

2021/2022

## Evaluations Program

(U18)



Dear Players & Parents,

Early fall is an exciting time of the year as it is the start of hockey season! Along with this excitement comes some stress: getting hockey gear ready, organizing schedules and of course evaluations. The purpose of this letter is to relieve some of this stress and be transparent on how the evaluation program will work. Please become comfortable with this document to ensure that there will be no surprises when coming to the first skate. Let's make this process as positive as we can and have a great start to the hockey season.

Thanks,

*Bar Down Education*

### Keys to success:

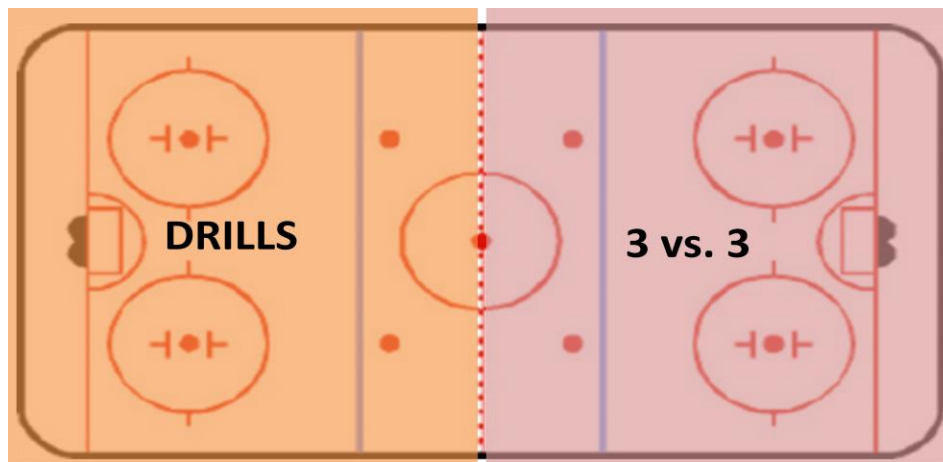
- Read and understand all the components of the evaluation program. Knowing what you are getting into will help relieve the stress.
- Make sure all equipment is ready (ie: sticks cut, skates sharpened etc.)
- Eat well and make sure you are properly hydrated for your skate.
- Get a good sleep leading up to the day of your skate.
- Don't panic. Relax.

### General Rules:

- Be dressed and ready to go on the ice 10 minutes before your scheduled ice time.
- Ensure that you are listening and following all commands of your group leader.

**Skate #1 (Skill Session)**

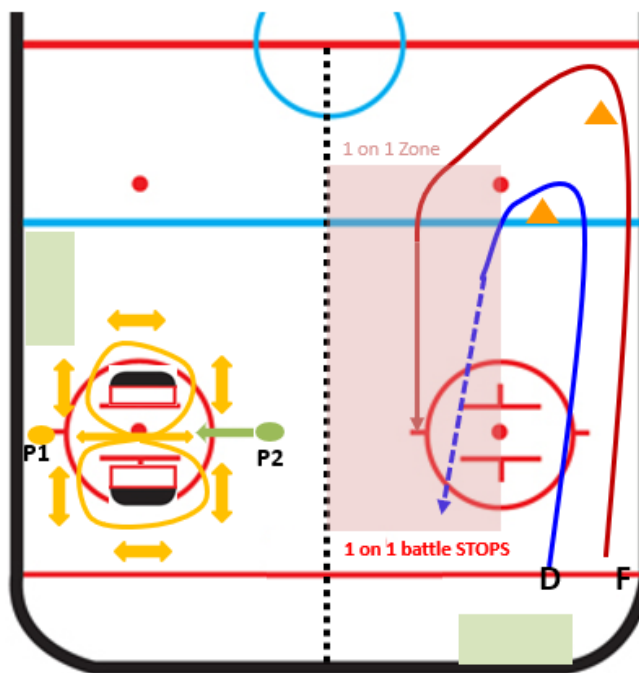
**General Layout of Ice**



**Note: The splitting of the groups for the first skate will be done alphabetically**

**Drills:**

The following drills will be completed within 25 minutes with half of the players.





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Drill #1	Drill #2
<ul style="list-style-type: none"><li>• P2 passes puck to P1.</li><li>• P1 then has to choose to go around one of the nets (to start left or right and not through the middle) while P2 pursues them via the middle of the nets.</li><li>• Once the above is initiated, P1 is to go around in a figure 8 using reversals when needed.</li><li>• P2 is to pursue P1 trying to catch them.</li><li>• Drill ends at evaluators discretion.</li></ul> <p><i>Note: Players are not allowed to stop and "bait" the chasing player and vice-a-versa. Both players have to be moving at all times.</i></p>	<ul style="list-style-type: none"><li>• F skates with the puck to the far pylon.</li><li>• D skates at the same time to the near pylon and pivots backwards away from the boards.</li><li>• F goes 1v1 with the D in the 1 on 1 zone.</li><li>• Drill ends after the play has left the 1 on 1 zone.</li><li>• Half way through the pylons will be moved to the other side so that D pivot is now towards the boards.</li></ul> <p><i>Note: Do not cross the half way markers on the ice.</i></p>

### **Skate #2 (Scrimmage 1)**

Teams will be created based on the results from Skate #1. Scrimmages will follow the traditional rules of hockey but for equality of ice time shifts will be limited to 1 minute (signaled by the buzzer). No faceoffs (except to start the scrimmage) will be performed. If a goal is scored, the scoring team must give the opposing team the blue line to re-engage.

### **Skate #3 (Scrimmage 2)**

Teams will be created based on the results from Skate #1 and Skate #2. Scrimmages will follow the traditional rules of hockey but for equality of ice time shifts will be limited to 1 minute (signaled by the buzzer). No faceoffs (except to start the scrimmage) will be performed. If a goal is scored, the scoring team must give the opposing team the blue line to reengage.