



**Carstairs Bruins U9 – U11  
Timed Skills Information Package  
2023-2024 Evaluations**



## CMHA Timed Skills Evaluation Session #1



This document outlines the CMHA Skills Testing Information used during Evaluations. CMHA is now using VALD Sports Smartspeed laser equipment to test our players. This is the most technological advanced timing equipment on the market and its accuracy is used at the Olympic level. This ensures that every player is given an equal opportunity to be placed accurately for Session #2,#3 and #4 Scrimmages and removes the partiality that can occur during skill evaluation.

Players will be put through a variety of drills to test their speed and agility with and without a puck. The tests that will be done will vary depending on each age group.

The laser equipment is extremely expensive, and players must ensure that they are always on their best behavior. Any player that fails to act appropriately will be sent off the ice and marked as absent for that session. We ask that players do not shoot pucks while on the ice to ensure that they do not hit and or knock over the lasers.

In the event that the laser equipment gives the on-ice testing coaches issues, they will have to resort to timing players using stop watches and or iPads, iPhones etc. This will be done at the discretion of the Hockey Development Coordinator and or CMHA Executive Board.

### **How will each test work?**

We will have a station lead and assistant running each station who will look after operating the iPad and ensuring the drills are completed properly. The Hockey Development Coordinator will be on the ice to monitor and ensure the laser gate systems are working properly and lend support should the need arise.

### **# Of Attempts for Each Drill**

Players will each get three turns to run through each drill.

### **What CMHA is Testing**

Players must complete the drills appropriately as fast as they can, and this includes going around each cone completely etc. When players perform the drills with pucks, the pucks must go around each cone with the player. They must always keep the puck on their stick by either stick handling, or pushing/dragging the puck.



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### Coach Demo

The station leads or assistants will provide the group with one demonstration. Players are required to pay attention and watch to ensure that they understand the drill. The drills will also be explained by video on the website no later than September 1 and opportunity will be given for the players to experience each drill multiple times during the Conditioning camps before Tryouts.

### Timed Skills Testing Key Points

Players will complete each drill three times.

Players will participate in timed drills to evaluate skating with and without a puck.

Players will be placed into groups alphabetically by last name, in various group sizes to ensure each player gets through the required drills in the time allotted to each group.

Each player's best score from the three timed attempts for each respective drill will be used. The other scores will **NOT** be used for averaging purposes. Ex. Forward Skate – Attempt #1 – 10 Seconds, Attempt #2 – 9.5 Seconds, Attempt #3 – 7.8 Seconds, we would use the score of 7.8 seconds and the other two scores would have no bearing in the total averaging for Tryout Team placement.

Players will be ranked and sorted for tryout placement based on those scores for Session #2 #3,#4 scrimmages.

The players' rank from skills session # 1 is counted as 25% weighting on the final evaluation score. Sessions #2,#3,#4 scrimmages will make up the remaining 75% weighting for season team placement.

### What is the process for kids that fall and or do the drill incorrectly?

If a player falls, they will be given an opportunity to get up and finish the drill. If a player falls and is injured they will receive a second turn to complete the drill again (This only counts as one turn). If a player falls and is injured during their second attempt they will receive a "Invalid" score and will not receive a third attempt. If a player does the drill incorrectly the station lead will verbally notify that player to return to the place of offense, provide a quick verbal reminder of how to complete the drill correctly and allow the player to continue. No time adjustments or "time-Pause" will be provided. When pucks are required, If a player loses the puck they will be allowed to retrieve it and continue from the last spot they had control of it.

**The station lead or assistant has full discretion to issue orders to re-do part of a incorrectly attempted drill or give an invalid score if the drill is not completed. If a station lead or assistant assign that correction, their decision is final.**



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### **When does the laser start to time?**

The lasers have been setup to include AI learning which is calibrated to recognize the difference between a stick and body breaking the laser beam. The system will start and stop only when the bodies torso breaks the laser beam. The Lasers will be setup a minimum 3 feet off the ground. Please do not tell kids to reach and use their sticks thinking it will give them an advantage, it will actually end up giving them a larger time as that motion will slow them down. Any flagrant attempt at breaking the beam with the stick will result in the on ice station lead assigning an invalid score to that player.

### **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 Timed Skills Session # 1 will be given a 0 and ranked based on the CMHA Evaluations Policy and CMHA Evaluations Guidelines documents. The decision of the Evaluations Committee is final.

Groupings for the Timed Skills Session # 1 will be alphabetically and have no bearing on placements for Session #2,3,4 scrimmages. Players placements for Session #2,3, and 4 Scrimmages is solely based on the players overall scores and ranking from their timed skills testing data.

### **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 (videos will be posted to the website)**

Forward Skate  
Backward Skate  
Agility Weave with Puck  
Pivots



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### **U11 Group (videos will be posted to the website)**

Forward Skate

Backward Skate

Agility Weave with Puck

Pivots

Pivots with Puck (If time permits. This will be determined before the official evaluation)

