



# **PARKLAND HOCKEY GROUP**

STANDARD HOCKEY EVALUATION GUIDE

# RULES AND REGULATIONS

**ALL** participating players **MUST** be dressed and ready to go 10 minutes prior to their scheduled session. This ensures that each group can start on time. We will **NOT** be waiting for anyone so if any drills are missed the player will receive a score equal to the lowest for that test.

**ALL** participating players **WILL** be assigned a wristband with a number on it. As soon as you arrive at the rink, please see the association member handing out these bracelets. A list with the player's name and wristband number will be posted and accessible. Before getting dressed please double check that the name and number on the wristband match up.

Players **MUST** place this wristband on their right wrist and keep it there for the duration of the testing session. These bracelets are to be returned to PHG staff after completion of the last test in that session.





**ALL** participating players **WILL** have two (attempts) to complete each test and their best score will be used in the overall rankings. Each drill will be demonstrated by a PHG staff member so players are asked to pay attention. They will not receive extra attempts. If they are unable to complete the test in two attempts the player will receive a score equal to the lowest for that test.

Each test has a start line and **ALL** participating players **MUST** start with their front foot on the line. This rule ensures fairness and any scores resulting from a line violation will not be kept.

Waiving your stick in front of the sensor does not help your score. It will only slow you down. The sensors log the time based on the largest object (players body) passing through.

At **NO** point (except in the case of severe injury) are parents, family members or friends permitted to access the bench, open any gates or have any access what-so-ever to the players on the ice surface. If any issues arise, please approach an association representative who will then determine the appropriate action to take.

# PREPARATION

**ALL** participating players are encouraged to skate at least 2-3 times prior to their testing session. Players should be comfortable on their skates and not trying them out for the first time at this session. Players are encouraged to get their skates sharpened and skated on at least once to make sure there are no issues with blades being too sharp or too dull.

There will be a total of **six (6)** scores used to rate the player after these sessions. These scores are all based on time. Players are encouraged to review all 4 protocols on the following pages to ensure they understand what each one requires.



# FORWARD & BACKWARD SPRINT

There is **three (3) SPRINT** configurations at 20M (Novice) and 30M (Atom-Midget). Athletes will have **two (2)** attempts forward without a puck, forward with a puck and then backward without a puck. Each attempt the player **MUST** start with their front foot on the start line.

