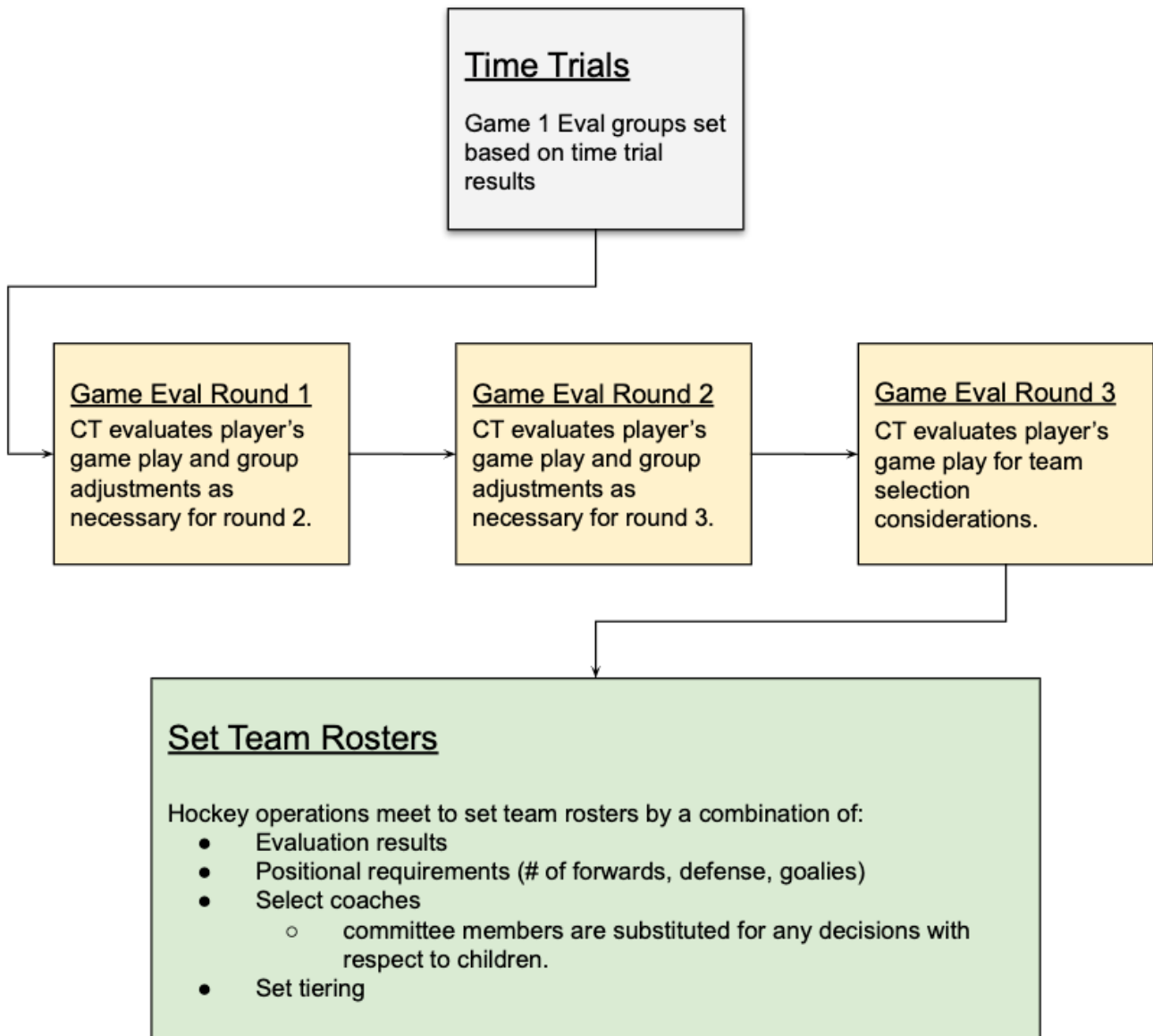




## KC North Player Evaluation 2022-2023

The evaluation process falls under the accountability of KC Hockey Ops Committee, which consists of the U7-U13 directors and the KC North Presidents and VPs. The flow chart below outlines our evaluation process.



