

2024 CHBA Individual Skills Tryout

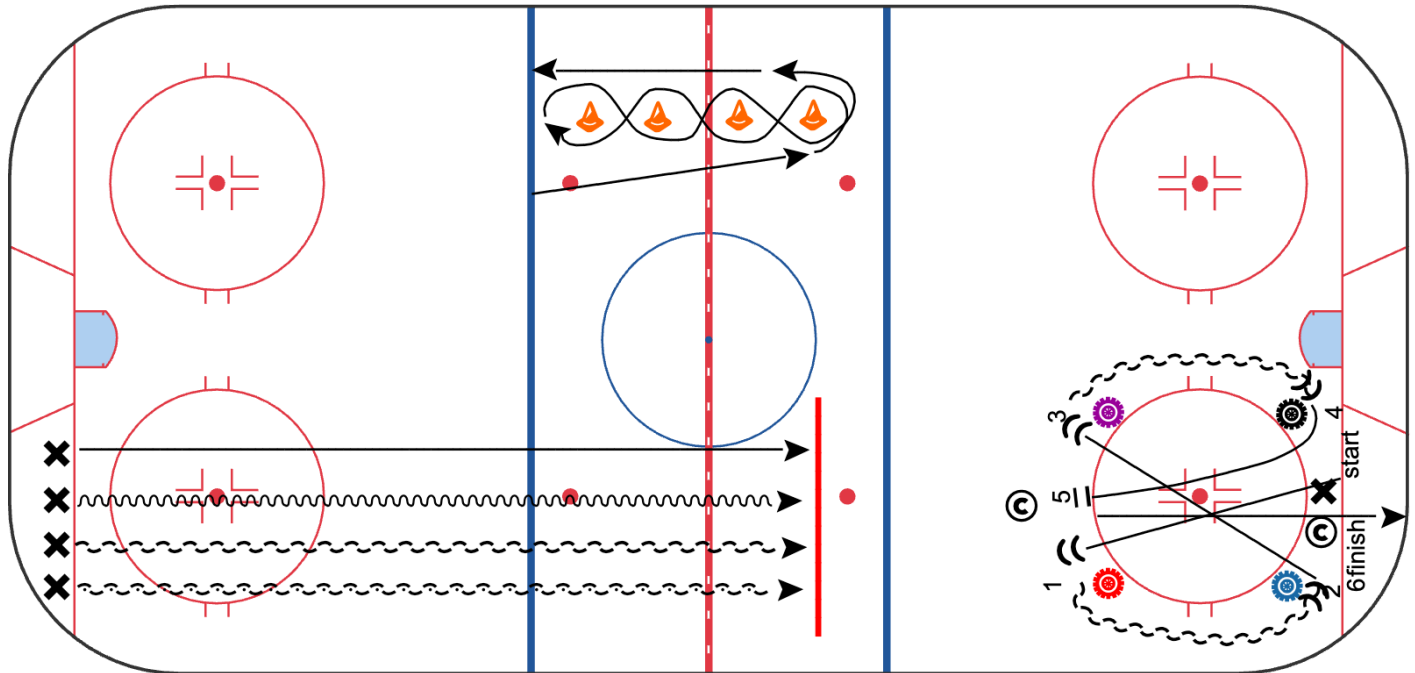
Date: Sep 16 2024

Time: 3:06 pm

Duration: 80 mins

CHBA Individual Skills Session (full ice Look)

