



Carstairs Minor Hockey
Association
U9 – U11 Timed Skill Session
Information



CMHA Timed Skills Evaluation Session #1



This document outlines the CMHA Skills Testing Information uses during Evaluations. Starting in 2023, CMHA began using VALD Sports Smartspeed laser equipment to evaluate players quantitatively. These results form 25% of the players overall evaluation score and are also used to effectively balance teams for subsequent sessions focused on game play.

Players will be put through a variety of drills to test their speed and agility which 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.

The laser equipment provides us the most accurate method of evaluating a players skating speed and ability which has historically required an evaluator to assign a score to. Although this system has worked incredibly effectively in past evaluations, we do respect that with technology comes the opportunity of malfunction and as such the Evaluation Committee is also prepared to use stop watches and other manual timing methods if needed.

Who is involved?

There will be two stations set up on the ice surface with the players split between the stations. Each station will have a station lead and coach to demonstrate drills and assist the station lead with the efficient operation of the station.

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 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.

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 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. Any flagrant attempt at breaking the beam with the stick, rather than the body 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.

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

Agility Weave

Pivots



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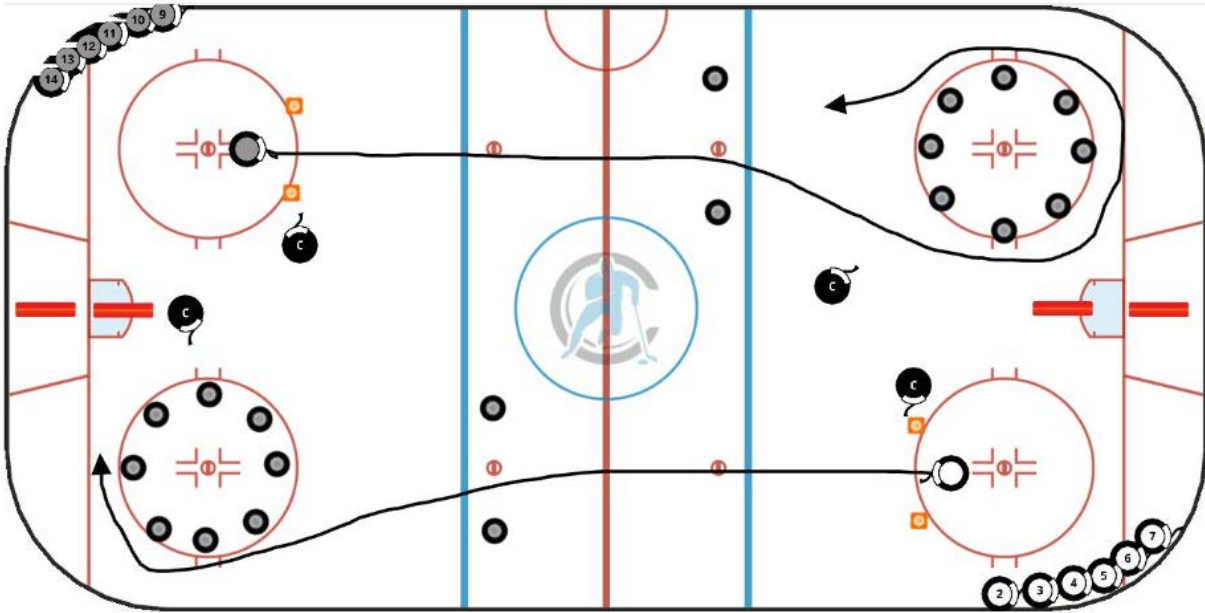
U11 Group (videos will be posted to the website)