## Time Trial

ALL participating players MUST be dressed and ready to go 5 minutes prior to their scheduled session. This ensures that each group can start on time. We will NOT be waiting for any athlete. If any drills are missed the player will receive a score equal to the lowest for that test.

ALL participating players WILL be assigned a wristband with a number on it. As soon as you arrive at the rink, please see the association member handing out these bracelets. A list with the players name and wristband number will be posted and accessible. Before getting dressed please double check that the name and number on the wristband match up.

Players MUST place this wristband on their right wrist and keep it there for the duration of the testing session. These bracelets are to be returned to CT staff after completion of the last test in that session.

ALL participating players WILL have two (attempts) to complete each test and their best score will be used in the overall rankings. Each drill will be demonstrated by a CT staff member so players are asked to pay attention. They will not receive extra attempts. If they are unable to complete the test in two attempts the player will receive a score equal to the lowest for that test.

Each test has a start line, and ALL participating players MUST start with their front foot on the line. This rule ensures fairness and any scores resulting from a line violation will be thrown away.

Waiving your stick in front of the sensor does not help your score. It will only slow you down. The sensors log the time based on the largest object (players body) passing through.

At NO point (except in the case of severe injury) are parents, family members or friends permitted to access the bench, open any gates, or have any access what-so-ever to the players on the ice surface.

ALL participating players are encouraged to skate at least 2-3 times prior to their testing session. Players should be comfortable on their skates and not trying them out for the first time at this session. Players are encouraged to get their skates sharpened and skated on at least once to make sure there are no issues with blades being too sharp or too dull.

## Time Trial Drills

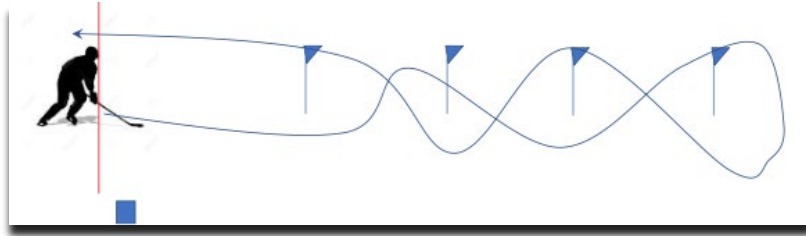
### 1. 30m Sprints (U9-U13)

- The athlete starts on the line and sprints 30m through the finish gate.
- Complete with and without a puck.
- Two attempts per athlete.



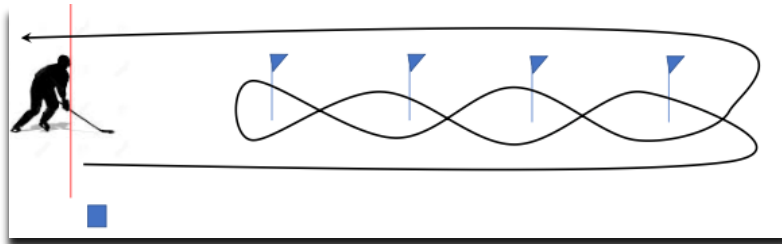
## 2(a). Agility Weave (U9)

- Carrying a puck and starting on the right side of the flags for rep 1 and then the left of the flags for rep 2. The athlete will weave between flags 1 through 4, then 180 degrees turn at flag 4 and weave all the way back through their start gate.



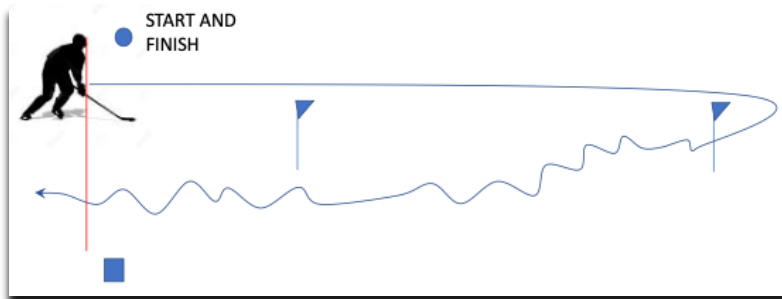
## 2(b). Agility Weave (U11 & U13)

- Carrying a puck and starting on the right side of the flags, the athlete will sprint to the fourth flag, 180-degree turn, weave in and out to the bottom flag, 180 degree turn, weave in and out to the top flag, 180 degree turn and sprint through the start/finish line.



