

2025/2026 Evaluations Program (U11-U18)



Dear Players & Parents,

Early fall is an exciting time of the year as it is the start of hockey season! Along with this excitement comes some stress: getting hockey gear ready, organizing schedules and of course evaluations. The purpose of this letter is to relieve some of this stress and be transparent on how the evaluation program will work. Please become comfortable with this document to ensure that there will be no surprises when coming to the first skate. Let's make this process as positive as we can and have a great start to the hockey season.

Thanks,

Bar Down Education

Keys to success:

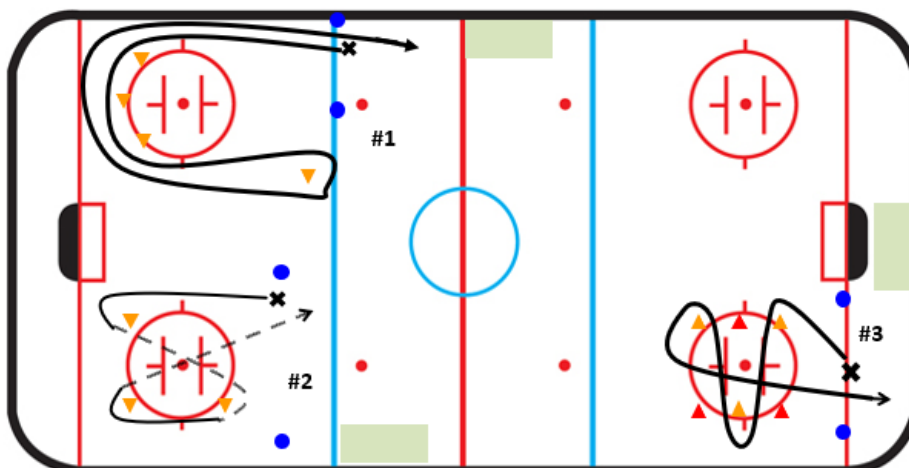
- Read and understand all the components of the evaluation program. Knowing what you are getting into will help relieve the stress.
- Make sure all equipment is ready (ie: sticks cut, skates sharpened etc.)
- Eat well and make sure you are properly hydrated for your skate.
- Get a good sleep leading up to the day of your skate.
- Don't panic. Relax.

General Rules:

- Be dressed and ready to go on the ice 10 minutes before your scheduled ice time.
- Ensure that you are listening and following all commands of your group leader.

Skate #1 (Skill Session)

Drills:



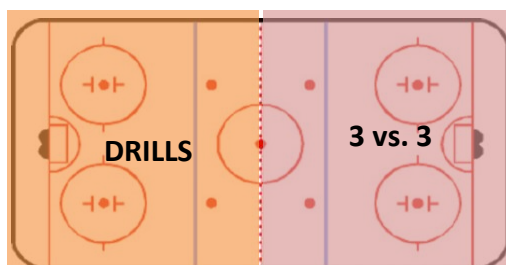
Drill #1	Drill #2	Drill #3
<ul style="list-style-type: none"> Crossover Sprint Players stand in the lime green box Player will be called up to the blue dots Player will start on their own accord and follow the pattern as shown in the diagram. 	<ul style="list-style-type: none"> Pivots Players stand in the lime green box Player will be called up to the blue dots Player will start on their own accord and follow the pattern as shown in the diagram. Note: The dashed line represents back ward skating. 	<ul style="list-style-type: none"> Tight Turns (w/puck) Players stand in the lime green box Player will be called up to the blue dots Player's first tight turn will be on their forehand (above diagram is showing a right handed player) Player will start on their own accord and follow the pattern as shown in the diagram. <p><i>Note: Body, puck and stick must go around the pylon.</i></p>



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General Layout of Ice:



Note: The splitting of the groups for the first skate will be done alphabetically

Skate #2 (Scrimmage 1)

Teams will be created based on the results from Skate #1. Scrimmages will follow the traditional rules of hockey but for equality of ice time shifts will be limited to 1 minute (signaled by the buzzer). No faceoffs (except to start the scrimmage) will be performed. If a goal is scored, the scoring team must give the opposing team the blue line to re-engage.

Skate #3 (Scrimmage 2)

Teams will be created based on the results from Skate #1 and Skate #2. Scrimmages will follow the traditional rules of hockey but for equality of ice time shifts will be limited to 1 minute (signaled by the buzzer). No faceoffs (except to start the scrimmage) will be performed. If a goal is scored, the scoring team must give the opposing team the blue line to reengage.

Evaluation Criteria

For each scrimmage each player will be given a holistic score out of 5 working off the criteria* below from each evaluator:

Skating	Puck Skills	Compete Level	Positional Play	Hockey Smarts
<ul style="list-style-type: none"> Quickness Agility Transitions Pivots 	<ul style="list-style-type: none"> Accurate passing Range of motion with puck Creativity Dekes 	<ul style="list-style-type: none"> Backchecking Forechecking Second effort attempts Engagement in the corners and front of the net 	<ul style="list-style-type: none"> General positional play Maintaining lanes Offensive tactics Defensive tactics 	<ul style="list-style-type: none"> Spacing Read and react Coverage Team-mate spatial awareness

*These are examples of key terms used by the evaluators, however with the complexity of the game of hockey this is not a comprehensive list of skills looked at.