



Westlock 2021/2022  
Evaluations Program  
(49)



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:**

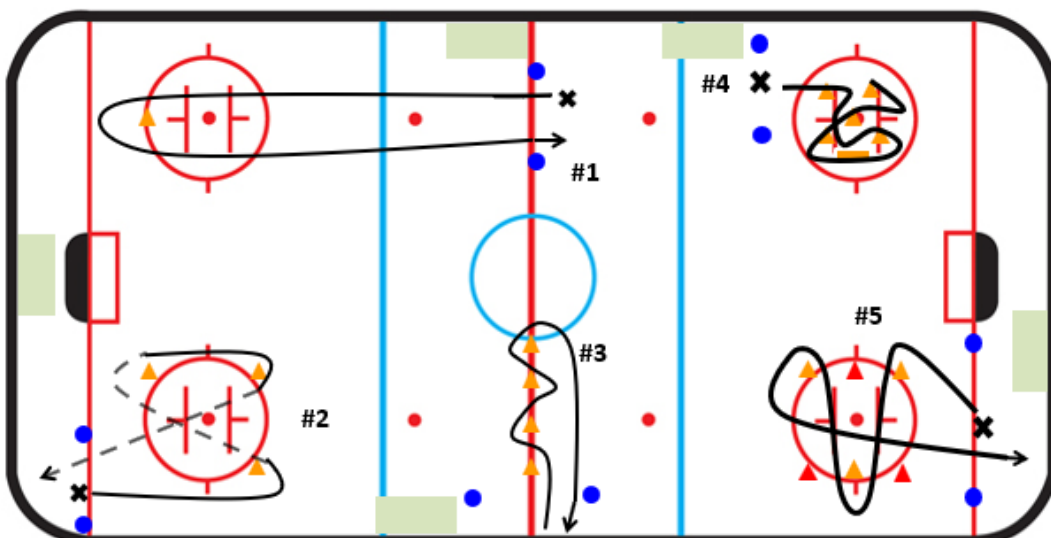
- Read and understand all the components of the evaluation program. Knowing what you are getting into will help relieve the stress.
- Make sure all equipment is ready (ie: sticks cut, skates sharpened etc.)
- Eat well and make sure you are properly hydrated for your skate.
- Get a good sleep leading 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 (U9):



Drill #1	Drill #2	Drill #3
<ul style="list-style-type: none"> <li>• Sprint (w/ puck)</li> <li>• Players stand in the lime green box</li> <li>• Player will be called up to the blue dots</li> <li>• Player will start on their own accord and sprint to the far pylon and a sprint back through the blue dots.</li> <li>• Player can turn either way around the far pylon.</li> </ul> <p><b>This drill is quantitative.</b></p>	<ul style="list-style-type: none"> <li>• Pivots</li> <li>• Players stand in the lime green box</li> <li>• Player will be called up to the blue dots</li> <li>• Player will start on their own accord and follow the pattern as shown in the diagram.</li> <li>• Note: The dashed line represents back ward skating.</li> </ul> <p><b>This drill is quantitative.</b></p>	<ul style="list-style-type: none"> <li>• Speed pylons</li> <li>• Players stand in the lime green box</li> <li>• Player will be called up to the blue dots</li> <li>• Player will start on their own accord and follow the pattern as shown in the diagram.</li> </ul> <p><b>This drill is quantitative.</b></p>



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Drill #4	Drill #5
<ul style="list-style-type: none"><li>• Chaos stick handling</li><li>• Each player will get 10 seconds in the circle where they will be encouraged to show their stick handling and creativity.</li></ul> <p style="text-align: center;"><b>This drill is qualitative.</b></p>	<ul style="list-style-type: none"><li>• Tight turns (w/puck)</li><li>• Players stand in the lime green box</li><li>• Player will be called up to the blue dots</li><li>• Player will start on their own accord and follow the pattern as shown in the diagram.</li><li>• Right handed players will follow the orange pylon route. Left handed players will follow the same pattern but around the red pylons.</li></ul> <p style="text-align: center;"><b>This drill is quantitative.</b></p>

**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 half ice.

**Skate #3 (Scrimmage 2)**

Teams will be created based on the results from the previous skates. 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 half ice.