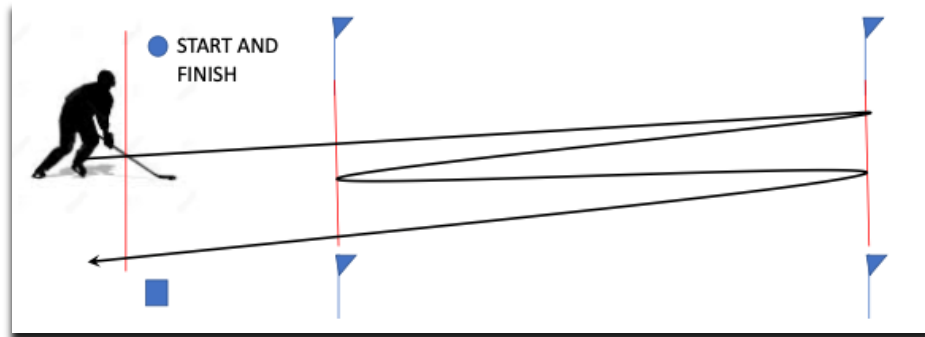
## 3. Transition Right/Left (U9-U13)

- Without a puck the athlete sprints to the furthest flag, transitions backwards, skates backwards towards starting gate and goes back through the gate backwards. This is done once from the left side and once from the right side.



## 4. Start & Stop

- U9 is 2 attempts with no puck. U11 and U 13 is 2 attempts with a puck. The athlete sprints to the far stop line, comes to a full stop (on preferred side) then sprints back to near stop line, stops, then back out to far stop line, before coming through the finish gate.



## Evaluation Criteria

### SKATING

- acceleration - gets to top speed quickly
- overall quickness and foot speed
- powerful stride
- good balance and stability on skates
- agility and mobility - moves well laterally
- turns and pivots are smooth
- ability to skate well both forward and backward

### WORK ETHIC/COMPETITIVENESS/DISCIPLINE/ATTITUDE

- competes and battles to the best of ability in all situations
- wants to be first to the puck in all situations
- consistently high work ethic/ high level of fitness
- demonstrates leadership on/off the ice
- disciplined in all situations on/off the ice
- respect exhibited by the athlete towards coaches, teammates, opponents, officials, etc.
- Always displays a positive attitude

### TACTICAL SKILLS

- thinks quickly - reads and reacts well
- supports teammates in all situations
- drives the net effectively with and without the puck
- is a responsible positional player.
- positions self well when defending the rush

### SKILLS - PUCK CONTROL/PASSING

- handles the puck effectively at high speeds
- good control in traffic - protects puck well
- shows creativity with the puck
- head up - looks for options and to head-man the puck
- passes are crisp and accurate
- passes and receives smoothly at high speeds

#### SKILLS - SHOOTING/SCORING

- Does the player have a scoring ability?
- strong and accurate shot with a quick release
- has and uses a variety of shots
- ability to read shot or deke options
- gets into position to score

## Goalie Evaluations

This year we are happy to announce that Evan Kurylo of KC Goalie Development Program and his team at Coretex Goaltending will be conducting our goalie evaluations for the 2022-2023 season.

## Game Evaluation Capacity

We have taken steps to reduce the number of players per game evaluation so that players will have more opportunities to showcase their skills.

## Player Evaluation Concerns

If you have concerns about your player's evaluation, you can submit a request for review via the Google Form below. You will be contacted by your Hockey Ops committee member who will reach out to go over your player's scores. Please keep in mind that evaluations are an intensive, time sensitive process that will take priority and we ask for your patience in response to your requests.

[2022 – 2023 - Player Evaluation Concern Form](#)