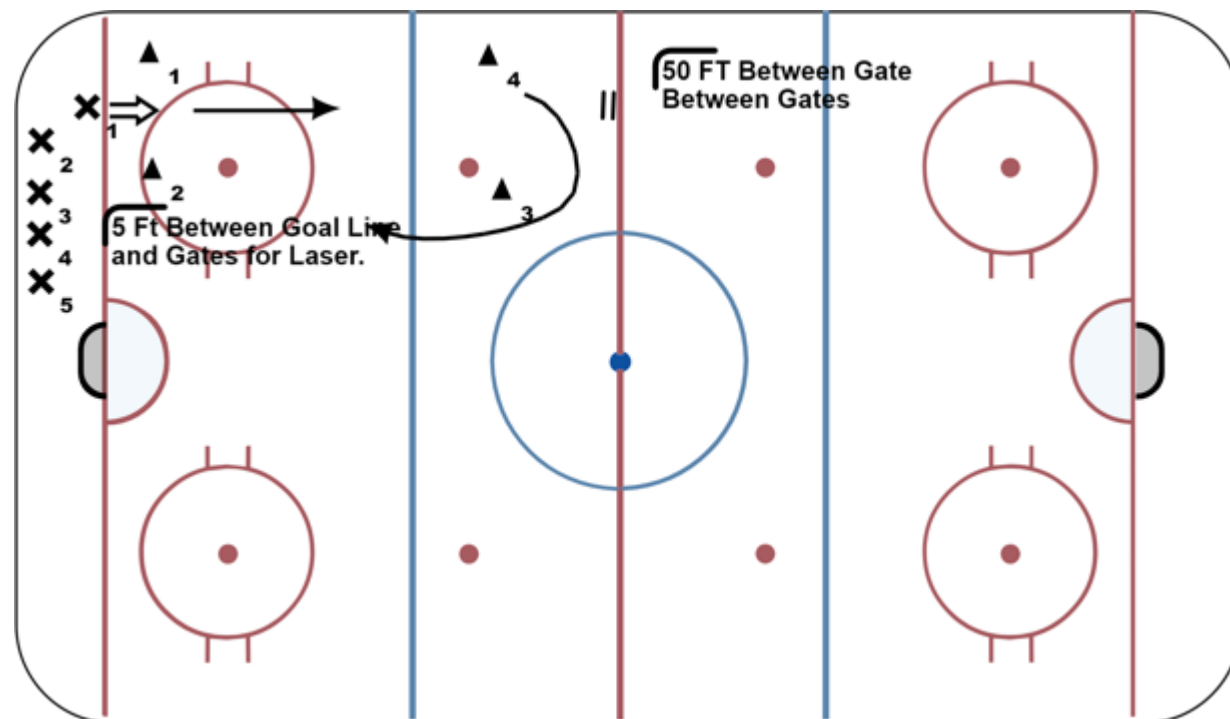
75 Foot Skate Backwards without Puck

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.

