

Yankton Hockey

Team Selection Criteria

TO: Players/Parents/Coaches/Selection Team

The Yankton Area Ice Association (YAIA) promotes the fundamental philosophy that skill development is necessary in establishing a successful program. YAIA also recognizes that skill development should be fun and challenging and at the same time provide opportunities for all youth hockey players.

YAIA has developed an objective selection method to be utilized in selecting its hockey teams in a fair and impartial manner, and at the same time encourage skill development. The selection criteria are based off of the Canadian Player Development Model, which incorporates the Canadian Skills Test as a method of measuring and evaluating skill development.

Objectives of Player Evaluation

- *To provide a fair and impartial assessment of a player's total hockey skills.**
- *To ensure that players have a reasonable opportunity of being selected to a team appropriate to their skill level as determined by the overall assessment method.**
- *To provide the coaches and selection teams an opportunity to select teams based on knowledge of each player's skill and attitude.**
- *To provide clarity and uniformity in the evaluation process so that players and parents are clear on the objectives and expectations.**
- *To form teams to maintain balanced and competitive play where the athletes can develop and participate equitably and have fun playing hockey during the season.**
- *To provide feedback in order to develop all players.**

Overview of Hockey Skills

Skating

Acceleration, speed, mobility, agility, balance, stride, crossovers, pivots, acceleration out of turns, quick feet, controlled skating, change of pace.

Passing

Passing, receiving, passing choices, receiving passes on backhand, unselfish with the puck, good target presentation, retaining control of the puck, touch passing.

Puck Control

Head up, smooth and quiet, good hands, puck protection, small area puck control, puck control in traffic.

Shooting

Power, accuracy, quick release, shooting in motion, rebound control, wrist shot, snap shot, slap shot, high/low, vision of open areas of the net, break-aways.

Positional Play

Ability to see the play developing both offensively and defensively and recognizing when to support the puck, judgment, anticipation, understanding offensive and defensive systems, disciplined, understanding short-handed and power play responsibilities.

Checking

Concepts of angling, good body position with balance and control, defensive side position, aggressive checking, strength, taking a check, and when to body check.

Goaltending

Balance, mobility, quickness, low shots, high shots, rebound control, cutting off angles, post play, stick control, reaction, butterfly, posture, flexibility, and concentration.

Break down of Evaluation

1. Player registration forms will be collected to determine the overall number of players in each particular age group. If the overall number of players is 20 or more, players may be divided into two teams if agreed upon by the YAIA and coaches. Players will then be offered an opportunity to attend tryouts to determine the higher skilled players, which will be placed on the 'A' team. The players who do not qualify for the 'A' team will be assigned to the 'B' team.
2. The Coaching Coordinator /Coaching Committee will assign three coaches (to include a minimum of one Level 4 Coach) to join the assigned coaches and make up a "Selection Team." The Selection Team will run tryouts per the outlined tryout procedures for that specific age group.
3. The tryout schedule will include a minimum of 4 sessions which will include: Canadian Skills Testing, fundamental skating/shooting/passing drills, and a minimum of 1 scrimmage observed by the Selection Team.

From the Canadian Skills Testing, each player will run through the skill stations twice, with the better of their two scores used to formulate an overall player rating. The overall player rating that the player receives will be the primary objective component utilized in identifying the players who are in the middle of the 'A' and 'B' skill level, or "Bubble Players."

Tryout Scrimmage– Players will be split up randomly into two teams and play a simulated game or scrimmage. The Selection Team will observe player numbers and will not know the names of the identified "Bubble Players." The following variables will be evaluated during the scrimmage.

-hustle

-factor around the puck/win or lose the race and/or battle for the puck

-puck control/decisions with the puck

-play away from the puck/positioning

-hockey sense/awareness of the game

-teamwork

-Coachable

*****ALL COACHES AND SELECTION TEAMS WILL FOLLOW THE FOLLOWING PROCEDURES AND FORMAT THROUGHOUT THE SELECTION PROCESS*****

- 1) Canadian Skills Testing – best of 2 scores per station = Overall Player Rating
- 2) Coaches will forward all Canadian Skills Scores along with the “Bubble Players” That they have identified to the Selection Team/Coaching Coordinator before the tryout scrimmage takes place.
- 3) If the Selection Team and Coaching Coordinator do not find any discrepancies in the “Bubble Players” identified, they will proceed to the Tryout Scrimmage for further evaluation of the “Bubble Players” in a game setting.
- 4) The Selection Team will make all final selections by identifying the highest skilled “Bubble Players.” Coaches can provide additional input if requested by the Selection Team.

