

Hockey *Skills Challenge* for Squirt and 10 & Under



H O C K E Y E D U C A T I O N P R O G R A M

HEP: developed collaboratively by Minnesota
Hockey and Mayo Clinic Sports Medicine Center



COACH'S MANUAL



Skills Challenge

*Squirt
10 & Under*

This coach's manual is intended to provide the instructions and tools to conduct the Squirt and 10 & Under Minnesota Hockey – HEP (Hockey Education Program) Skills Challenge.

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Skills Challenge

Squirt
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Introduction

Coach, you have a unique opportunity and responsibility because you are charged with teaching and developing your players' hockey skills. A player's success and ultimate enjoyment of the game is directly related as to how well you do that. The HEP "Skill Challenge" provides a guide for teaching and developing the skills required to play the game. There are three components to the skill challenge program.

- Coach's Manual – provides the instructions for the Skills Challenge program, instructions for the skill tests and a skill checklist.
- Excel base program to assist in gathering test results and creating player evaluation Skill Challenge forms. Program can be downloaded from Minnesota Hockey web site at <http://www.minnesotahockey.org/hep/default.asp>
- Player Evaluation Form – Each player receives a report of their early and late season test times at the end of the season. The form is created by the Excel program.

A player's enjoyment of the game will be a direct result of how well they master the basic hockey skills. The "Skill Challenge" provides a guide as well as a measure as to how well a player is doing and the areas needing work. Practice makes permanent. Teach your player the proper techniques. Most importantly you are a skill instructor and not a drill instructor.

Practice the basic skills at every practice. Using the "Skills Challenge" checklist, plan your season so that you cover each of the skills. Use the "Skills Challenge" to communicate with the parents of your team. In the long run it is not your win-loss record that really counts, but whether or not you have been able to help your players learn and develop. Practice can be FUN if your players continue to get better.

Instructions

1. Introduce the Hockey Education Program Skills Challenge at your "Parent Meeting".
 2. Download Excel program from Minnesota Hockey web site - <http://www.minnesotahockey.org/hep/default.asp>
 3. Enter players name on roster and print out early test form.
 4. Conduct "Early Season" skill tests during first two weeks of practice.
 5. Enter early test times into program.
 6. Print out late test form.
 7. Conduct "Late Season" skill test at the end of the season.
 8. Enter late season test times into program
 9. Add individual comments on player evaluation forms, print out player forms and distribute to players.
- (See page 18 for more detailed instructions for the Excel Skills Challenge program)

Skill Test Procedure

The skill tests in this program are outlined on the following pages.

EACH TEST MUST BE SET UP ACCORDING TO ITS DIAGRAM.

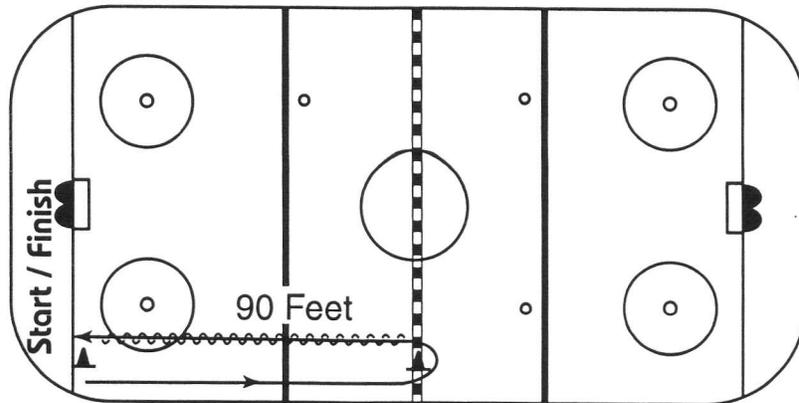
Testing Guidelines

1. Players must wear full protective equipment, including helmets and facemasks, for all tests. They always carry their stick.
2. Before doing each skills test, give a demonstration.
3. Have a starter at the starting line and signal the start with a whistle or a drop of the arm.
4. Where pylons are positioned, use Red Magnum permanent marker to mark the exact location. Make sure the player skates around the pylon as outlined in each skills test.
5. If a player falls or loses the puck the first time, let them repeat. If a player falls or loses the puck the second time, they must get up and continue the test.
6. Make sure the player does not start to slow down until after they have crossed the finish line.
7. The timer starts the watch when the player begins movement. The timer stops the watch as soon as the first skate crosses the finish line.
8. To ensure uniform accuracy, time must be recorded to hundredths of a second.

Testing Equipment Required

- * Whistles
- * Stopwatches
- * 18 pylons
- * 100 foot measuring tape
- * Red Magnum permanent marker
- * Clipboards for each station
- * Pencils for recording scores
- * Hockey Skills Result Worksheets for each station

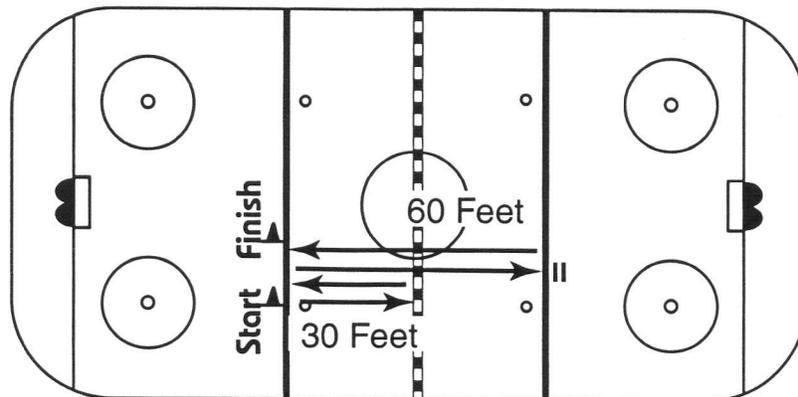
Skater Skill Test #1 - Forward and Backward Skating (90 Feet)



Forward and Backward Skating

1. Distance - 90 feet. 2 pylons: one at Start/Finish Lines & other at Red Line.
2. Starter & Timer at Finish Line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player's first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