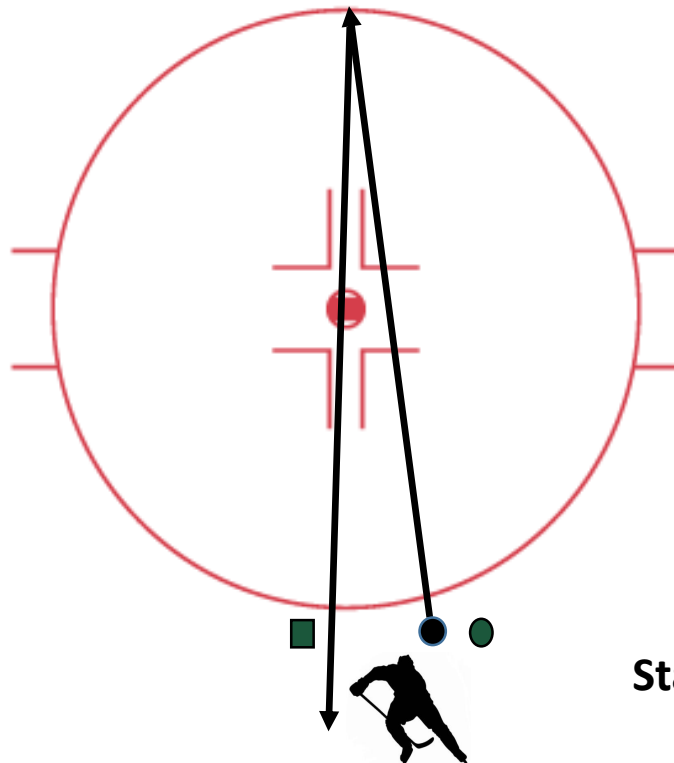


# STOP/START M AGILITY

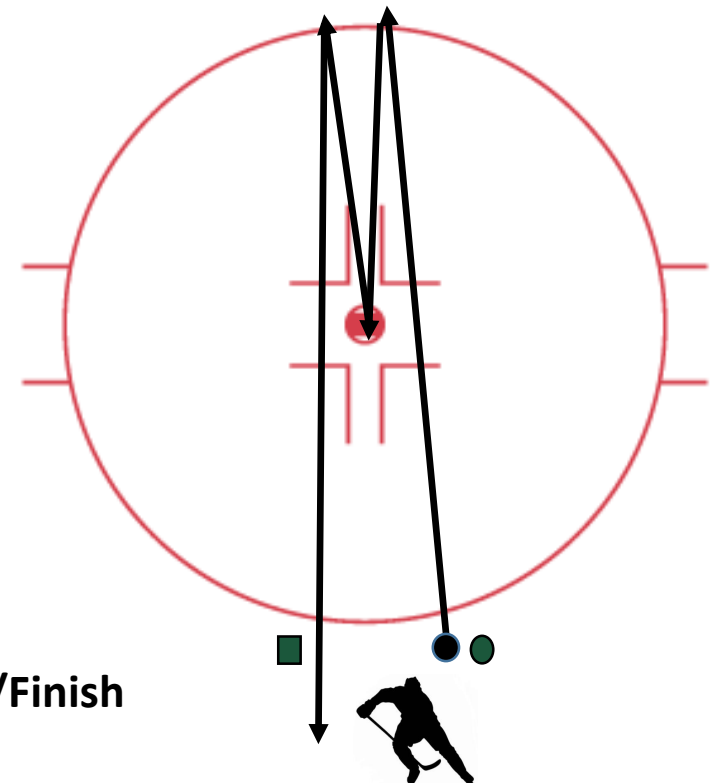
There is **two (2) STOP/START** agility configurations, one for Novice and another for Atom-Midget. Athletes will have **two (2)** attempts. Each attempt the player **MUST** start with their front foot on the start line. Novice players will skate to the top of the circle, stop and return through the gate. Atom-Midget players will create an M. They will skate to the top of the circle, stop and skate to the dot, stop and skate back to the top of the circle, stop and return through the gate.