****Additional information that can be used for selecting players if all evaluations are equal:**

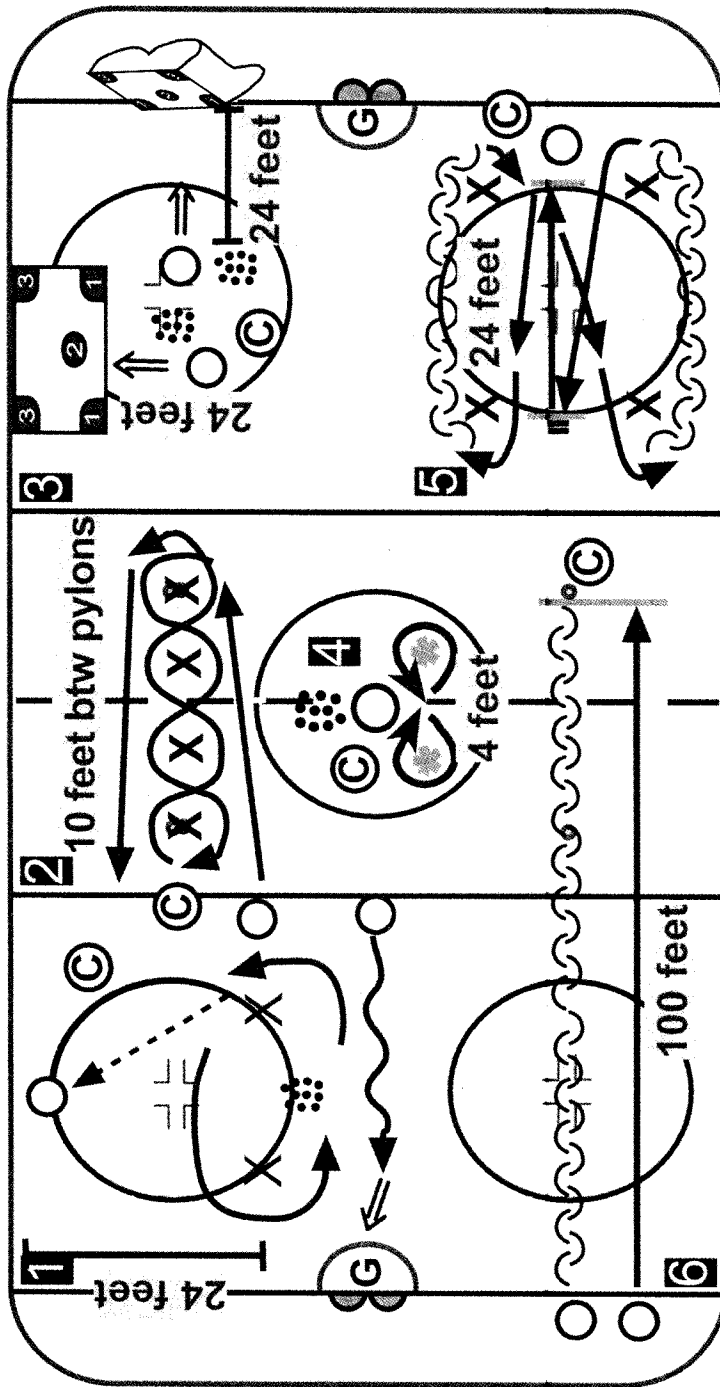
***First or Second year player participating at that level**

***5000 Puck Club Participant the previous summer Yes/No**

***Tryout attendance**

*****Selection Teams can request one additional Tryout Scrimmage if they feel further evaluation is necessary*****

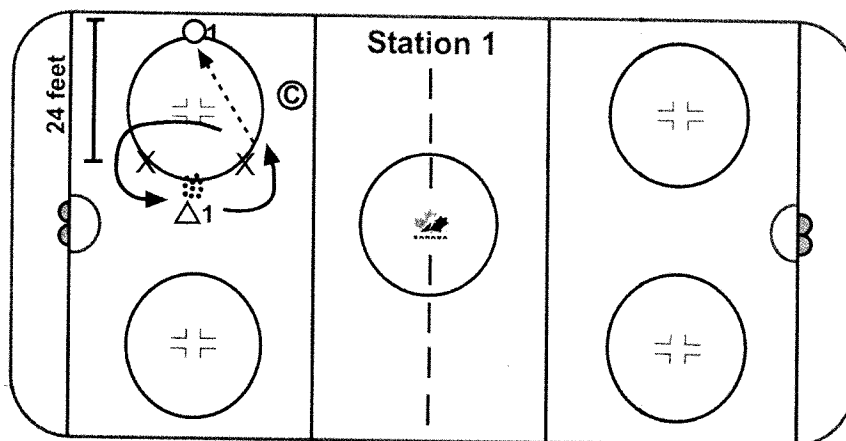
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National Skills Standards & Testing Program

