



Mite-1,2, & 8U Baseline Testing 2022-2023

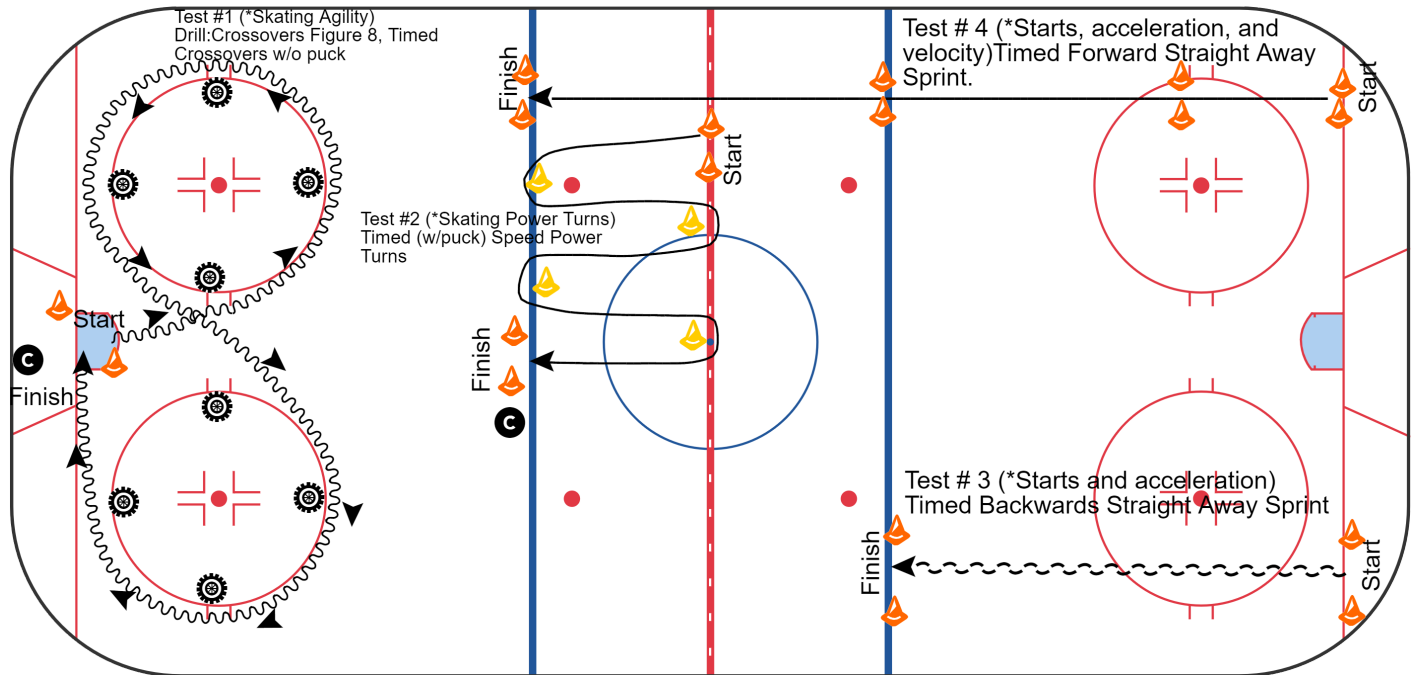
Date: Dec 1 2022

Time: 4:00 pm

Duration: 60 mins

Mite-1 & 2 Skating Testing drills #1-4

60 mins



Description

Test # 1 (Testing emphasis on skating agility) Figure 8 Crossovers (Timed w/o puck). Player starts at the top of the goal crease, skates around top of the circle, around the bottom, continues around top, around the bottom, and finishes through cones. Timer starts when player moves and ends when player crosses crease through cones.

Test # 2 (Testing emphasis on skating agility/power turns/ puck control) Speed Power Turns (Timed w/Puck). Player starts at cones on red line weaves through cones and finishes through cones. Timer starts when player moves and ends timer when player crosses through cones.

Test # 3 (Testing Emphasis Starts and Acceleration) Backwards Straight Away Sprint. (Timed w/o Puck) Player starts at the Goal line, skates through near blue line. Timer starts when player moves and timer ends when player crosses through cones.

Test # 4 (Testing Emphasis Starts, Acceleration, and velocity) Forward Straight Away Sprint. (Timed w/o Puck) Player starts at the Goal line, skates through far blue line. Timer starts when player moves and records split times at top hash mark, near blue, and far blue ends timer when player crosses through cones.

Key Points

- Pay special attention to the placement of cones, tires, and starting and finish lines. Cones are placed with specific markings on the ice.
- Each coach is required to complete the data and fill out the attached recording sheet.
- Make this fun for the kids. Zero pressure should be placed on the kids during testing.
- Baseline evaluation/testing to be completed at the start of the year and end of year.
- This is not used for anything other than data to track improvement, development, end of season players reviews, and feedback of improvement areas.