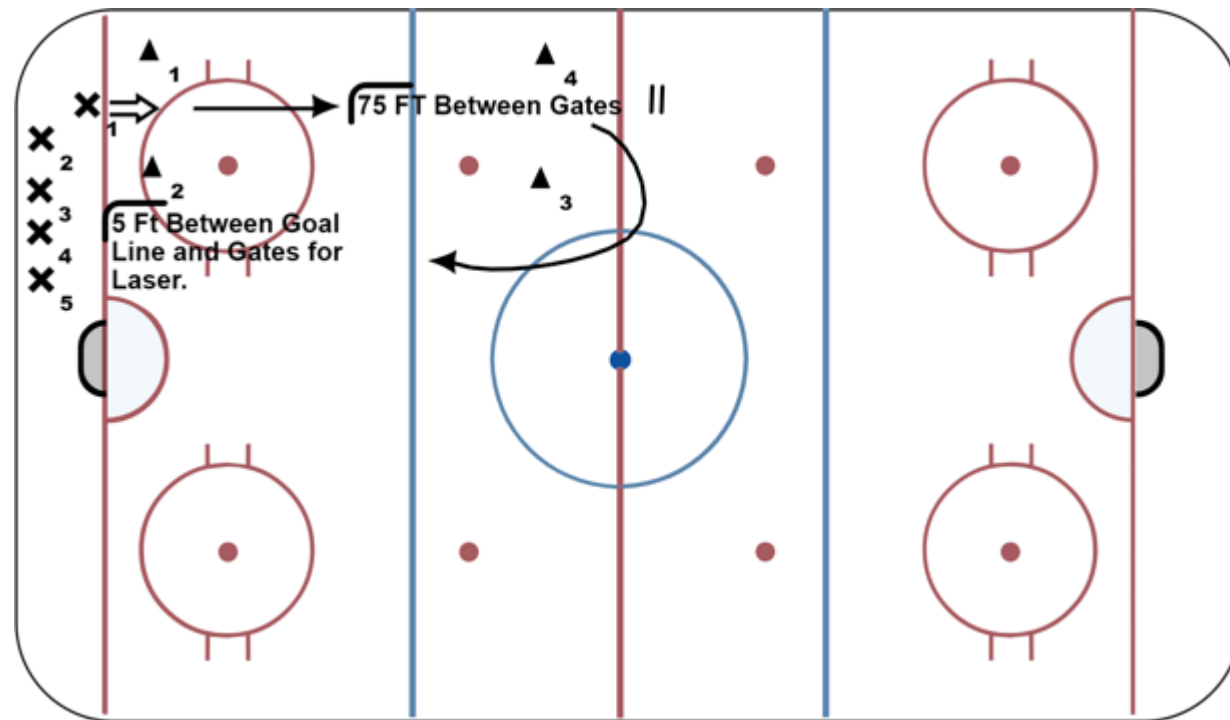
The player should then come back through the middle of the ice and get in line for their next turn.

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.

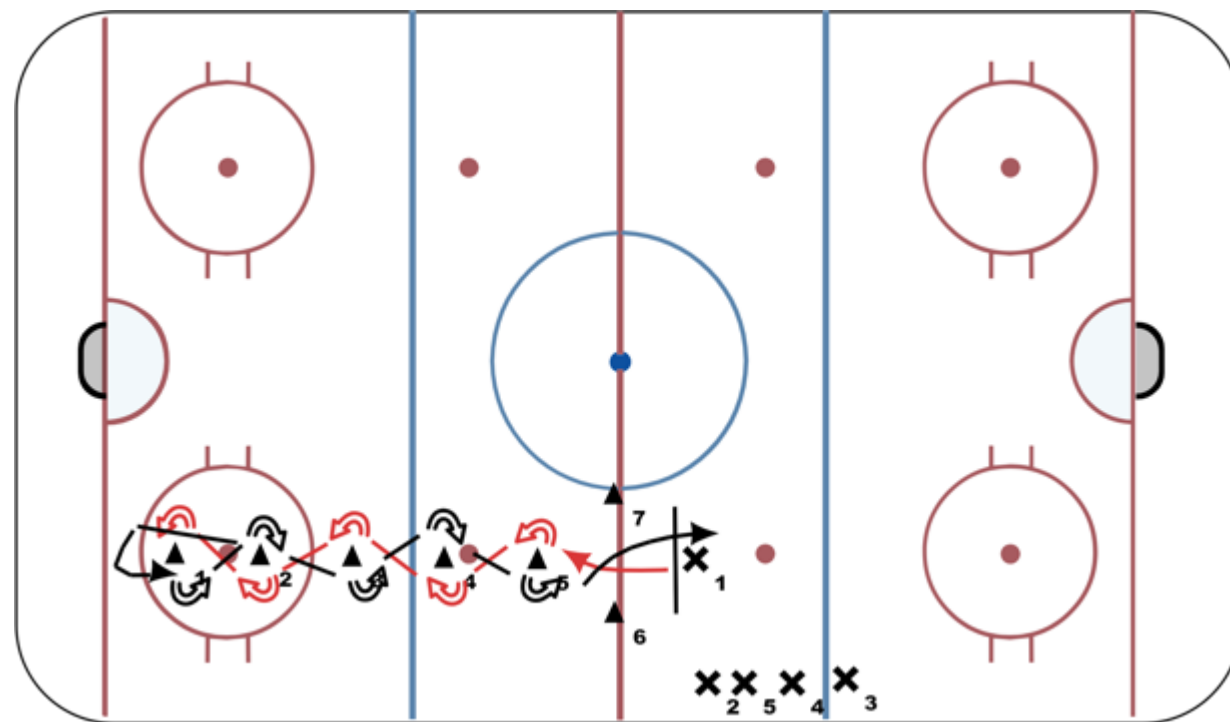
When players go with a puck they must either stick handle, push or drag the puck as they move down the ice. If a player shoots the puck in front of them and then chases it, their score will not count and they will be required to complete the drill again.