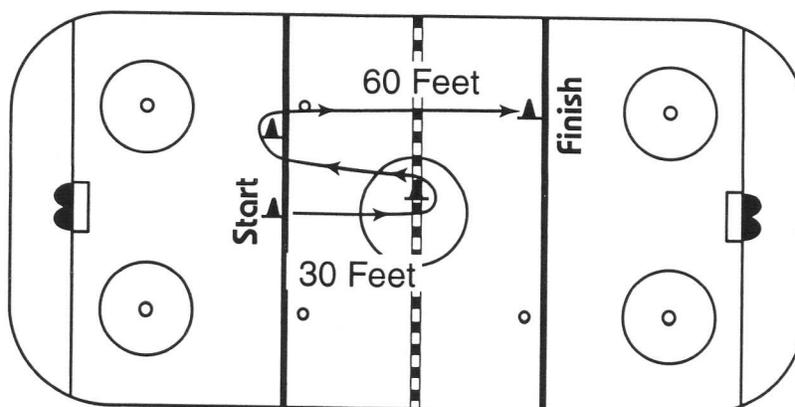
Skater Skill Test #2 - Stops and Starts for Speed



Stops & Starts

1. Distance - 30 feet to 60 feet. Place pylon at Start & Finish Lines. NOTE: Many rinks shorten the neutral zone. Check that distance is 30 feet and 60 feet.
2. Starter at Start Line & Timer at Finish Line.
3. Player starts with both skates behind the start line.
4. Start at Blue Line - Stop at Red Line - Back to Blue then up to Far Blue & Back to Blue Line where it began.
5. Timer stops watch when player's first skate crosses the finish line.
6. Players will have 2 attempts at this test. Record both scores.

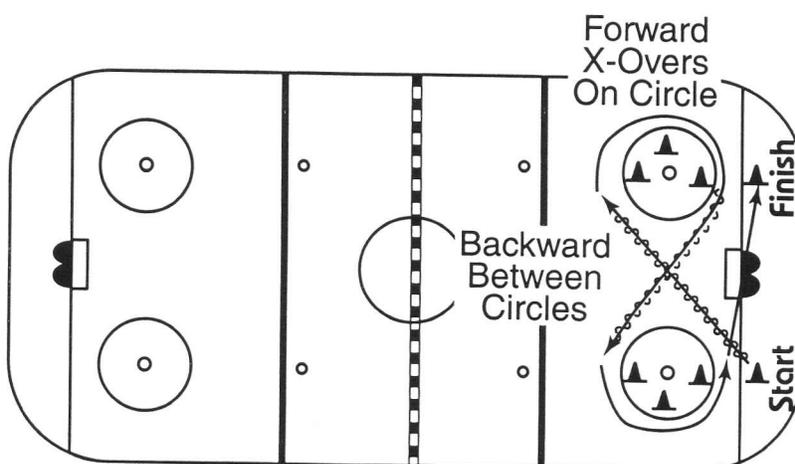
Skater Skill Test #3 - Zig-Zag Control Turns



Zig-Zag Control Turns

1. Distance - 30 to 60 feet. Place pylons at start & finish lines and at the 2 places player does control turns. NOTE: At many rinks the neutral zone is shorter than 60 feet. There must be 30 ft. between each stop & start location. The finish line is 60 ft. from 2nd control turn location.
2. Starter at Start Line & Timer at Finish Line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player's first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

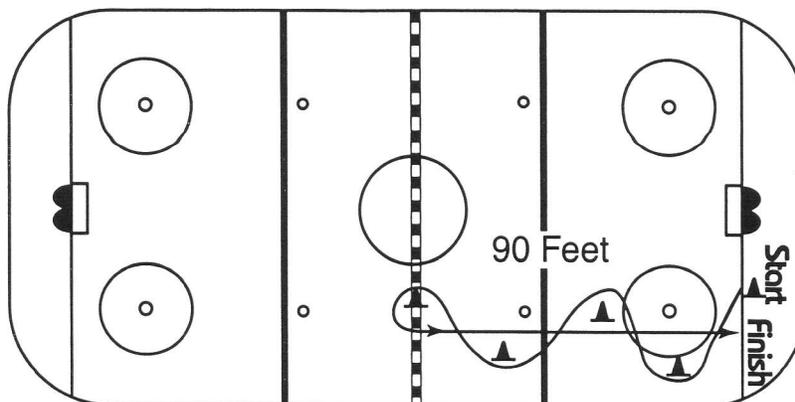
Skater Skill Test #4 - Circle Figure 8 Forward and Backward



Circle Figure 8 Forward & Backward

1. Distance - Figure "8" pattern on two face-off circles at one end of rink. Place pylons for start and finish in line with face-off dots and behind the goal line. Place 3 pylons on edge of face-off circle as shown in the above diagram.
2. Starter at Start Line & Timer at Finish Line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player's first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

