



When players are completing drills using pucks, they must always keep the puck on their stick by either stick handling, pushing or dragging the puck. For example, on the 75 ft forward skate with a puck if a player shoots the puck ahead of them, and then skates up to the puck their score will not count, and they will be required to complete the drill for a second time. The puck must go around the cones when completing the agility weave and transition skating. If the puck does not go around the cones, they will be required to do the drill again.

Groupings for Skills Session # 1

It is imperative that all players take part in the Skills Session # 1 so that we can ensure we get an accurate placement of each player within that specific age group.

Absent players for Skills Session # 1 will be ranked based on the [Evaluations Policy](#) and [Evaluations Guidelines](#) documents. The decision of the Evaluations Committee is final.

Groupings for the Skills Session # 1 have no bearing on placements for Session # 2 - Cascades. Players placements for Session # 2 Cascades is solely based on the players overall scores and ranking from their skills testing data for that specific age group . For example, if we have 215 U9 aged players, we will take the players overall scores from Session # 1, and the lowest score of the 215 players will get a ranking of 1, and the player with the highest total score would be ranked 215.

Age Group Specific Drills

Below is a summary of the drills that each age group will be completing during the Skills Session # 1.

U9 Drills

Transition Skate without Puck

Foot Skate Forwards without Puck

Foot Skate Backwards without Puck

Agility Weave with Puck



CMHA Skills Evaluation Session #1 Information Package



U11 Group

Transition Skate with Puck

89 Foot Skate Forwards without Puck

89 Foot Skate Backwards without Puck

Agility Weave with Puck

Updated – April 11, 2022



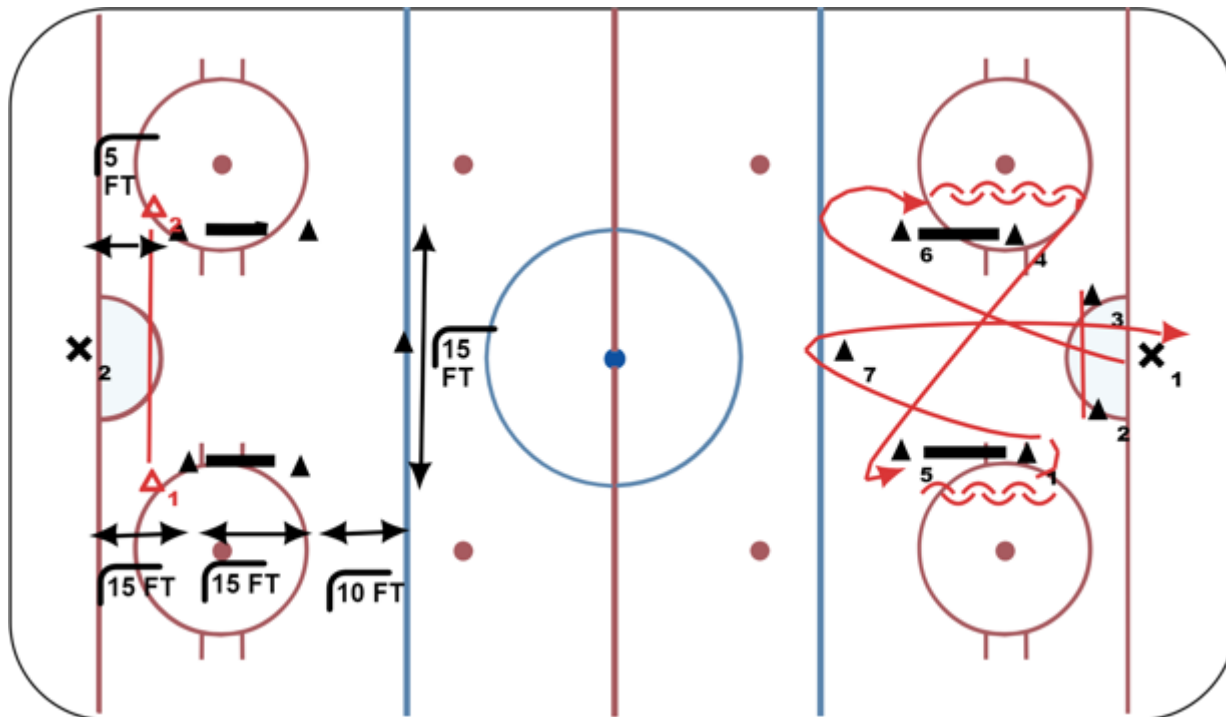
CMHA Skills Evaluation Session #1 Information Package



Drill Descriptions

Please see the drill descriptions attached to this document. We encourage parents to discuss these drills with their children so that they understand the drills. It is also encouraged to setup pylons and go through the sequence of drills on the street and or on the ice prior to evaluations.