Updated – June 29, 2023



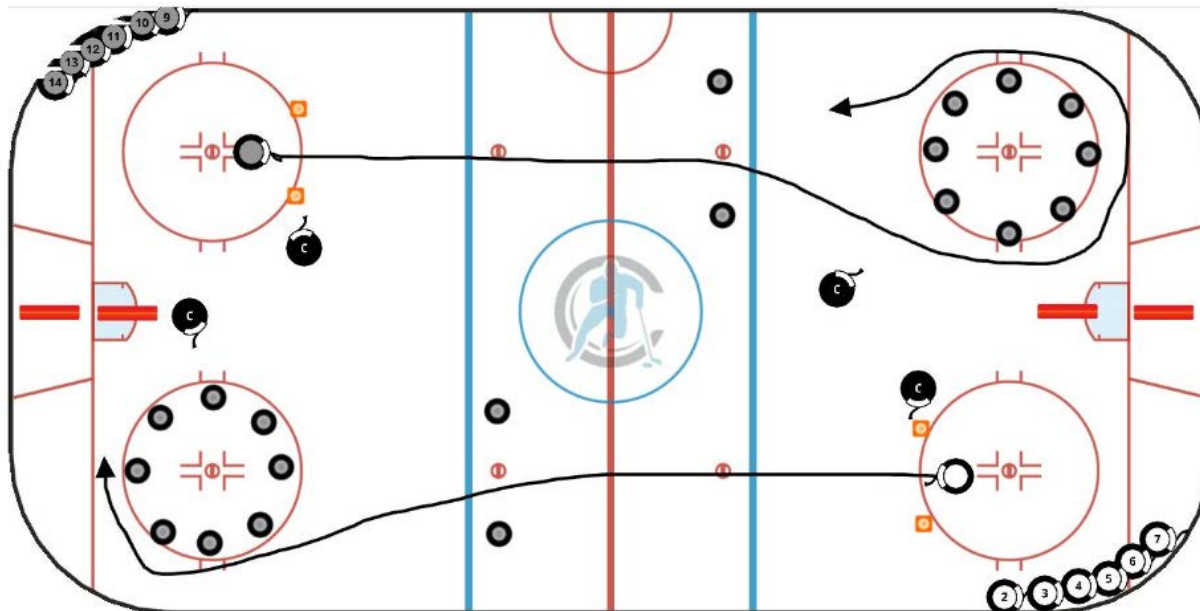
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### Drill Descriptions

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 watch the videos posted to the CMHA website and go through the sequence of the drills prior to evaluations.

## Full ICE Skate (Forwards and Backwards) Without Puck



### Description

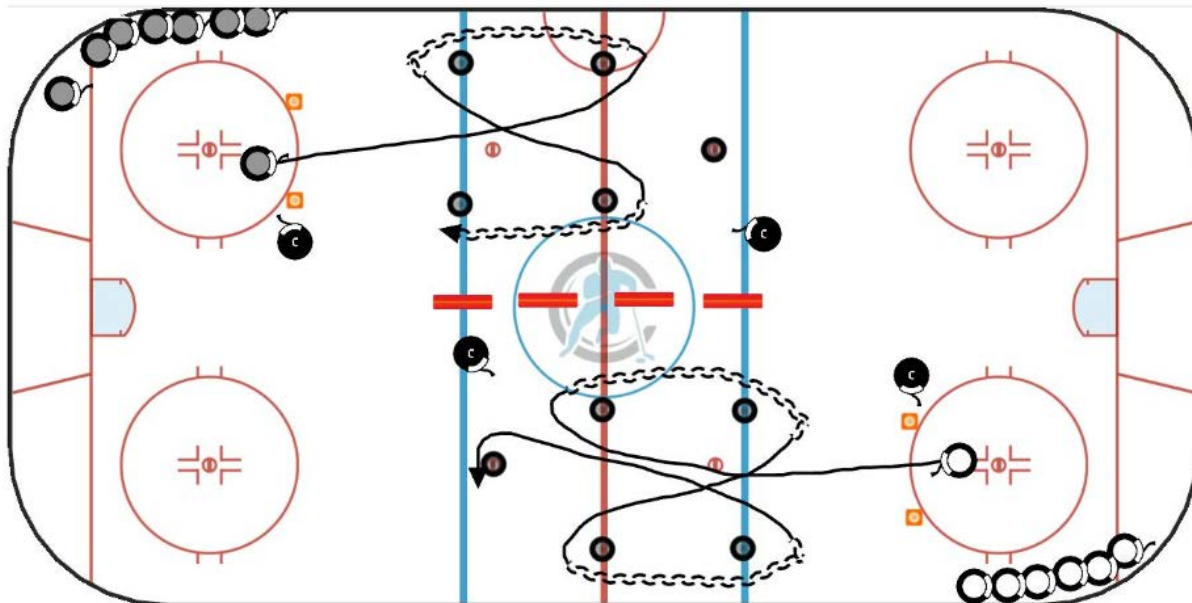
The first gate will be setup at the top of the face-off circle.

Players will start from a stand still in the Circle. Players can use either a V Start or Cross Over Start to start.

When the coach says go, the player will skate between the gate, and the laser will begin to time when the bodies torso breaks the beam.

The player should skate as hard as he or she can until they get to the opposite circle where they may decide what direction to enter and proceed around the circle. The player should then come back the same way skating through the laser to stop their time.

## Pivot Skate with and without a Puck



### Description

The first gate will be set up at the top of the face-off circle.

(In the diagram outlined above the player starts by going either to the right side or left side pylon).

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 center cone they must do a tight turn.

U11 Players must take the puck around the pylons. They cannot put the puck inside the cones.

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 U11 Group with puck keep control of puck at all times.,



## Agility Weave - with a Puck



### Description

The first gate will be set up at the top of the face-off circle.

When the coach tells the player to go, the timing will start when the body's 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 toward the laser gate.

Once they get around the last cone they skate hard through the gate. Players are encouraged to skate hard through the gate for the best possible time.

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

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