Skater Skill Test #5 - Puck Control - Big Zig-Zag Course

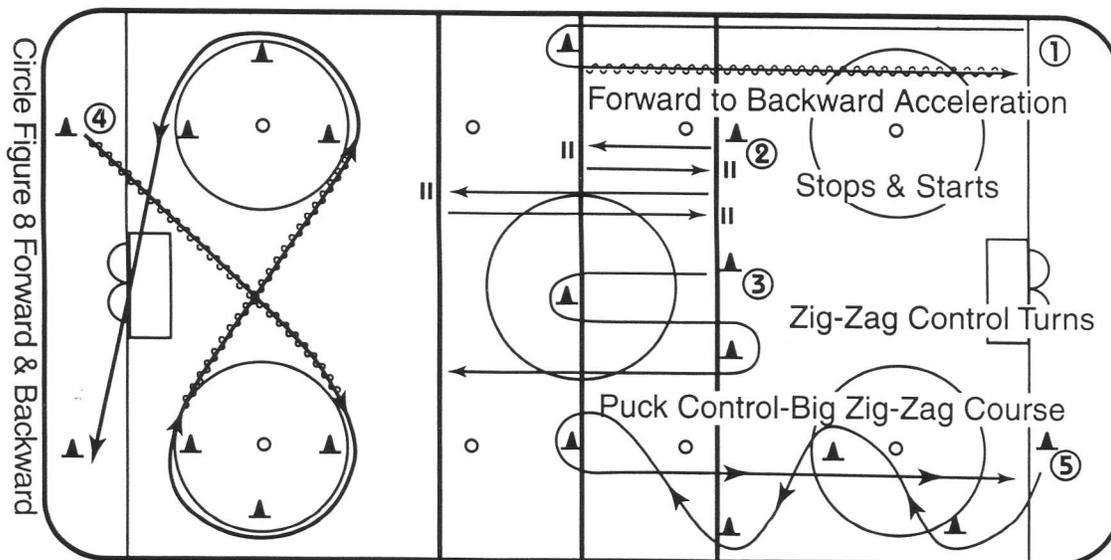


Puck Control - Big Zig-Zag Course

1. Distance - 90 feet. Place 1st pylon at Start/Finish Line. Place 2nd pylon on bottom "hash line" of circle, place 3rd pylon at top of circle, place 4th pylon 5 ft. from boards in line with face-off dot apart, place 5th pylon at red line in line with face-off dots.
2. Starter & Timer at Start/Finish line.
3. Player starts with both skates and puck behind the start line.
4. Timer stops watch when player's first skate crosses the finish line (not the puck).
5. Player weaves a pattern up to the 5th pylon, then does a tight turn and accelerates forward as fast as possible back to start/finish line.
6. Players will have 2 attempts at this test. Record both scores.

Tips to Speed Up Testing

To complete the drills quickly, it is possible to run 3-5 skills tests at the same time. This requires the assistance of extra people (starters, timers and possible recorders). Depending on how many teams are sharing the ice, please try and follow one of the sequences listed below.



1. All five stations set up at one time. Use Red Magnum permanent marker to mark the spot where each cone placed.
2. There can be one to three teams on the ice at a time. Divide the players up into 5 groups. Make sure that the players' names for each team are on the correct score sheets.
3. You will need 5 starters and 5 timers/recorders.
4. Use tag board and number each station on the ice. This will make it easier for players to rotate from station to station.
5. Plan on 5 to 10 minutes at each station (depending on how many teams are being tested at one time).
6. Keep players in the same order when moving from one station to the next. Also, the clipboard with the group skills score sheet travels with the players as they go from one station to the next station.
7. Stations #1 & #2 (Forward & Backward Acceleration) can be combined into one station.
8. Hold each group of players till everyone in all the groups is finished at their station. When all station areas are finished, rotate groups.
9. Demonstrate each drill when the players rotate to the next station.
10. Warm-up players for 5 minutes before any drills are started.

Skills Checklist

SKATING

MITE - 8 & UNDER SKILLS

1. _____ **Forward Basic Stance**
"Ready Position - Chest up, knees well bent, 2 hands on stick w/no weight on the stick"
2. _____ **Inside Edge Control**
"Ankles Control the Edge"..."Good Knee Bend of Glide Foot"
3. _____ **Forward Weight & Stick Shift**
"Shift Weight, Stick & Hands to Bent Knee"
4. _____ **Forward Power Stride**
"Full Extension"..."Complete Recovery"
5. _____ **Forward Start**
"V-Start"..."L - Start both Right & Left"
6. _____ **Control Stops**
"One Foot Power Stop - L Position"
7. _____ **Control Turn w/Crossunder Push**
"Pivot Skate - inside leg is bent"..."Brace Skate - outside leg is straight"
8. _____ **Backward Basic Stance**
"One Hand on Stick Ready Position, Knees Well Bent & Butt Low"

9. _____ **Backward Power Stride**
"Push - Heel Out - Toe In to Full Extension, Transfer Weight to Glide Skate, Recover Under Hip"
10. _____ **Backward One Skate Stop**
"Turn One Skate to Side & Stop on Inside Edge"
"At the Same Time Draw the other skate into 'L' Forward Start"
11. _____ **Backward/Forward Turns**
"Mohawk Pivots - One Skate Balance, Open Hip, 180 degree Step Out"
12. _____ **Forward Crossovers with Crossunder Push**
"One Skate Balance, Knee Up-Skate Over, STRESS - Push Inside Skate Behind & Under Outside Skate"

SQUIRT - 10 & UNDER SKILLS

13. _____ **Backward Crossunder Start**
"Turn Sideways & do a 'C' Cut with Outside Skate"
"Then Push Inside Skate Behind & Under Outside Skate"
14. _____ **Backward Crossovers**
Cadence: "PUSH-CROSS-REACH" - Alternating Sides
15. _____ **Backward Lateral Pumps**
"Push Off One Skate Numerous Times to Move Laterally"
16. _____ **Backward Lateral Crossover Steps**
"Continuous Crossover Steps with Same Skate"

PUCK CONTROL

MITE - 8 & UNDER SKILLS

1. _____ **Stick - Stance - Grip**
"Stick - Under Chin & No Lower than Neckline"
"Stance - Stick in Front of Body, Elbows & Arms Move Freely"
"Grip - Hands 6-10 Inches Apart, 'V' Formation Grip"
2. _____ **Wrist Roll**
"Roll Wrist - Enables Blade of Stick to 'Cup' the Puck"
3. _____ **Split Vision**
"Eyes Up, Indirectly See Puck Out of Bottom of the Eyes"
4. _____ **Basic Dribbling Skills**
"Lateral Dribble - In Front of Body, Short & Wide Pulls to Forehand & Backhand Sides"
"Front to Back Dribble-Puck Moves Forward/Backward on Side"
"Diagonal Dribble-Pull Puck from Front to Diagonally to Side"
5. _____ **Forward Stride With "Pulls"**
"Pull the Puck as wide as possible with every Stride"
6. _____ **Weave & Control Pulls**
"Crossover Weaving - Pulling Puck on Each Cone"

7. _____ **One Hand Puck Acceleration**
"One Hand on Stick, Arm Extended Straight, Push Flip/Flop"
8. _____ **Attacking the Triangle**
"Triangle - Avoiding the area between the Skates & Stick"
9. _____ **Forehand & Backhand Shifts**
"Head-Shoulder-Stick Shift (Fake), Pull Puck Across & Skate"