50 mins

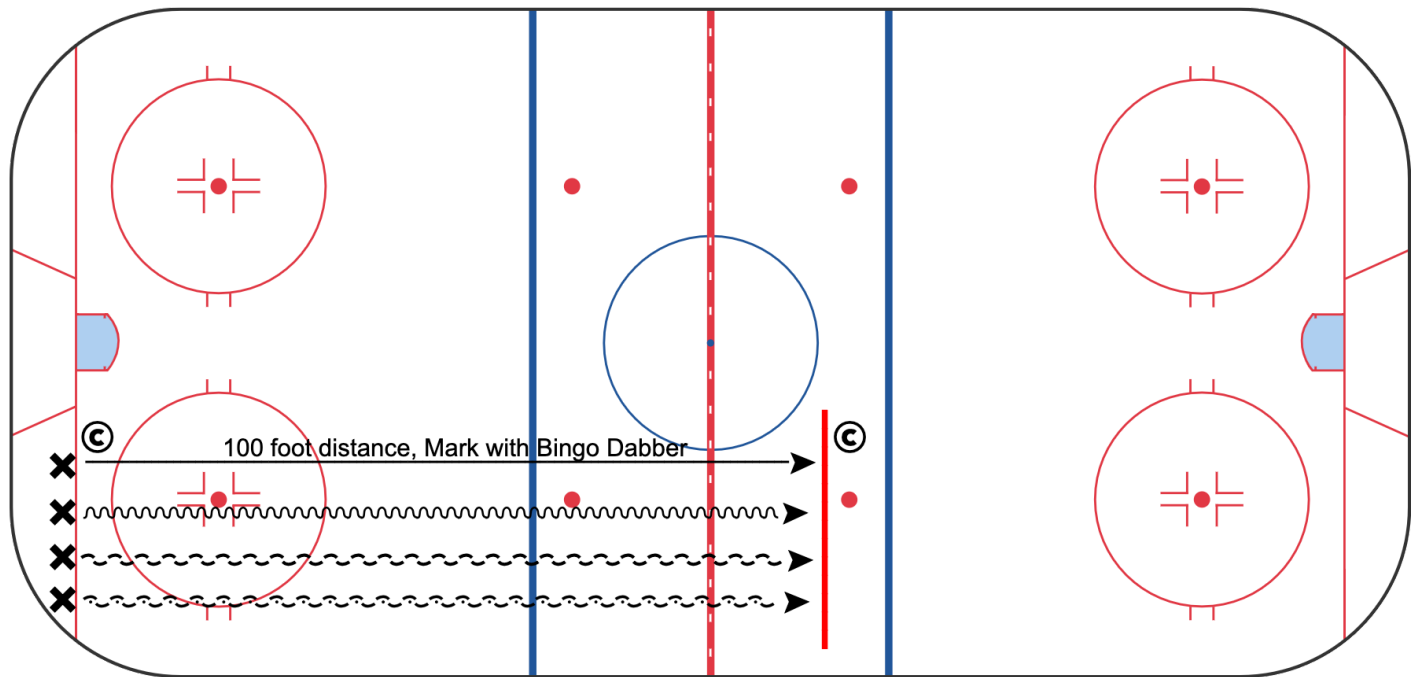


Description

CHBA Individual Skills Evaluation

General Instructions

- One Head Coach leads the Icetime, other coaches are responsible for each skill station. This coach has to remain consistent for all groups of a specific age group.
- 2 Coaches per group
- 1 coach needs to use Team Genius to time/score the players. Clipboard and pen will be available as a back up. Coach will write down numbers and times if required.
- At the start of the practice coaches should allow a few minutes for players to warm up while on ice assistants set up the respective stations (see attached). Divide the players into 4 equal groups, and start each of the groups at a particular station.
- It is important that each player be given an opportunity to complete (and receive a time) for each of the drills. Should a player not be able to complete any drill (i.e. - interfered with by another player, fallen, etc.) they will be given an opportunity to re-start the drill.
- Ideally, players will be staggered throughout the completion of each drill to allow each individual time to rest
- At the discretion of the on ice coaches, stations may be moved to accommodate changing ice conditions.
- These stations are broken down below.