STATION ONE: Forehand / Backhand Passing

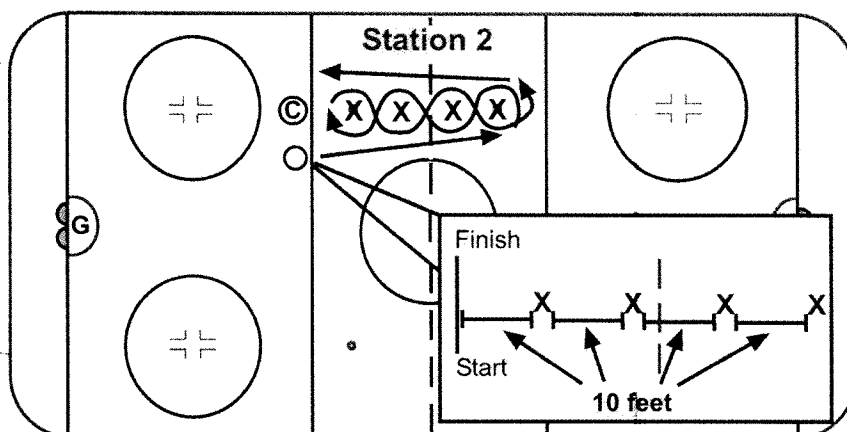


| Time | Description |
|-------|--|
| 8 MIN | Forehand / Backhand Passing |
| | <ul style="list-style-type: none"> ❖ 1 player starts with puck standing on edge of circle, a receiver is standing straight across from the passer near the boards. ❖ The passer makes a total of 10 passes, 5 forehand and 5 backhand. ❖ Receivers are 24 feet from passer. At the point where the receiver is located, place two spray paint dots on the ice 1 foot apart. ❖ The passer skates around the pylon on the forehand side, makes a pass to the receiver, then skates around the pylons to pick up another puck to make another moving pass. 5 passes are made on the forehand then change direction and make 5 passes on the backhand. ❖ The receiver is not scored for pass reception. A successful pass is one that goes through the 2 dots on the ice. |
| | Key Execution Points (KEP) |
| | <ul style="list-style-type: none"> ❖ Score is recorded as number of successful passes out of 5 (5 forehand & 5 backhand) by passer only. ❖ There is no time limit. ❖ Can split into two groups. |

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STATION TWO: Forward Weave Agility Skate

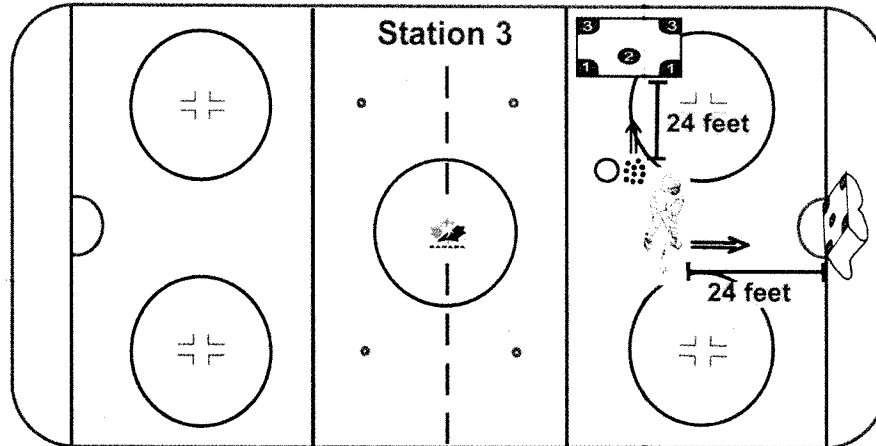


| Time | Description |
|---|-----------------------------|
| 6 MIN | Forward Weave Agility Skate |
| <ul style="list-style-type: none"> ❖ Start at the blue line, skate forward towards the far pylon and make a tight turn around first pylon. Weave back through the pylons, making a tight turn around the last pylon (closest to start line), and weave back through the pylons, making a tight turn around the last one. Sprint back to the blue line which is both the start and finish line. ❖ The first pylon is 10 feet from blue line. (Starting point) ❖ Pylons are set 10 feet apart. | |
| Key Execution Points (KEP) | |
| <ul style="list-style-type: none"> ❖ This is a timed drill. ❖ Do the test without a puck first, then repeat the test with a puck. ❖ Measure distances for pylon placement and use spray paint to mark the spot. Place a pylon over top of each spray painted dots. This ensures that if a pylon gets knocked off down, it will be easy to replace it to the exact spot. | |