SQUIRT - 10 & UNDER SKILLS

10. _____ **Change of Pace**
"Approach the Defender at 3/4 speed, then once at Defender Accelerate to Full Speed"
"Shift Laterally to Forehand or Backhand Side - Do 3 X-Overs"
11. _____ **Puck Protection**
"Use Body to Shield Puck from Opponent" 2 Techniques Used:
1. Drop One Arm Off Stick, Using it to Ward Off Defender, Keep Skates Moving Using 'Scooter' Technique"
2. Use a series of Control Turns to Shield Defender from Puck, STRESS: Accelerating After Doing Control Turn"
12. _____ **Control Turns & Escapes**
"Place Puck to Side of Body Away from Defender"
"Blade of Puck is 'Cupped' Over Puck"

PASSING & RECEIVING

MITE - 8 & UNDER SKILLS

1. _____ **Basic Elements**
"Passing: Look-Slide-Guide-Point" - Eyes Up, Start Puck on Heel, Start Puck Near Back Skate, Sweep Puck Forward Towards Front Skate, Release Follow Through With Blade.
"Receive: Rt. Angle-Cup & Give" - 'Rt. Angle': Move Blade to Front Skate for Receiving Pass, 'Cup': Blade is Cupped Over Puck. On Contact, 'Give': Relax the Wrist Upon Contact.
2. _____ **Forehand Pass**
"Puck is Released Smoothly with Rotation, Accurate Pass to Blade"
3. _____ **Backhand Pass**
"Puck Starts on Heel of Blade, Sweep Puck, Blade Pointing at Target After Release"

4. _____ **Stationary Passing**
"Pass - Accurately, Smoothly & Hard"
5. _____ **Continuous Moving Passes**
"Pass Puck Diagonally in Front of Receiver"

SQUIRT - 10 & UNDER SKILLS

6. _____ **Indirect-Board Pass**
"Use when a Defender is Between Passer & Receiver
Board Rebound Theory: "The Angle onto the Boards Equals the Angle Off the Boards"
7. _____ **Flip-Saucer Pass**
"A Quick-Forceful-Forward-Upward Motion of the Blade"
"Puck Motion from Heel to Toe of Blade at Release"
8. _____ **Receiving Pass In Skate**
"Skate Closest to Pass is Flat on Ice & Angled to Deflect to Stick"

Skills Checklist - Continued

SHOOTING

MITE - 8 & UNDER SKILLS

1. _____ **Mechanics of Shooting**
 - Start Puck on Heel to Middle of Blade
 - Start Puck Towards Back Skate (wt. on back leg)
 - Release Puck at 90 degree angle to Net
 - Lower Arm Provides the Pushing Action
 - Upper Arm Provides the Pulling Motion
 - Force Exerted on Stick is Forward & Downward
 - Stress the Technique of the Shot (young players will have difficulty in strength for speed & power)
 - Follow Through Towards Net, Be Ready for Rebound
2. _____ **Forehand Sweep Shot**
"Body at 45 degree angle to net, Hands 12-15 inches apart, Blade Cupped Over Puck, When Sweeping Puck Forward - Transfer Wt. From Back to Front Leg"
3. _____ **Backhand Sweep Shot**
"Puck at Side of Body Behind Back Skate, Blade Cupped Over Puck, Sweep Puck Forward - Weight Transfer to Front Skate, Upper Body Rotates Quickly"

SQUIRT - 10 & UNDER SKILLS

4. _____ **Screen & Deflections**
Screen: "Stand 1 Stick-Length in Front of Goalie, Tripod Stance"
Deflect: "Keep Blade Flat on Ice & Rotate Blade to Deflect Puck A Different Direction"
5. _____ **Flip Shot**
"Wide Grip on Stick, Bend Nearest Knee & 'Scoop' up Puck on Toe Portion of Blade, Blade is Propelled High into Air"
6. _____ **Rebounds**
"Anticipate Rebound Path of Shoot, Stick on Ice, Weight on it, Drive The Rebound Shot High into Net"

CHECKING

MITE - 8 & UNDER SKILLS

1. _____ **Poke check**
"Stick Hand/Arm Held Close to Body, Extend Stick Contacting Puck, DO NOT LUNGE! Finish Check Sliding Stick Between Attacker's Legs, then Block Out"
2. _____ **Stick Lift**
"Approach Puck Carrier Behind & Side, Skate with PC, Slide Stick Under PC's Stick & Lift Quickly, Retrieve Puck"
3. _____ **Stick Press**
"Close 1 on 1 Situation, Place Stick Over Lower Part of Opponent's Stick, Press Down Hard"
4. _____ **Angling**
Key Elements:
 - a. The checker must learn to play the angles of pursuit
 - b. Stick on Stick, Body on Body
 - c. Play Through Opponent's Hands - this allows you to get the puck while separating the PC from the puck
 - d. Quick Acceleration is important once the PC is contained
 - e. Continue to skate when close to the PC - DON'T GLIDE

SQUIRT - 10 & UNDER SKILLS

5. _____ **GAP Control Pressure**
Backward: "Close Gap on Puckcarrier as quickly as possible, but Maintain Speed, Force Opponent to Outside"
Forward: "Approach on Angle, Close Gap Quickly to Finish Check"
6. _____ **Backcheck**
"Take Inside Position, Must Use 'Swivel Head', Stay in Stick Contact, Angle Opponent to Outside"
7. _____ **Coverage in Defensive Zone**
"Stay Between Opponent & Goal, Maintain Stick or Body Contact"

TEAM PLAY

1. _____ **Defensive Team Play**

Team Skills Key Elements:

1. Forecheck: 1-2-2
2. "D" Zone: Box Plus One

2. _____ **Offensive Team Play**

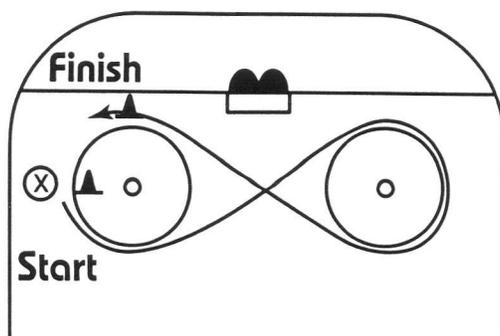
Team Skills Key Elements:

