

16U/18U EVALUATION SESSION

16U/18U Ice Session 1

General Objective:	Skating and Puck Control Skill Evaluation Individual Tactics	
Specific Skills Being Evaluated:	Forward/Backward Skating Transitions Skating with Puck Shooting in Motion	
	Defense Pressure/Contain Gap Control Positioning Body Contact/Checking	Forwards Walkouts Skating Fakes Net Drive Protecting the Puck

Overview

Warm-up	Stretch and Skate <i>Explanation/Drill Set Up</i>	5 minutes
	<i>Break into Stations</i>	<i>2 minutes</i>
Two (2) Stations	1. Shooting in Motion 2. Transition Skating	20 minutes (10 minutes per station)
	<i>Explanation/Drill Set Up/Cool Down</i>	<i>3 minutes</i>
Two (2) Stations	3. Skating with Puck 4. Passing and Shooting in Motion	20 minutes (10 minutes per station)
	<i>Explanation/Drill Set Up/Cool Down</i>	<i>3 minutes</i>
Two (2) Stations	5. Walkouts, Pressure, Contain 6. 1 on 1 attacks, Gap Control, Net Drive	20 minutes (10 minutes per station)
	<i>Finish/Drill Tear Down</i>	<i>2 minutes</i>
		75 minutes

Drills listed on next page



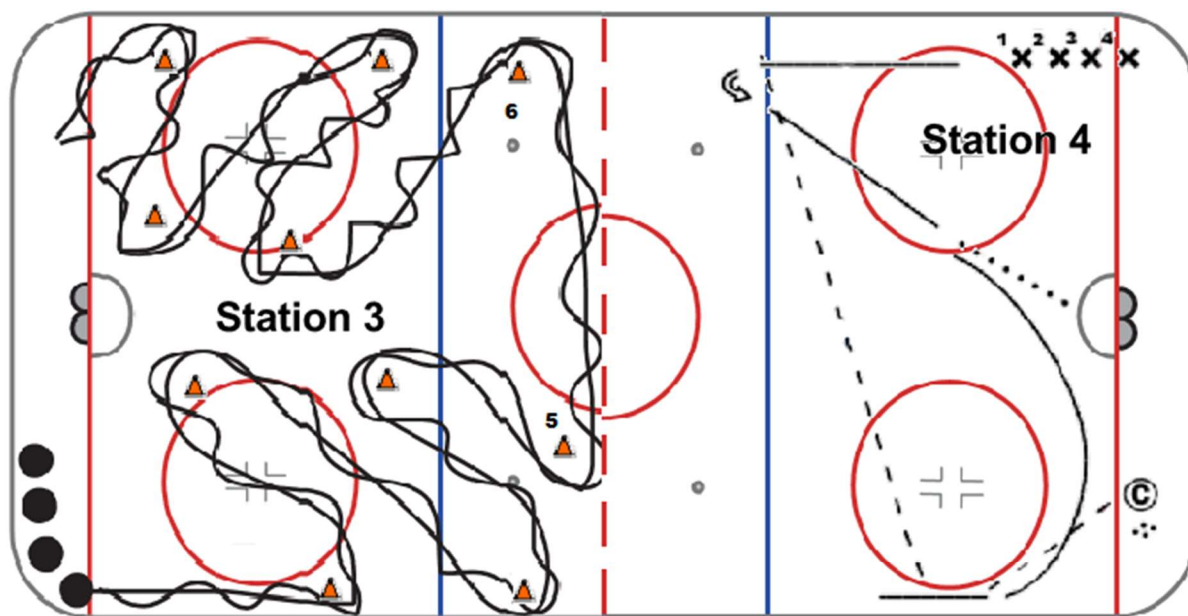
Station 1

Player 1 starts with a puck and skates toward the first cone. Player completes a tight turn around cone and shoots forehand shot. Player will then skate towards other cone and pick up puck. Player will transition backwards before the cone and skate around the cone backwards. Player will continue to skate backwards with the puck and shoot a forehand shot. Next player in line will start as soon as the player in front of them shoots their second shot. **Right handed player will transition backwards at first cone and skate forwards at second cone. All shots shall occur on the forehand.

