



Baseline Testing 2022-2023

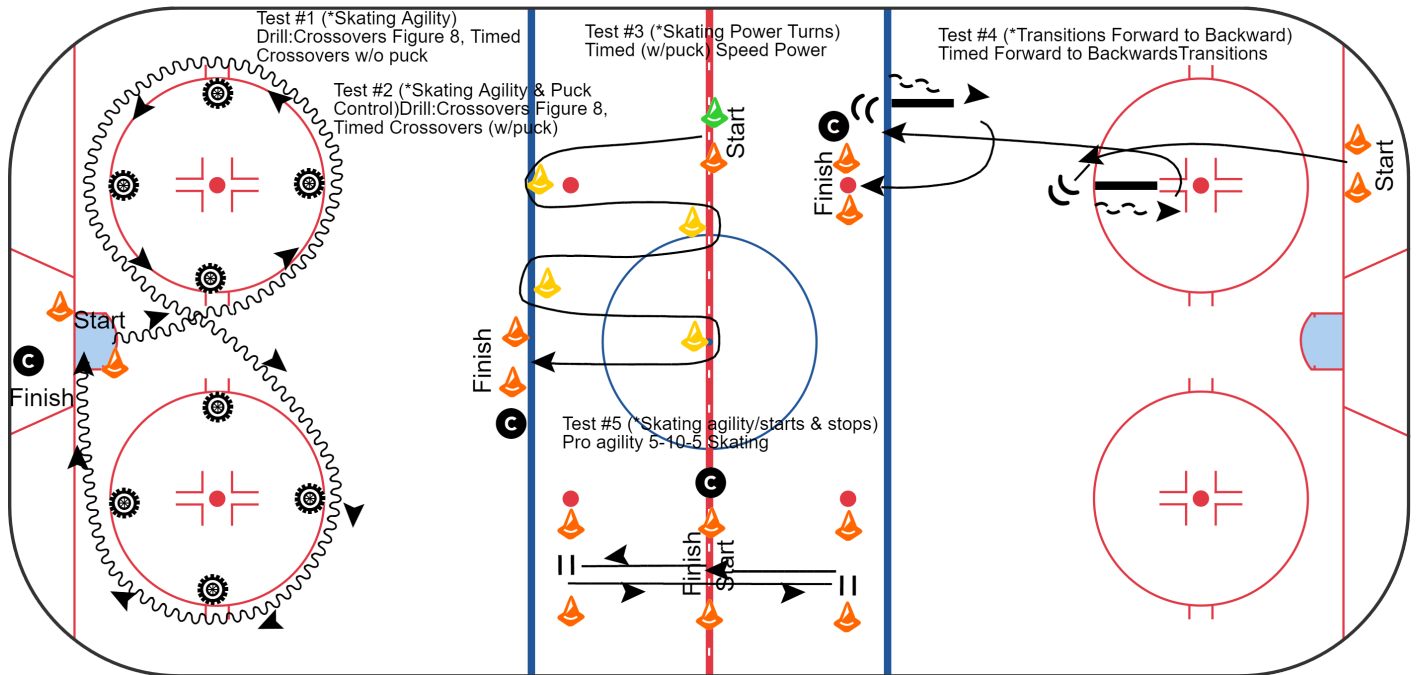
Date: Nov 21 2022

Time: 10:00 am

Duration: NaN mins

Skating Testing Drills #1-5

0 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.

Test # 2 (Testing emphasis on skating agility & Puck Control) Figure 8 Crossovers (Timed w/ 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.