Transition Skate With and Without a Puck



Description

Players will start on the goal line and the lasers will be setup 5 feet from the goal line. When the coach tells them to go they will skate to the right or left side of the four cones and transition from forwards to backwards.

(In the diagram outlined above the player starting by going to the right side).

When they get to the bottom cone they proceed to skate forwards to the opposite side and go around the top cone where they transition from forwards to backwards.

When they get to the bottom cone they transition forwards and proceed to the top middle cone and do a tight turn around that cone and skate hard back through the laser gate where the timing will stop. Players can go to either side around the top cone. When they go around the top centre cone they must do a tight turn.

Players must take the puck around the pylons. They cannot put the puck inside the cones. To eliminate this from happening dividers will be placed between the cones to ensure that everyone has their feet and puck go around the pylons properly.

The pylons for the box shape will be set 15 feet apart from one another.

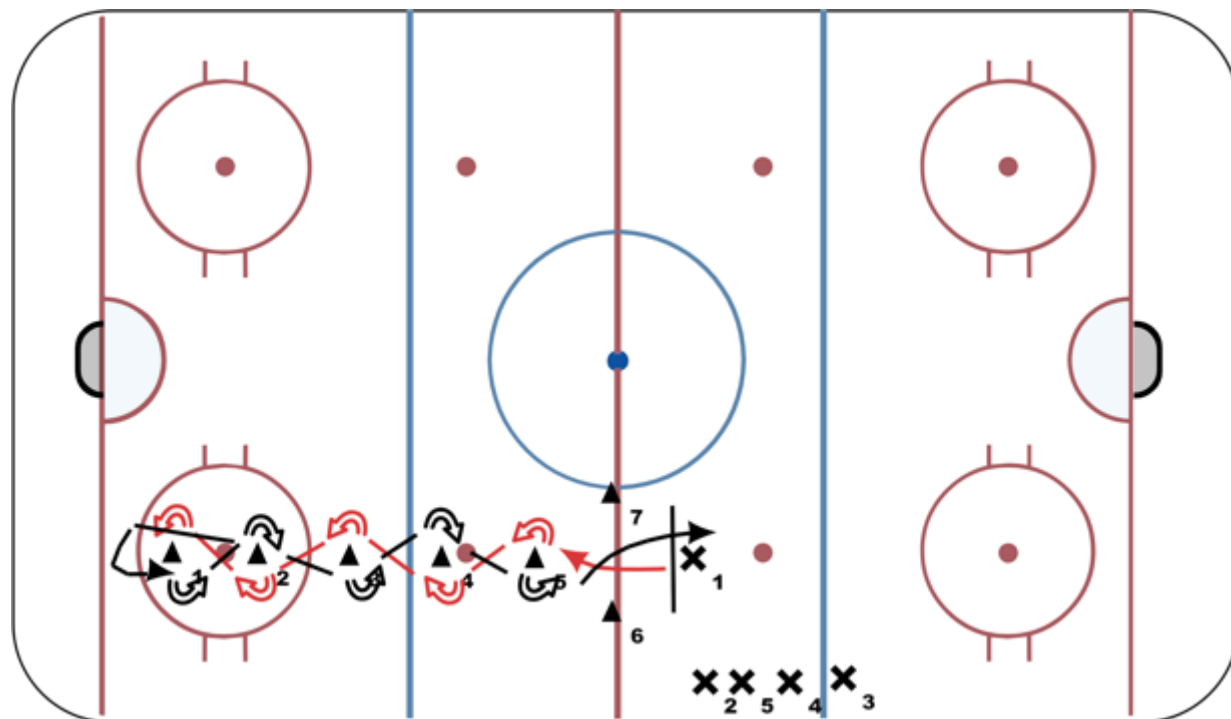
The cones closest to the goal line will be set out 15 feet from the goal line. The top centre cone will be set out 40 feet from the goal line.

Players will start 5ft behind the laser line to ensure that they don't break the plain before their turn.

Depending on the age group players will complete this drill with and without a puck.

Tags: Generate speed on transition from forwards to backwards., Keep in control of edges at all times., For Age Group with puck keep control of puck at all times.,

Agility Weave - With and Without A Puck - Forwards



Description

The player will start on the line drawn on the ice five feet behind the laser line. The Pylons will be setup ten feet apart from one another.

When the coach tells the player to go, the timing will start when the bodies torso breaks the beam.

Players will start by going to the right or left side of the first pylon, and they proceed to go around all the cones.

They will do a full circle around the top cone and proceed to go around all the cones back towards the goal line. Players must to a tight turn around the top cone.