1. 2 Quick Passes When Breaking Out: Basic Breakouts - D to W, D to C, D to D to W, D Counter
2. Neutral Zone - Forwards in all 3 Lanes
3. Entering Offensive Zone, Basic Plays:
 - Puckcarrier Drive the Net, Trail Pass, Double Drive with Weakside Trail
 - Trianglization once Inside Attack Zone

Goalie Skill Testing Procedure

1. Goalies must wear full protective equipment, including helmet and facemask, for all tests.
2. Before doing the test, explain and give a demonstration.
3. Have a Starter at the starting position and signal the start with a whistle or drop of an arm.
4. Where pylons are positioned, use Red Magnum permanent marker to mark exact location. Make sure goalies skate right up to the pylon as outlined in each test.
5. Goalies must always do their moves in the goalie stance (goalie ready position). Stick on ice, catch glove open to side, knees bent, and head up.
6. If goalie falls or loses puck on first attempt, let them repeat. If goalie falls or loses puck on second attempt they must get up and complete the test.
7. Make sure the goalie does not slow down until after they have crossed the finish line.
8. The timer starts the watch when the goalie begins movement and stops the watch as soon as they cross the finish line.
9. To ensure uniform accuracy, time must be recorded to hundredths (x.xx) of a second.

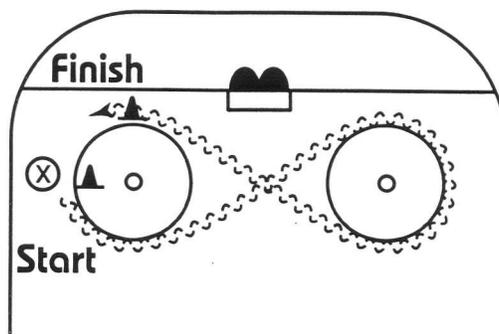
Goalie Skill Test #1 - Forward Figure 8 with "C" Cuts



Forward Figure 8 with "C" Cuts

1. Distance - Figure "8" pattern on two face-off circles at one end of rink. Place pylon for start at hash mark and at same circle put finish pylon at bottom of circle.
2. Starter at Start Line & Timer at Finish Line.
3. Goalie starts with both skates behind the start line. Stay in goalie stance going forward doing "C" Cuts following the circle making a figure 8.
4. Timer stops watch when Goalie's first skate crosses the finish line.
5. Goalies will have 2 attempts at this test. Record both scores.

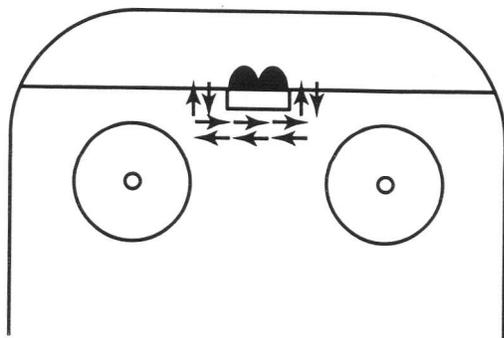
Goalie Skill Test #2 - Backward Figure 8 with "C" Cuts



Backward Figure 8 with "C" Cuts

1. Distance - Figure "8" pattern on two face-off circles at one end of rink. Place pylon for start at hash mark and at same circle put finish pylon at bottom of circle.
2. Starter at Start Line & Timer at Finish Line.
3. Goalie starts with both skates behind the start line. Stay in goalie stance going backward doing "C" Cuts following the circle making a figure 8.
4. Timer stops watch when Goalie's first skate crosses the finish line.
5. Goalies will have 2 attempts at this test. Record both scores.

Goalie Skill Test #3 - Shuffle Step Around Top of Crease

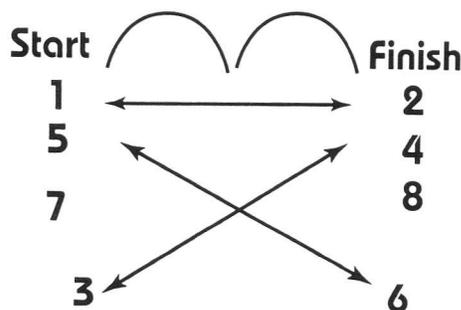
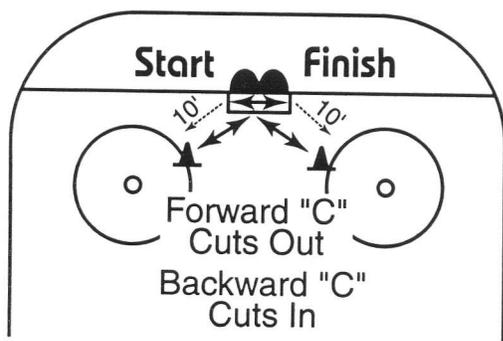


Note: Front skate must go over goal line before going back around.

Shuffle Steps Around Rectangle Goal Crease

1. Distance - Follow rectangle goal crease.
2. Starter & Finisher at Start/Finish Line.
3. Goalie Starts with both skates behind the goal line, facing side boards and outside the goal crease line.
4. Goalie does shuffle steps around rectangle goal crease and then back to finish (always facing out from crease).
5. Timer stops watch when goalie's first skate crosses the finish line.
6. Goalies will have 2 attempts at this test. Record both scores.

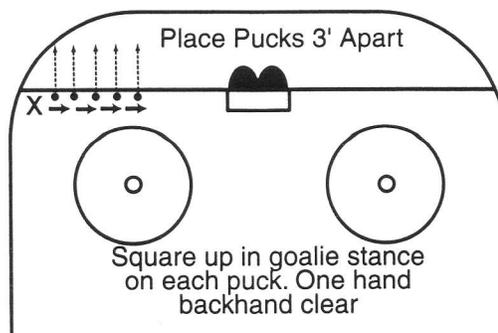
Goalie Skill Test #4 - "X" Drill Pipe to Pipe then Diagonally



"X" Drill - Pipe to Pipe then Out Diagonally

1. Distance - 10 feet from top of crease arch in line with face-off dot. Place pylon on each side of goal on diagonal.
2. Starter/Timer stands on goal line to side of goal.
3. Goalie starts with body and skates hugging on goal post.
4. Goalie does shuffle steps to other post, then pivots and does forward "C" cuts out to cone on diagonal on opposite side. Goalie then does backward "C" cuts backs in to post, then does goes pipe to pipe (shuffle step) then out diagonal to opposite cone - back into post - then go pipe to pipe and repeat the sequence one more time. Goalie must finish going pipe to pipe.
5. Timer stops watch when goalie's first skate hits post.
6. Goalies will have 2 attempts at this test. Record both scores.