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STATION THREE: Shooting Accuracy / Shooting Speed (option – speed puck)

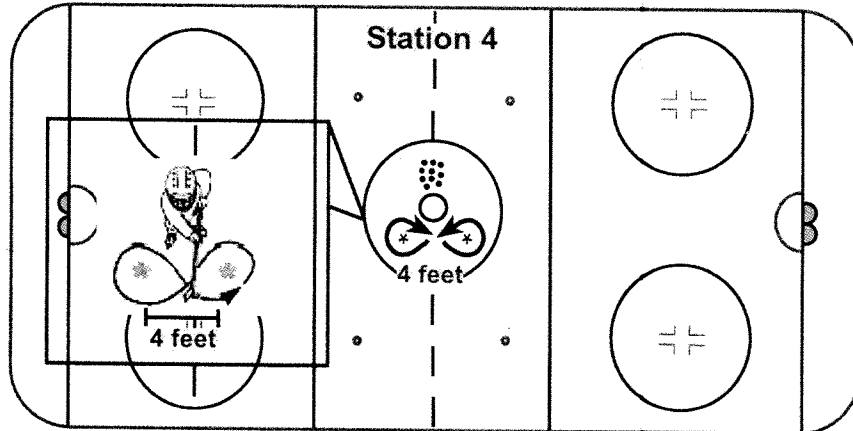


| Time | Description |
|---|-------------------|
| 8 MIN | Shooting Accuracy |
| <ul style="list-style-type: none"> ❖ Players line up 24 feet from the boards or net. A standard shooter tutor can be used as the target. Players take 10 forehand shots and 10 backhand shots at the target. 3 points are awarded for hitting the top two corners, 2 points for hitting the five hole and 1 point for hitting the bottom two corners. 30 points is the maximum points to be awarded. NOTE: A series of 5 targets could also be placed on the boards, or a comparable target system to that of a shooter tutor that has 5 shooting areas can also be used. ❖ A way of saving time is to split this station into forehand and backhand stations and have two people recording simultaneously – 1 forehand, and 1 backhand. <p>Shooting Speed Option</p> <ul style="list-style-type: none"> ❖ A speed puck is required. After each shot, the speed on the puck is noted with the highest speed of the 10 shots being recorded. | |
| Key Execution Points (KEP) | |
| <ul style="list-style-type: none"> ❖ Have 10 pucks ready for each player to shoot. ❖ Have all players go through on forehand first, then on backhand. ❖ Measure the distances, and use spray paint to mark the spot. | |

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STATION FOUR: Figure "8" Stickhandling