Station 2

Player 1 starts with the puck and skates to cone 2. Player stops facing the cone and transitions into skating backwards around cone 1. Player transitions to forward and skates to cone 3. Player stops facing cone 3 and transitions backwards around cone 2. Player transitions forward past cone 4 and into the corresponding line. Player 5 starts the same time as player 1 and completes the same drill.

Next player in each line starts when the player in front of them transitions backwards around cone 2 and is skating towards cone 4.



Station 3

Forward skating with the puck, player performs tight turns around the pylons. At cone 5, player will skate backwards to the end. Evaluators should be watching for acceleration out of the turn and ability to control the puck on the forehand and backhand.

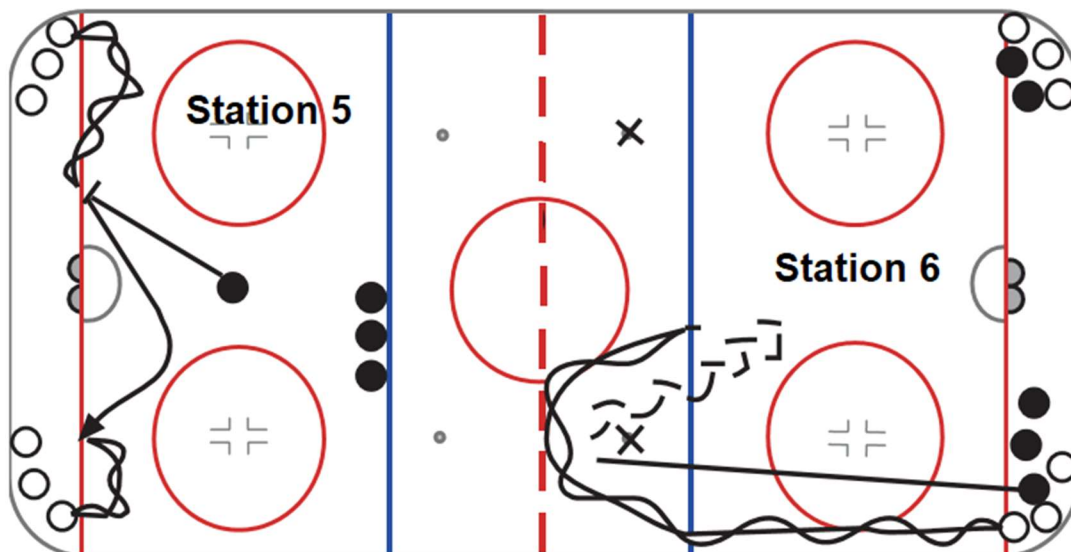
Station 4

Player 1 starts drill with a puck. Player skates toward red line and curls back towards the goal. Player shoots before the hash marks. After shot, player continues skating towards the boards and opens up for a breakout pass from coach. After receiving pass, player skates with puck and makes pass to Player 2. Player 2 catches cross ice pass and curls before red line. Repeats drill above.

Player 2 starts skating towards red line when Player 1 catches break out pass from the coach.

After Player completes cross ice pass, the player should skate across the ice to get back in line.

16U/18U Ice Session 1 (Continued)



Station 5

Out of both ends. On the whistle one of the two forwards walkouts of the corner. The D-man net front reads and moves to play the 1 on 1. On second whistle D returns to net front and plays one on one out of other corner. After rep on each side, D and F change. Add a 2nd F out of corner to make it a 2 on 1

Station 6

Out of opposite corners on the whistle the puck carrying forward drives out toward centre ice red line and attacks back on net. D mirrors F, pivots around the pylon and plays the 1 on 1 coming back. D must maintain tight gap. F must read gap. Add a second forward out of the corner to make it a 2 on 1 attack.

16U/18U Ice Session 2 and 3

Scrimmage – Full or Half Ice	75 Minutes
Objectives	General Game Understanding Participation in on-ice activity – Does the player participate in and influence the outcome? Evaluation – evaluators should be able to identify top 1/3, middle 1/3 and bottom 1/3

Ranking Criteria

Skating	Can the player play with and without the puck? How does the player skate in the game situation?
Passing and Receiving	Does the player share the puck? What is the quality of the passes? Does the player support the puck carrier?
Work Ethic	What is the player's attitude toward the scrimmage? Does the player have a willingness to work? Does the player demonstrate team play or individual play?
General Feelings	Does the player rate in the top, middle or bottom?