Goalie Skill Test #5 - 5 Puck Backhand Clear Pass



5 Puck Backhand Clear Pass

1. Start by putting 5 pucks on goal line each 3 feet apart.
2. Start at first puck and finish at last puck.
3. Goalie squares up to puck #1 in Goalie Stance.
4. Goalie does one hand backhand clear to boards on puck #1, then immediately moves to 2nd puck and squares to puck #2 and does one hand backhand clear to boards. Continue moving - squaring up & backhand clear with each puck.
5. Timer stops watch when goalie clears #5 puck and it hits the back boards.
6. Goalies have 2 attempts at this test. Record both scores.

Goalie Skills Checklist

MITES - 8 & Under

1. _____ **Basic Stance**
"Skates Shoulder Width Apart & Knees Bent"....
"Hands Ahead of Body".... "Stick Blade Flat, Ahead of Skates"
2. _____ **Forward & Backward Movement - "C" Cuts**
"Shift the weight from inside edge of one skate to the other"
"Stay low, glove up, stick down, eyes on puck"
"Stopping - Slight snowplow stop with one skate"
"Always keep Body Square to Puck"
3. _____ **Stick Save**
Directly at Goalie - "Position Stick 4-6 inches in front of skate"
"Stay standing & relax, let the puck come to the stick"
"As the puck contacts stick CUSHION the shot, No Rebound"
Shot Just To The Side - "Move stick to one side & back up the stick with skate turned".... "Stick arm works as a steering wheel & deflects shot to the side"

SQUIRTS - 10 & Under

6. _____ **Parallel Shuffle**
"Stay Compact & Low".... "Lateral shuffle steps are short".... "Stick moves with lead leg, blade on ice, cover opening between the skates"
7. _____ **Lateral T-Glide**
"Point lead skate in direction wanting to go".... "push off with the other skate".... "The two skates form the letter T" "Lead with the stick, keeping stick on ice"
8. _____ **Pivots to Post**
"Shooter goes to one side - Goalie pivots body to face shooter at a right angle"
"Most of the time - Pivot & Parallel Shuffle to Post"
9. _____ **Telescoping**
"Challenging the Shooter - Movement forward toward the puck to reduce the body movement required to protect the goal"
10. _____ **Skate Save**
"Shot Just to Side - Stand Up Skate/Stick Save - Make save with stick but back it up with skate save (rotate toe of skate to outside)"
"Shot Heading for Corner of Goal - Split Skate Save - Leg away from shot, drop knee going laterally to puck side, strongside skate arcs out laterally with entire blade staying on ice, stick backs up behind heel of skate making the save"
11. _____ **Leg Pad Save**
"Cushion shot on the leg pad, Raise buttocks slightly, thus straightening the knees slightly, it is important that this occurs just when the puck hits pad"
"Shot To One Side - Kick the puck with the leg pad, following through to direct it to the corner or side board"
4. _____ **Catch Glove Save**
"Basic Position - Glove open, around knee high, ahead of body, filling open net"
"Shift body weight towards shot, eyes follow puck into glove"
5. _____ **Blocker Glove Save**
"Basic Position - Stick Glove held at knee height, balanced with the catching glove on the other side"
"Hard shots - Deflect shot to corner by turning the wrist to outside at the moment of contact" or
"On Slower Shots - Bring Catch Glove across & trap shot against the stick glove"
12. _____ **Body Save - Body Trap**
"Position Upper Body (Chest & Stomach) in front of Puck"
"Bring both arms in to trap the puck against the body"
13. _____ **Stacking Pads & Recovery**
"Desperation Save - Obtain as much height as possible with pads, stack one pad on top of the other and use the top arm to increase the height of the wall, bottom arm flush to ice"
14. _____ **Half "V"**
"Drop the leg pad closest to the shot flat on the ice, upper body is upright & square to puck, stick blade on ice & moves to puck side covering the opening between the pads"
15. _____ **"V" Drop**
"Drop to inside of knees & lower legs by fanning out the skates to the side, pads must be flush to ice"
"The upper body must remain upright with the glove open above the pad" "Stick blade is flat on the ice, covering up the "5" hole between the pads"
16. _____ **Control Rebounds**
"Cushion the puck with stick save or pad save"
"Drop to knees & have stick out in front to protect puck from being knocked into goal"
"Place catch glove over top of puck"
17. _____ **Playing the Angles**
"Goalie is out of net when the puck is in front"
"Goalie must be in middle of angle & centered on puck"
"Maintain the basic stance & squared to puck"
"Cut down shooter's vision of the net"
"Never give the shooter the short side"
"Play the puck, not the shooter's body"



Skills Challenge

Squirt
10 & Under

Excel Program Instructions

This Excel program is intended to help you record the HEP "Skill Challenge" test scores and create the individual player evaluation forms. The Excel workbook is tabbed with the following worksheets:

- Instructions – instructions for using the program.
- Roster – recording team members to populate other forms. Can be used as your team roster of information for parents. Do not need to enter all the information only players names.
- Early – Test form. Can be printed and used as form to record early test times. After early testing, record test times on the spreadsheet. Program will select the best of the two times and populate the summary and player evaluation forms.
- Late - Test form. Can be printed and used as form to record late test times. After late testing, record test times on the spreadsheet. Program will select the best of the two times and populate the summary and player evaluation forms.
- Summary – Listing of team with "best" test times from "Early" and "Late" season testing.
- Skill – List of hockey skills appropriate for this level of play. Can be used to record skills that are taught during the season. Copies of this page can be attached to the player evaluation forms and given to players/parents at the end of the season.
- Skater 1-18 and Goalie 1-3 – Individual player evaluation forms. Comment section provided on form for coach to provide specific feedback and encouragement to the player. Early and Late best test times are automatically populated from the Early and Late sheets.