Backward Skate

Agility Weave with Puck

Pivots

Full ICE Skate (Forwards and Backwards) Without Puck



Description

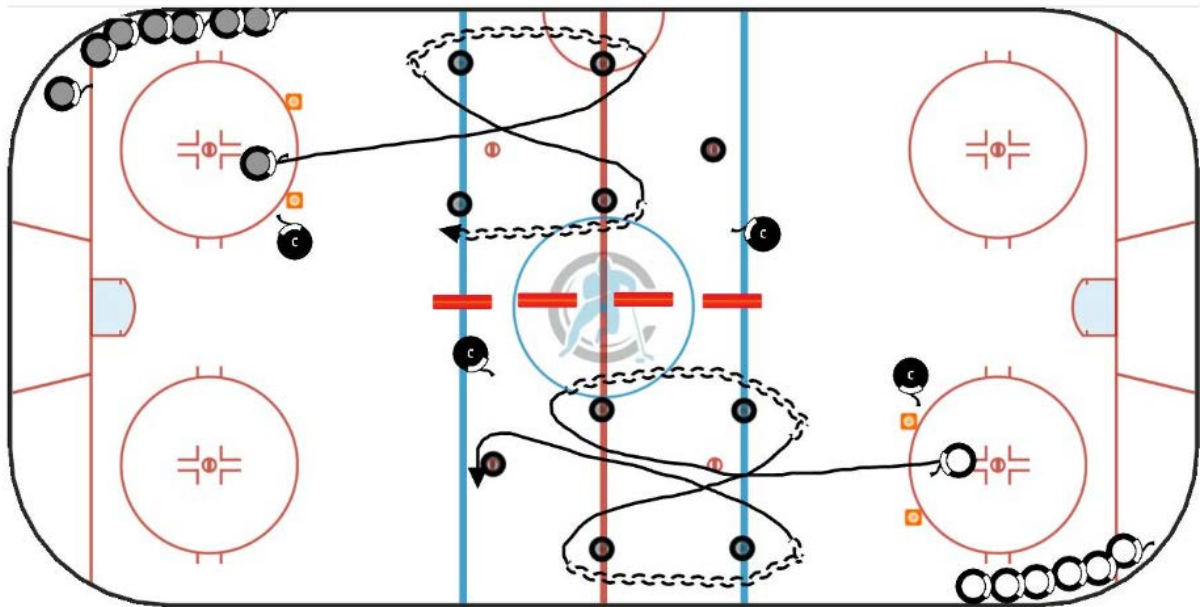
The first gate will be setup at the top of the face-off circle.

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.

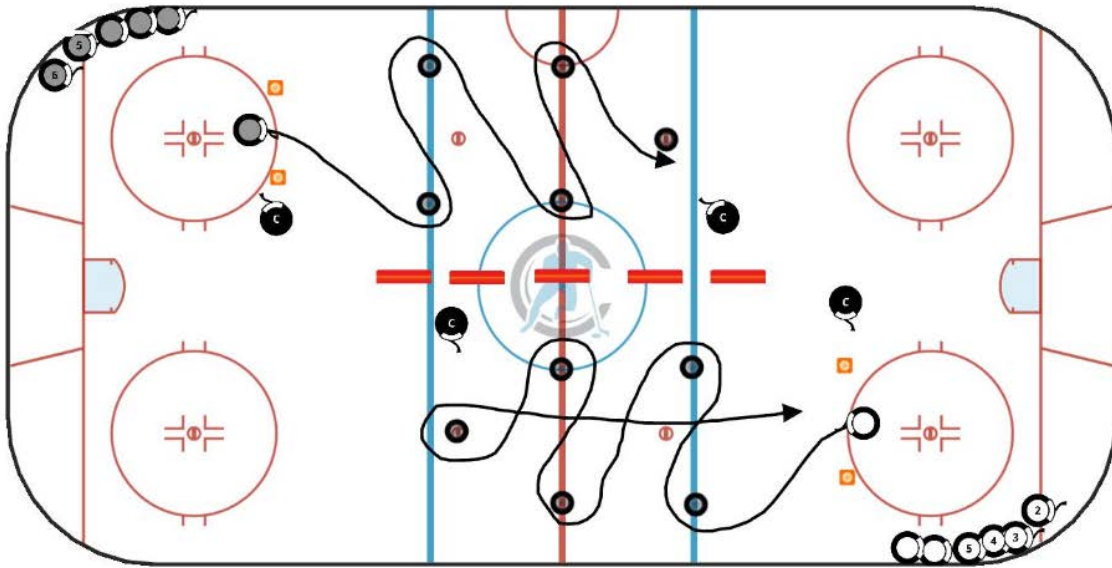
U11 Players must take the puck around the pylons. They cannot put the puck inside the cones.

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 back toward the laser 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.,