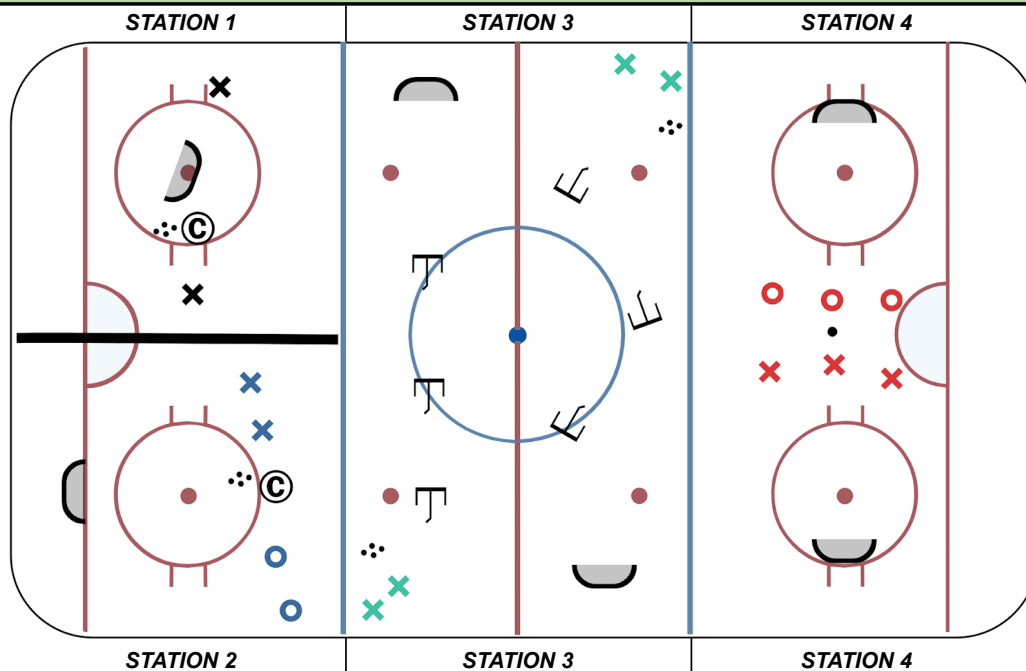


CONFEDERATION HOCKEY CLUB

Evaluation Guide - 2022

Multi-Station Evaluation Guide



Station 1: One vs. One Battle

Players will line up on either side of the net in one corner of the rink. A coach will shoot a puck into the corner, and the two players will battle for the puck 1 vs. 1 until there is a goal scored. Once a goal is scored, the two players will return to the line. The coach will then shoot the puck into the corner for the next two players in line to battle for the puck 1 vs. 1.

Station 2: Two vs. Two Continuous

Players will line up in pairs on either side of the coach in the opposite corner to the 1 vs.1 station. The drill begins with the coach dumping a puck into the zone. The players are on a team with the player they lined up beside. The purpose of this drill is to gain control of the puck, and using your teammate, try to score on the net. In the event a goal is scored or the puck is shot out of the zone, the coach will shoot another puck back into the playing area. The same players continue doing the drill until the coach blows the whistle.

Station 3: Puck Control, Edge Work, and Shooting

In the neutral zone (between the blue lines), players will go through a set of drills that will focus on edge work, puck control, and shooting. The station will have a series of devices (pylons, attack triangles, etc.) set up for the players to showcase their skills. Coaches will demonstrate the drills to the players. Each side of centre-ice will have a slightly different drill the players will perform (all players will do both sides).

(Station may not be set up exactly as shown, but will be set up to evaluate the same skills listed, and will be the same for all groups)

Station 4: 3 vs. 3 Scrimmage

Players will be split into teams where they will play a 3 vs. 3 scrimmage across the width of the rink, between the blue line to the end boards. Shifts will be 75 seconds in duration, continuous play. Line changes occur on the Coach's whistle. There are no stoppages in play for a goal; the team that scored must retreat to their own half of the ice, and the team that was scored on will take the puck out of the net and continue play. If a puck is shot out of the zone, a new puck will be introduced. Once the whistle is blown, the Coach will reset the players and play will begin again.