1. Enter the season, team name, players names and coaches names. Note players should be entered as skaters and goalies. The numbers on the left relate to the individual player evaluation forms and **not** jersey number. The other information may be entered and this form used as the team information form for parents but not required for program to work. Save the Excel workbook by doing a "save as" and a name for the team.

2. Print the Early test form. Conduct skill test during the first two weeks of the season. See the "Skill Challenge" coaches manual for complete instructions for the conducting the tests. Record the test times on the form and enter the scores on the Early spreadsheet. Note: You can just enter one test time.

3. During the season, record which skill you have taught on the skills checklist.

4. Print the Late test form. Conduct skill test during the last two weeks of the season. Record the test times on the form and enter the scores on the Late spreadsheet. Note: You can just enter one test time.

5. Comments can be added to the Individual Player Evaluations by going to the player spreadsheet and entering the comments for the specific player.

6. Print the Individual Player Forms and give to player with copy of skills checklist.

NOTE: Many of the cells on the spreadsheet are protected. The password is "hep." Turn protection on/off by selecting Tools/Protection/(un)Protect Workbook.

Season: 2008-2009

Team: Local Hockey Association

Early Season Evaluation

Date: 10/24/2008

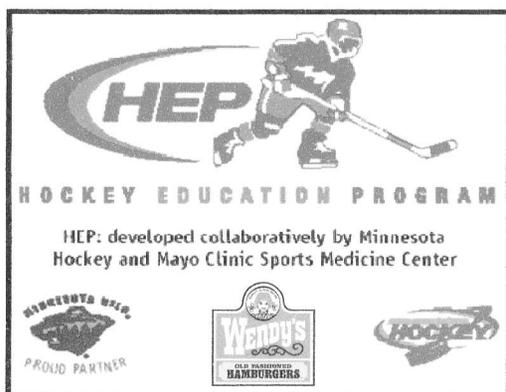
No.	Jersey	Player's name	Skater/ Goalie	Skater-Fwd to Bkwd Acceleration Goalie-Forward "C" Cuts		Skater-Stops and Starts Goalie-Bkwd Figure 8 w/ "C" Cuts		Skater-2 Cone Zig-Zag Goalie-Shuffle Step		Skater-Circle Figure 8 Goalie-"X" Drill		Skater-Big Zig-Zag Course Goalie-5 Puck Clear	
				Time #1	Time #2	Time #1	Time #2	Time #1	Time #2	Time #1	Time #2	Time #1	Time #2
1		Joe Skater	Skater	13.25	12.50	11.20	10.50	15.30	14.20	13.20	14.20	14.30	13.60
2			Skater										
3			Skater										
4			Skater										
5			Skater										
6			Skater										
7			Skater										
8			Skater										
9			Skater										
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13			Skater										
14			Skater										
15			Skater										
16			Skater										
17			Skater										
18			Skater										
19		Tom Goalie	Goalie	9.20	10.30	11.30	10.50	8.90	7.30	12.10	12.60	6.20	7.10
20			Goalie										
21			Goalie										

17

Hockey Skills Challenge

for Squir and 10 & Under

presented by



A guide to learning the
FUNDamental hockey
skills for skaters

*"If you can't always be the best -
You can always be better"*

Player Evaluation

Name: **Joe Skater**
Season: **2008-2009**
Team: **Local Hockey Association**

1. Forward to Backward Accelerations (90 feet)

Early Season: 12.50 Sec.
Late Season: 11.56 Sec.

2. Starts & Stops (Red & Blue Lines 30 to 60 ft)

Early Season: 10.50 Sec.
Late Season: 9.80 Sec.

3. 2 Cone Zig-Zag Control Turns (Red & Blue Lines)

Early Season: 14.20 Sec.
Late Season: 13.20 Sec.

4. Circle Figure 8 Forward & Backward

Early Season: 13.20 Sec.
Late Season: 12.60 Sec.

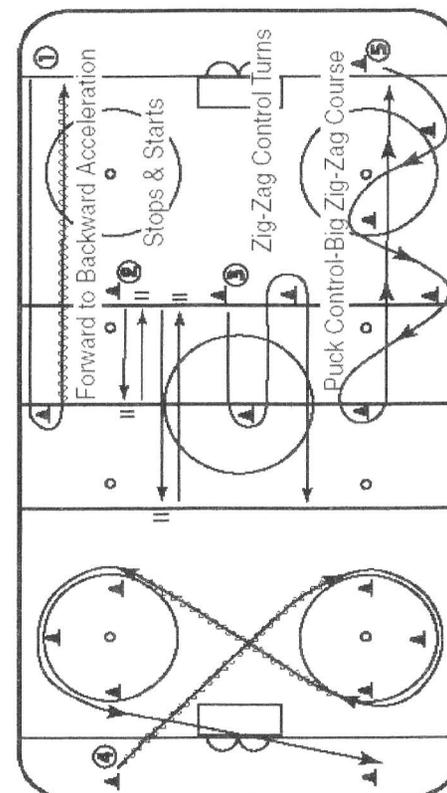
5. Puck Control-Big Zig-Zag Course

Early Season: 13.60 Sec.
Late Season: 13.40 Sec.

Comments: Joe did a great job this season. He was always attentive and gave 100% effort. Good with his teammates.

Skills Challenge

Squir and 10 & Under Skating and Puck Control Skills



CIRCLE FIGURE 8 FORWARD & BACKWARD

*"All things are difficult before they are easy"
"The right way, dedication, repetition, make it easy"*

"If it is going to be - it is up to me"



Skills Challenge

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Centennial Example of Using the Skills Challenge Program "Providing Your Parents With Skill Improvement Feedback"

We at Centennial Youth Hockey Association have found a WONDERFUL way to provide feedback to our Initiation level parents as to their child's skill development over the season. Here is how we do that:

- ✦ Go to the HEP section of the Minnesota Hockey Web-site (<http://www.minnesotahockey.org/>).
- ✦ Download the Skill Challenge Excel Spreadsheets for the Levels that you are performing HEP Testing for.

MINNESOTA HOCKEY

MINNESOTA HOCKEY

Minnesota Hockey Thanks Our Corporate Sponsors

Hockey Education Program

- [Skill Resources](#)

Welcome to the new Hockey Education Program portion of our website. Use the links above and below to view various aspects of the program. We are grateful to our sponsors and supporters of HEP!