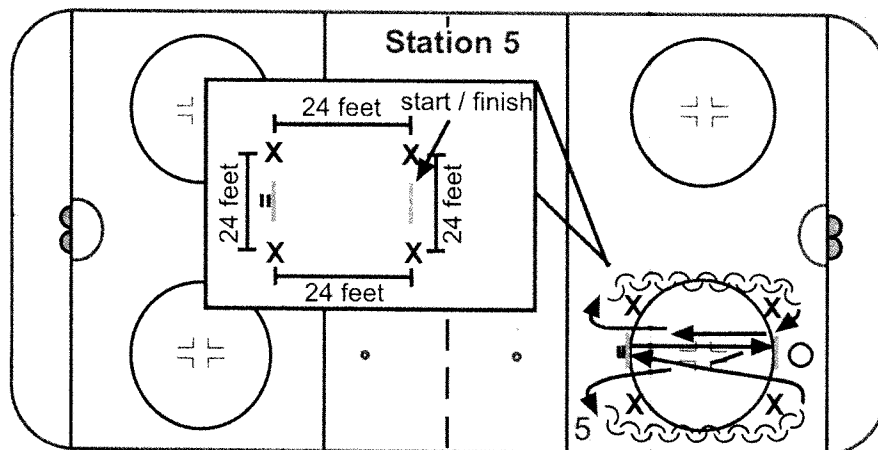


| Time | Description |
|----------------------------|--|
| 8 MIN | Figure "8" Stickhandling |
| | <ul style="list-style-type: none"> ❖ Two spray painted dots, or pucks are placed 4 feet apart. ❖ Each player is timed to see how long it takes to do 5 figure 8's around the dots with the puck. ❖ Player is stationary, and only the puck does the figure 8's around the dots. ❖ One complete figure 8 is going around both dots / pucks and crossing the middle starting point. ❖ For players 8 years old and under place the dots 3 feet apart instead of 4. |
| Key Execution Points (KEP) | |
| | <ul style="list-style-type: none"> ❖ This is a timed drill. ❖ Use water to freeze pucks in place so they don't move if touched by the player. |

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STATION FIVE: Transition - Agility Skate

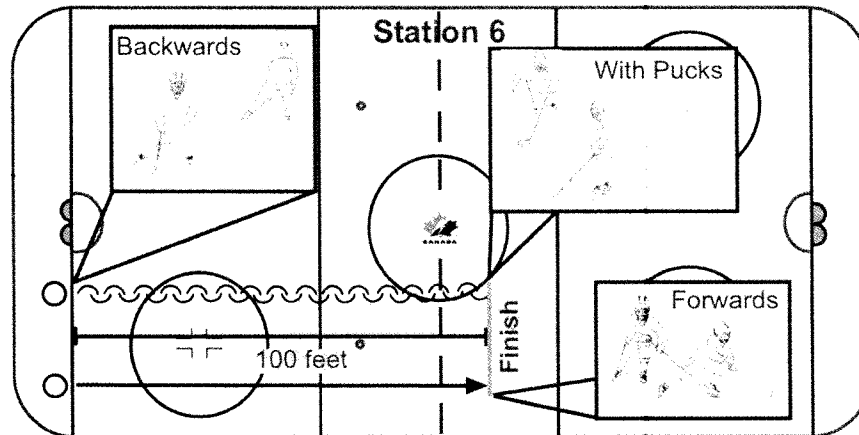


| Time | Description |
|----------------------------|--|
| 8 MIN | Transition - Agility Skate |
| | <ul style="list-style-type: none"> ❖ Each player starts on line at the bottom of circle. The player skates forward to far right side pylon, pivots and skates backwards to lower right side pylon. ❖ The player then pivots and skates forward to far left side pylon, pivots and skates backwards to lower left side pylon. ❖ The player then pivots and skates forward to designated line, stops, and then skates forward back to starting line. ❖ Complete the test without a puck. Then complete the test with a puck. |
| Key Execution Points (KEP) | |
| | <ul style="list-style-type: none"> ❖ Players must transition from forward to backward and forward to backward at the pylons. ❖ Measure distances, and use spray paint to mark the spot. Place a pylon over top of each spray painted dot. This will ensure accurate placement of the pylon without having to re-measure when pylons are knocked over. |

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STATION SIX: Forward / Backward - Speed Skate

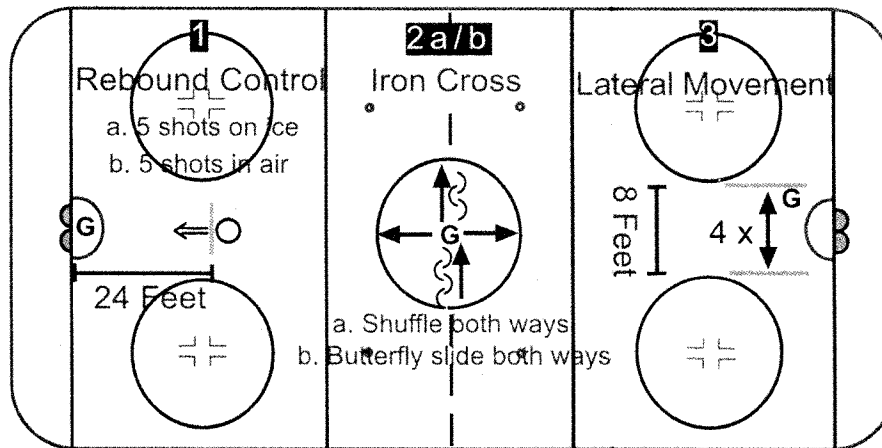


| Time | Description |
|-------|--|
| 8 MIN | Forward / Backward - Speed Skate |
| | <ul style="list-style-type: none"> ❖ Players skate as fast as they can straight ahead, first forwards and then backwards. ❖ The distance is 100 feet. ❖ Measure 100 feet starting at the goal line. Use spray paint to draw a line to indicate the finish line. ❖ Complete first without a puck. Then add a puck for the second trial. |
| | Key Execution Points (KEP) |
| | <ul style="list-style-type: none"> ❖ Complete forward skating without a puck then add a puck. Repeat the test backwards first without a puck and then with a puck. ❖ Encourage players to skate through finish line (discourage players from stopping at the finish line). |