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.

# Agility Weave - With and Without A Puck - Forwards



## Description

The player will start on the line drawn on the ice 5 feet behind the laser line. The Pylons will be setup 10 feet apart from one another.

When the coach tells the player to go, the timing will start when the bodies torso breaks the beam.

Players will start by going to the right or left side of the first pylon, and they proceed to go around all the cones.

They will do a full circle around the top cone and proceed to go around all the cones back towards the goal line. Players must to a tight turn around the top cone.

Once they get around the the last cone they skate hard through the gate and stop at the wall. Players are encourage to skate hard through the gate for the best possible time.

When players perform the drill with a puck, the puck must go around each cone or the player will be required to complete the drill again.

The sequence shown above in black is the players motion through the cones going from left to right. The sequence shown in red is the players motions going back through the cones right to left.

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

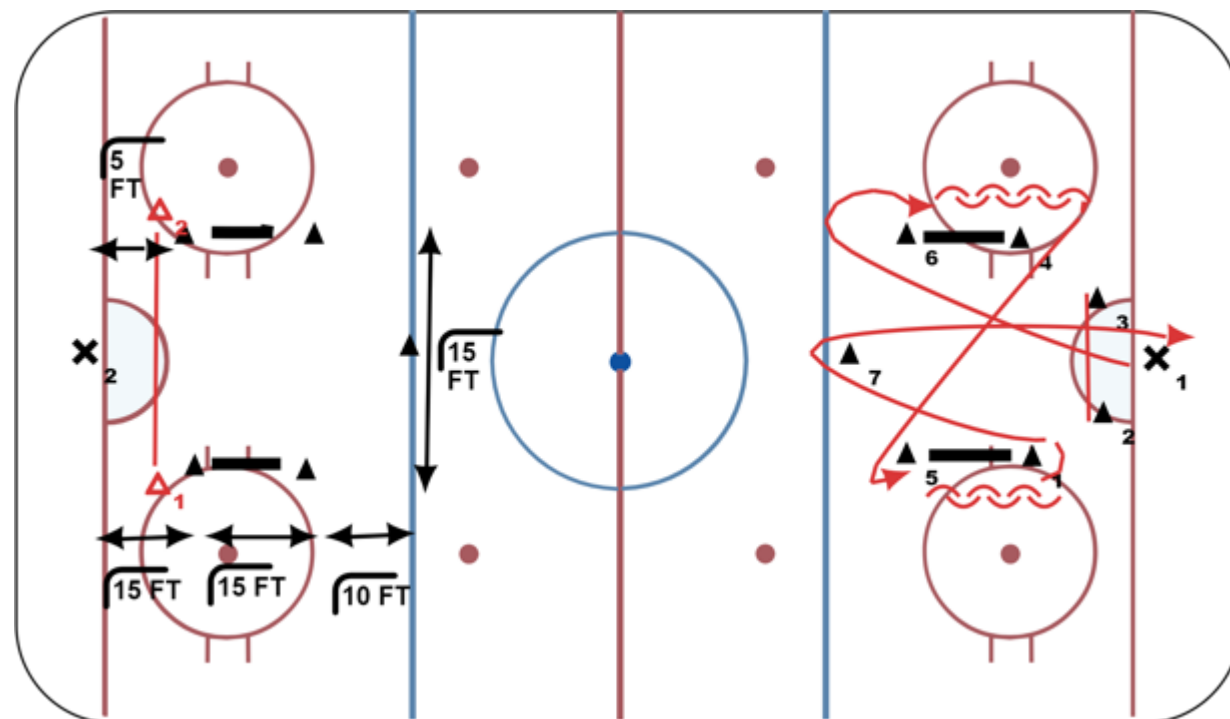
Players must go all the way around the cones, and cannot go over top the cone. Any player that doesn't go all the way around the cone will be required to complete the drill again.

The drill will be setup in the same fashion on the ringette, blue or red lines.

**Tags:** Quick feet., Controlled movements with puck., Don't lose speed going around the top cone.,



# 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.,