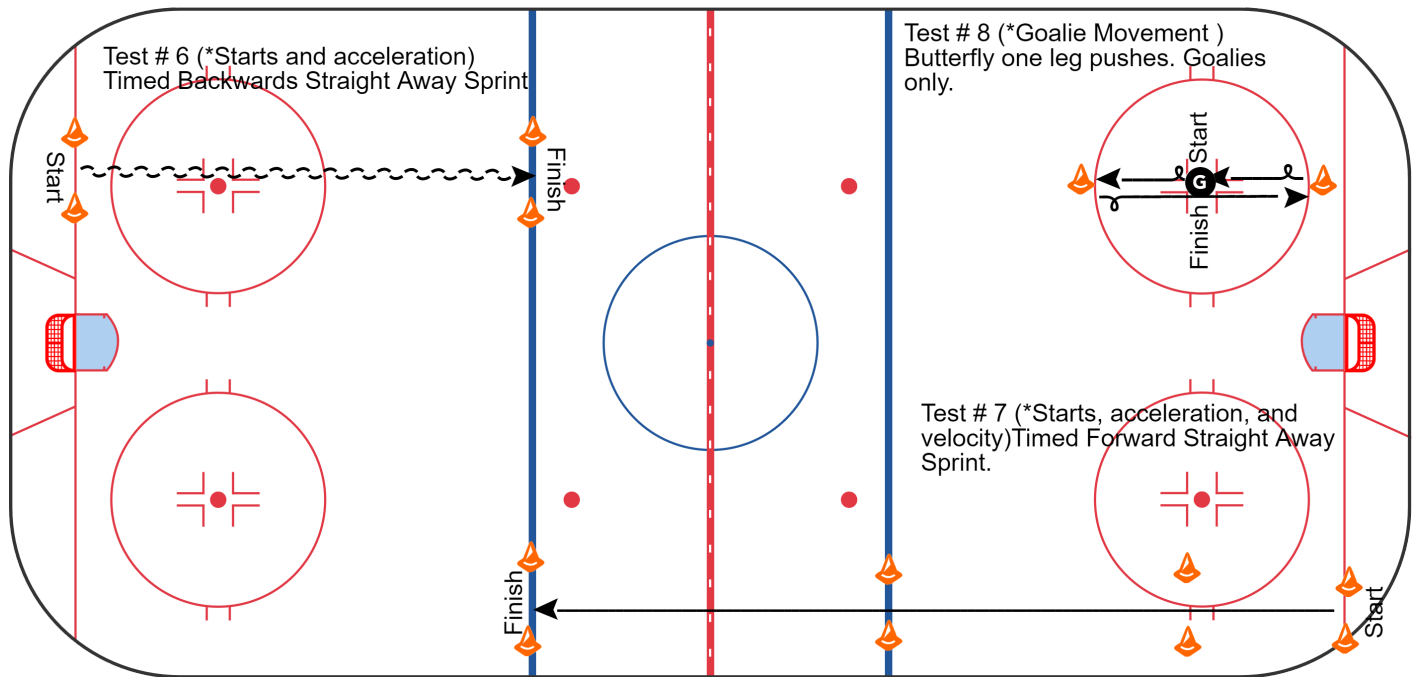
Test # 3 (Testing emphasis on skating agility/power turns/ puck control) Speed Power Turns (Timed w/Puck). Player starts at cones on blue line weaves through cones and finishes through cones. Timer starts when player moves and ends timer when player crosses through cones.

Test # 4 (Testing emphasis on skating Transitions from forward to backwards) Forward to Backward Transitions (Timed w/o Puck). Player Starts at goal line, skates forward to the closest bumper pad (large/long bumper), Transitions to backwards, skates backwards around to bottom of bumper, transitions to forward, skates to second (large /long bumper on blue line, Transitions to backwards around bottom bumper, Trantitions back to forward, Skates forward through cones. Timer starts when player moves and ends timer when player crosses through cones.

Test # 5 (Testing emphasis Skating agility/Stops & Starts) 5-10-5 Pro Agility Skating (Timed w/o puck). Player starts at the red line, Skates to the first set of cones at dots and stops, Skates to the opposite set of cones and stops, player then sprints through the red line. Timer starts when player moves and ends timer when player crosses through cones. Player can decide which direction they want to start, but must stop facing the same way every time.

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.



Description

Test # 6 (Testing Empahsis Starts and Accelaration) Backwards Streight 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 # 7 (Testing Empahsis Starts, Accelaration, and velocity) Forward Streight 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.

Test # 8 (One leg Goalie Butterfly pushes) Goalie pro-Agility 5-10-5 butterfly pushes one leg. Goalie starts in butterfly position on the center ice dot and moves to the top of circle, then back to the bottom of circle, and finishes through the dot.

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