Novice



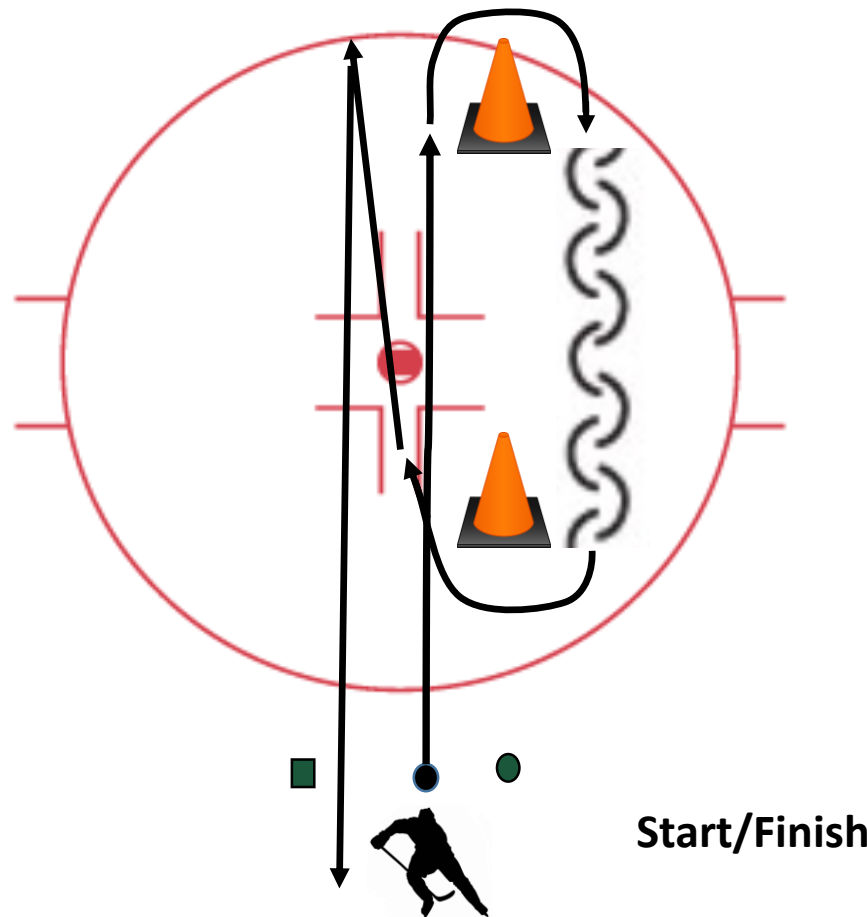
Atom-Midget



Start/Finish

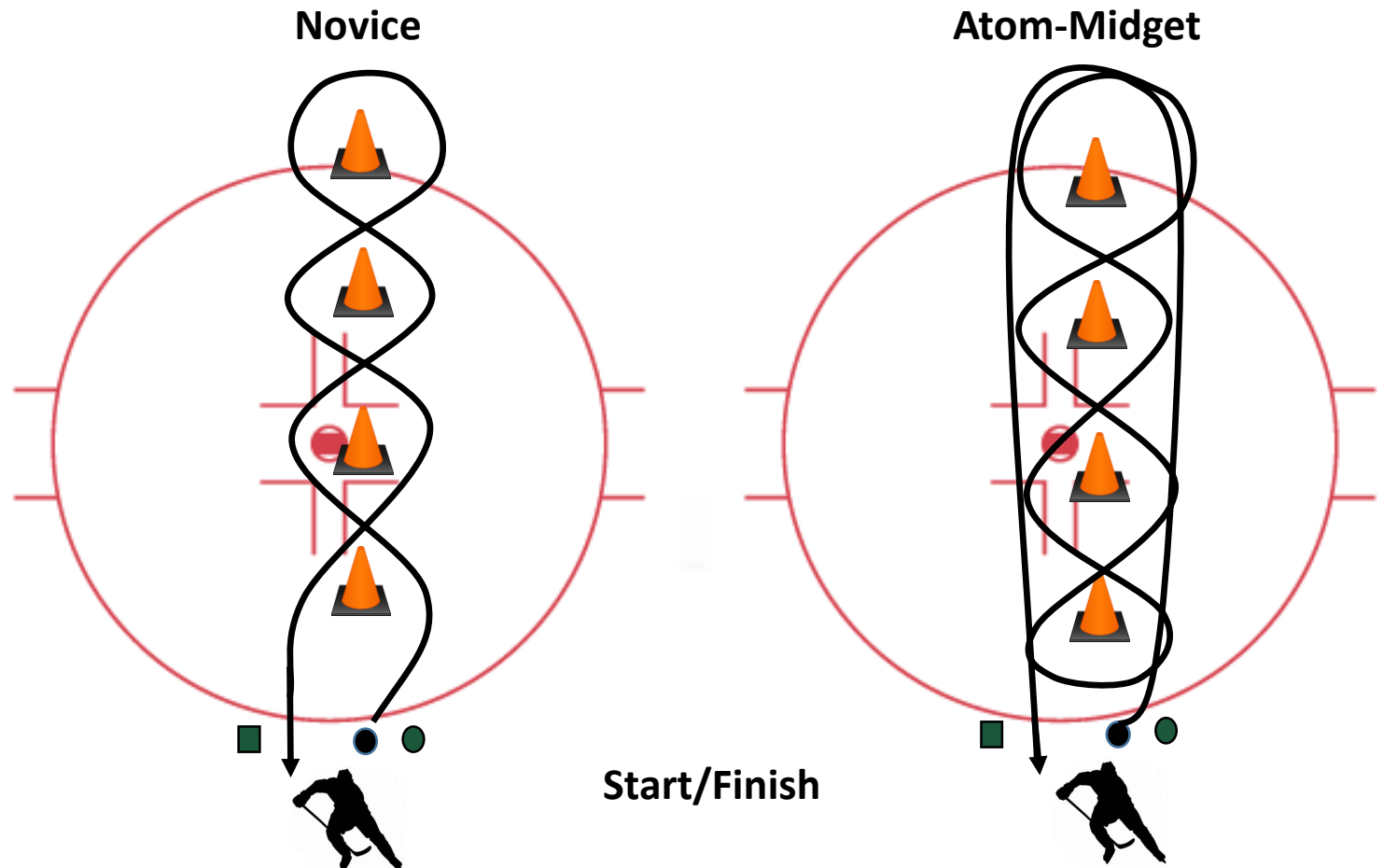
# TRANSITION AGILITY

There is **one (1) TRANSITION** Agility configuration. Athletes will have **two (2)** attempts one starting on the left of the flags, the other starting on the right. Each attempt the player **MUST** start with their front foot on the start line. Athletes will skate forward to the top of the circle, pivot backwards, back to the middle flag, pivot forwards then skate as hard as they can back up the top of the circle, stop, and hard back the gate.



# WEAVE AGILTY

There are **two (2)** different **Weave** Agility configurations. Weave will be with the puck. Players will have two attempts and must start with their front foot on the line. Novice players will weave through the four flags as shown, tight turn around the top flag, then weave through the flags back to their starting gate. Atom-Midget players will skate to the top flag, tight turn, weave through all 4 flags again then skate back hard through the start/top gate.





Players will start behind lights on start line. Athletes will have **two (2)** attempts. They will leave through the gate, tight turn around the closest left flag and continue on in the pattern illustrated in the picture right, left, right. Once reaching the top flag they will 180 tight turn and come back straight down the middle through the starting gate. This can be done with or without pucks.