Once they get around the the last cone they skate hard through the gate and stop at the wall. Players are encourage to skate hard through the gate for the best possible time.

When players perform the drill with a puck, the puck must go around each cone or the player will be required to complete the drill again.

The sequence shown above in black is the players motion through the cones going from left to right. The sequence shown in red is the players motions going back through the cones right to left.

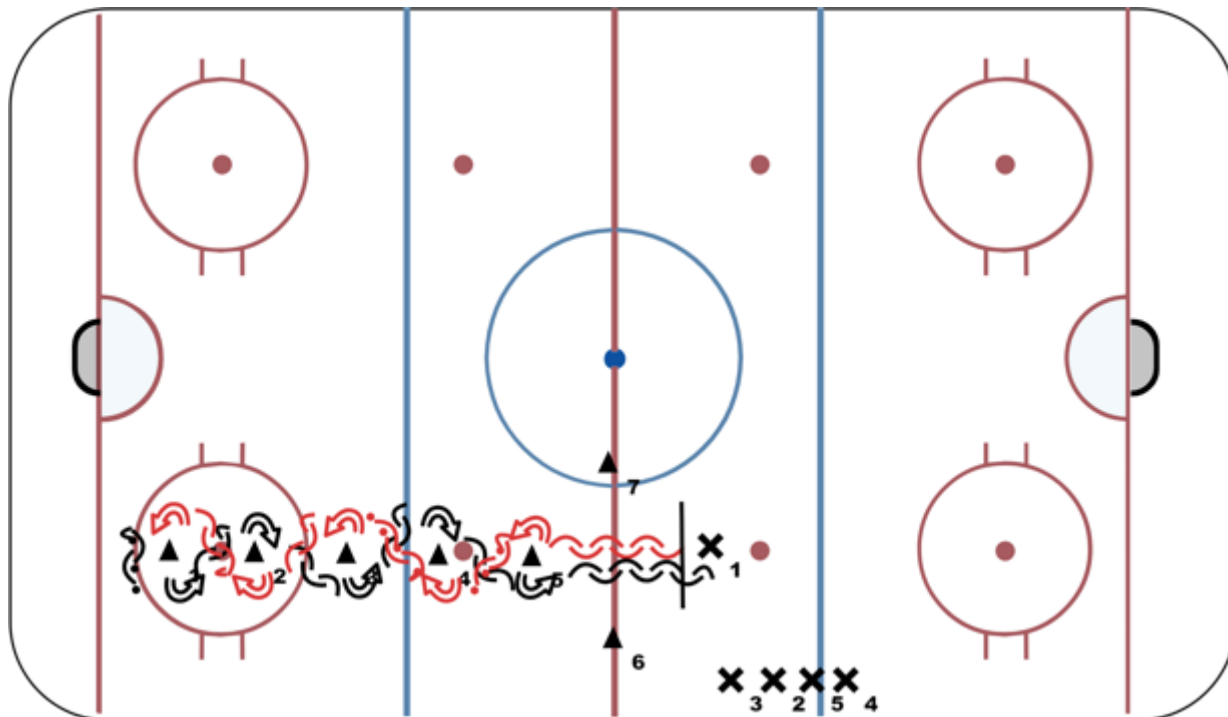
Depending on the age group players will do this drill with and without a puck.

Players must go all the way around the cones, and cannot go over top the cone. Any player that doesn't go all the way around the cone will be required to complete the drill again.

The drill will be setup in the same fashion on the ringette, blue or red lines.

Tags: Quick feet., Controlled movements with puck., Don't lose speed going around the top cone.,

Agility Weave - With and Without A Puck - Backwards



Description

The player will start on the line drawn on the ice five feet behind the line. The Pylons will be setup ten feet apart from one another.

When the coach tells the player to go, the timing will start when the bodies torso breaks the beam.

Players will go to the right or left side of the first pylon, and they proceed to go around all the cones going backwards at all times.

They will do a full circle around the top cone and proceed to go around all the cones back towards the goal line. Players must do a tight turn around the top cone.

Once they get around the the last cone they skate hard through the gate and stop at the wall. Players are encourage to skate hard through the gate for the best possible time.

When players perform the drill with a puck, the puck must go around each cone or the player will be required to complete the drill again.

The sequence shown above in black is the players motion through the cones going from left to right. The sequence shown in red is the players motions going back through the cones right to left.

Players must go all the way around the cones, and cannot go over top the cone. Any player that doesn't go all the way around the cone and or doesn't stay backwards all times will be required to complete the drill again.

The drill will be setup in the same fashion on the ringette, blue or red lines.

Tags: Quick feet., Controlled movements with puck., Don't lose speed going around the top cone.,