Description

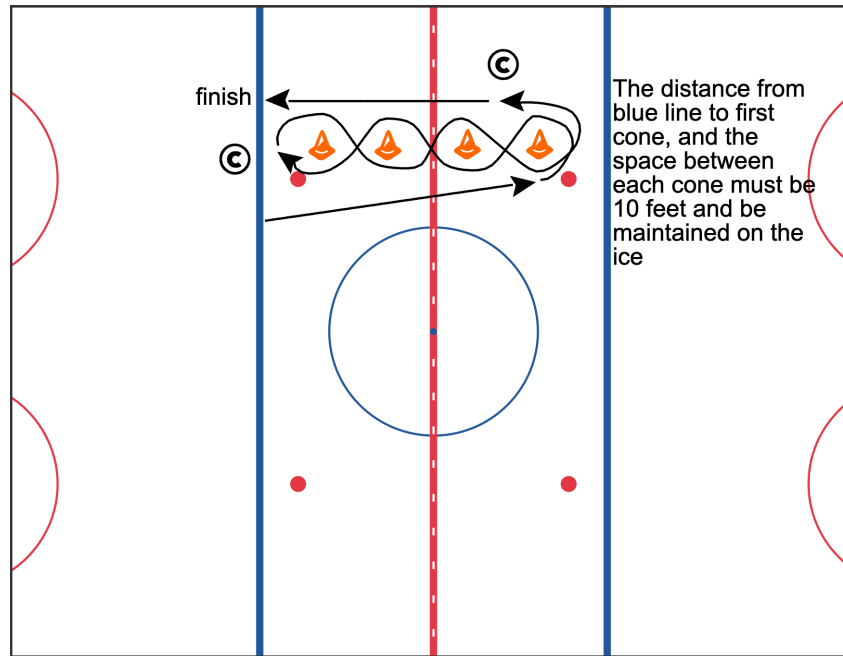
Skating Evaluation (Drills 1 - 4)

Players will participate in a series of timed evaluation drills for forward and backward skating with and without a puck (4 drills total).

- Skating Forward
- Skating Forward with Puck
- Skating Backwards
- Skating Backwards with Puck

Players will start from a resting position and skate straight for a distance of 100 feet.

Ice assistants and score keepers will control the start (via whistle) and completion of the drill (once a player has passed the 100' marker), as well as record times for each player for each drill.

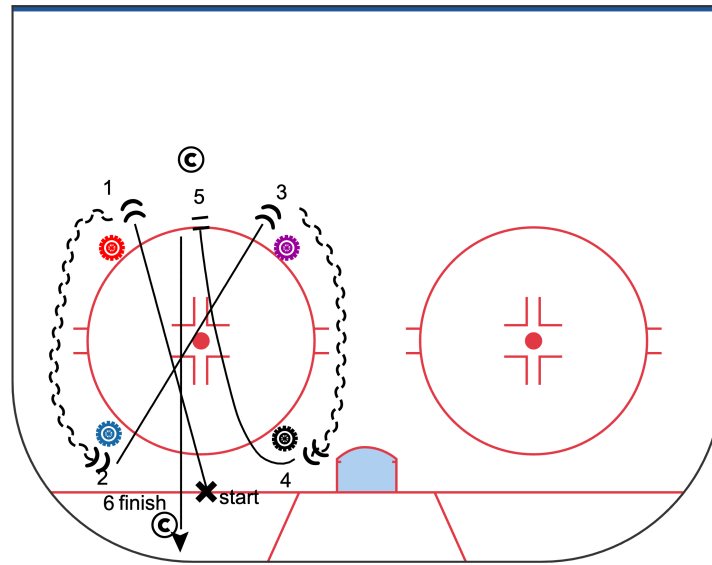


Description

Agility (Weave) Evaluation

Players will participate in a timed evaluation drill for forward agility skating with a puck. Players will start from a resting position and skate forward through the 4 pylons (as shown).

Coaches will control the start (via whistle) and completion of the drill (once a player has passed the starting blue line), as well as record times for each player for each drill.



Description

Agility (Transitional) Evaluation

Players will participate in a series of timed evaluation drills for agility skating (forward and backward with pivoting) with and without a puck (2 drills total).

Players will start from a resting position and skate forward through the 4 pylons (as shown).

- Pivot LEFT at RED tire and skate backwards to...
- Blue Tire and pivot back to forward skating across the circle to...
- a Pivot RIGHT at the purple tire skating backwards to...
- BLACK tire with a pivot to forward skating, to
- a hard stop (player can decide which direction to stop) at the top of the circle where Both feet must touch top of circle and then turn and skate forward into a...
- and finish crossing the goal line

Coaches will control the start (via whistle) and completion of the drill (once a player has passed the starting goal line), as well as record times for each player for each drill.