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Goaltender Tests



| Time | Description |
|---|---|
| 8 MIN | Rebound Control – Iron Cross – Lateral Movement |
| <ul style="list-style-type: none"> ❖ Rebound control is done from 24 feet out measured from the goal line, 10 shots total are taken. 5 in the air, 5 on the ice. The following point system is used to record score. <ul style="list-style-type: none"> 1 point for trapping or catching the puck (possession) 2 points for deflecting the puck to the corners with elevation. 3 points for rebound back in direction of the shot 4 points for a rebound to the weakside 5 points for a goal (The lower the point total, the better the score) ❖ The Iron Cross is a timed drill with two separate tests. The forward and backward portions are the same, with the difference being the first one utilizes a shuffle to go sideways and the second one uses a Butterfly slide to go sideways. (Based on standardized circle width of 30 feet, if circle is not standard size, then mark off 30 feet distance both vertically and horizontally). ❖ The Lateral Movement test is done by moving sideways 8 feet for 4 repetitions, while keeping the outside pad (slide pad) on the ice the entire time (over and back is counted as 1 repetition). | |
| Key Execution Points (KEP) | |
| <ul style="list-style-type: none"> ❖ Can be done anywhere on the ice as part of regular team testing or in a separate session. ❖ For Rebound control drill try to ensure the shots are consistent for each goalie. ❖ Best to do when the ice is fresh, for less pad friction. | |

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SKILLS TEST ASSESSMENT

Skills Testing - Data Recording Sheet

| PERSONAL INFORMATION | | TEST RESULTS | | | | | | GOALTENDER TEST RESULTS | | | | | | | | |
|----------------------|----------|--------------|------------------|----------------------------|---------------------------|-------------------|------------|-----------------------------|----------------------------|--------------------|-------------------|--------------------|-------------------|---------------------|-----------------------|------------------|
| Name | Position | Gender | Passing Accuracy | Fwd Agility Weave w/o Puck | Fwd Agility Weave w/ Puck | Shooting Accuracy | Figure 8's | Transition Agility w/o Puck | Transition Agility w/ Puck | Fwd Speed w/o Puck | Fwd Speed w/ Puck | Bwd Speed w/o Puck | Bwd Speed w/ Puck | Re-bounding Control | Iron Cross | Lateral Movement |
| First | Last | | (/5) Fh Bh | (/5) Fh Bh | (/50) Fh Bh | (/50) Fh Bh | (secs) | (secs) | (secs) | (secs) | (secs) | (secs) | (secs) | (points) | A. (secs) B. (secs) | (secs) |
| 1 | | | | | | | | | | | | | | | | |
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| 3 | | | | | | | | | | | | | | | | |
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| 20 | | | | | | | | | | | | | | | | |
| 21 | | | | | | | | | | | | | | | | |

Team Name: _____ Coach: _____ Phone: _____
 Age Division: _____ Level: _____ Email: _____
 Date of Test: _____ Test #: _____ Signature #1: _____
 Signature #2: _____

NOTE: (Bh=backhand, Fh=forehand)

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Skill Assessment/Player Intangibles

Coachability (follows directions, does not interrupt coaches, knows his/her role, understands and applies coach's instruction)

Coach's Comments _____

Play Around the Puck (wins the race to the puck, wins the battle for the puck, makes a smart play with the puck, good puck control, gets the puck away from the danger Zone, gets the puck up the ice)

Coach's Comments _____

Play Away from the puck (gets into a good scoring position, puck support, back-check, fore-check, picks up defenders in the danger zone, good positioning on break-outs)

Coach's Comments _____

Hustle (always skates hard, sets the tempo, keeps up with the tempo of the game, doesn't get out-skated)

Coach's Comments _____

Hockey Sense/Awareness of the Game (right place/right time, calls for the puck, understands when to make line changes, understands the game situation)

Coach's Comments _____

Teamwork/Good Teammate (coordinates well with teammates, passes the puck, leads by example, sets the tone for practices, encourages and motivates teammates, good locker room presence)

Coach's Comments _____