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SUPPORTED BY

HEP material is available for shipping. Print out an order form below.

COACH RECOGNITION PROGRAM APPLICATION AND INFORMATION

07-08 HEP ESSAY CONTEST

Skill Challenge Excel Spreadsheets

- [Mite](#)
- [Squirt](#)
- [Peewee](#)

Choose the appropriate level that you are testing.

HEP Information

- [07-08 Implementation Guide \(PDF\)](#)
- [What is HEP \(PDF\)](#)
- [07-08 HEP Material Order Form \(PDF\)](#)
- [07-08 Parent Education Overview \(PDF\)](#)
- [07-08 HEP Parent Education Leader Guide \(PDF\)](#)

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- [CEP FAQs](#)
- [About Us](#)
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- [Board Minutes](#)
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- [Privacy Policy](#)
- [Registration](#)
- [Screening](#)

[District Map](#)



Skills Challenge

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✚ Complete the roster tab with each teams roster information.

	A	B	C	D	E	F
1			Season:	2007-2008		
2			Team:	Centennial		
3			Roster	MM/DD/YY		Enter team/association.
4						
5				Skater/ Goalie		
6	No. Jersey	Player's name		Phone Number		Parent's names
7	17	Joe Skater				
8	2					
9	3					
10	4					
11	5					
12	6					
13	7					
14	8					
15	9					
16	10					
17	11					
18	12					
19	13					
20	14					
21	15					
22	16					
23	17					
24	18					
25	19	goalie 1				
26	20	goalie 2				
27	21	goalie 3				
28		head coach				
29						
30						
31						
32						
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34						
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40						



Skills Challenge

Squirt
10 & Under

- ✚ Print off the Early/Late spreadsheets for the coaches to use on the ice when the testing is performed.
- ✚ Once testing is complete – enter all the times in the appropriate early/late spreadsheet for each player. Their best times will be calculated and carried forward to the feedback form.

Season: 2007-2008													
Team: Centennial B													
Early Season Evaluation			Date: mm/dd/yy										
No.	Jersey	Player's name	Skater/Goalie	Skater-Forward Acceleration Goalie-Forward "C" Cuts		Skater-Backward Acceleration Goalie-Backward "C" Cuts		Skater-Forward Starts/Stops Goalie-Fwd/Blkwd Telescoping		Skater-Circle Figure 8 Goalie-M/A		Skater-Puck Control Goalie-N/A	
				Time #1	Time #2	Time #1	Time #2	Time #1	Time #2	Time #1	Time #2	Time #1	Time #2
6	17	Joe Skater	Skater	5.01	8.02	8.01	8.11	7.12	11.22	12.50	15.20	14.30	15.20
7	2		Skater										
8	3		Skater										
9	4		Skater										
10	5		Skater										
11	6		Skater										
12	7		Skater										
13	8		Skater										
14	9		Skater										
15	10		Skater										
16	11		Skater										
17	12		Skater										
18	13		Skater										
19	14		Skater										
20	15		Skater										
21	16		Skater										
22	17		Skater										
23	18		Skater										
24	19	goalie 1	Goalie							n/a	n/a	n/a	n/a
25	20	goalie 2	Goalie							n/a	n/a	n/a	n/a
26	21	goalie 3	Goalie							n/a	n/a	n/a	n/a

Spreadsheet is created that can be used during your testing. It will have each child listed on the roster and then spreadsheet for you to enter two times for each station. The BEST time is carried forward to the report that is used to provide feedback to your players.

Two tabs are available to be used as scoresheets. One for early season testing and one for late season testing.

Instructions | Roster | **Early** | Late | Summary | Skill List | Skater 1 | Skater 2 | Skater 3 | Skater 4 | Skater 5 | Skater 6

The testing for both early and late should be performed for all the teams, times entered and then the spreadsheet is passed on to the coaches/managers of each team.

The best times are carried forward to the Player Evaluation form, and there is also a section on that form for coaches to add personalized comments.



Skills Challenge

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	A	B	C	D	E	F	G	H	I	J	K	L	M																																							
1	All pulled off of the other tabs where roster and scores were entered.																																																			
2	<p>Hockey Skills Challenge for Mite and 8 & Under presented by</p> <p>HEP: developed collaboratively by Minnesota Hockey and Mayo Clinic Sports Medicine Center</p> <p>A guide to learning the FUNDamental hockey skills for skaters</p> <p>"If you can't always be the best - You can always be better"</p> <p>This space is available for coaches to add personalized feedback for the players.</p>																																																			
3														<p>Player Evaluation</p> <p>Name: Joe Skater Season: 2007-2008 Team: Centennial B</p> <p>1. Forward Accelerations (90 feet) Early Season: 5.01 Sec. Late Season: 4.55 Sec.</p> <p>2. Backward Accelerations (90 feet) Early Season: 8.01 Sec. Late Season: 7.10 Sec.</p> <p>3. Stops & Starts (Top of Circle, Red Line, Near Blue Line, Far Blue Line) Early Season: 7.12 Sec. Late Season: 5.22 Sec.</p> <p>4. Circle Figure 8 Forward Crossovers Early Season: 12.50 Sec. Late Season: 11.50 Sec.</p> <p>5. Puck Control Weave & Accelerate Early Season: 14.30 Sec. Late Season: 12.30 Sec.</p>																																						
4																											<p>Skills Challenge Mite and 8 & Under Skating and Puck Control Skills</p> <p>CIRCLE FIGURE 8 FORWARD CROSSOVERS</p> <p>"All things are difficult before they are easy" "The right way, dedication, repetition, make it easy" "If it is going to be - it is up to me"</p>																									
5																																								<p>FORM is completed after late season testing, coaches comments added and then these are printed and given to the players.</p> <p>GREAT WAY TO PROVIDE FEEDBACK TO PARENTS</p>												
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Centennial Youth Hockey used this form last year, and found that it made testing much easier, as well as offered us a great way to give parents of our players feedback as to their child's development over the season.

We also provide to our coaches – the average EARLY season scores for the level above their's so that they can compare those to their teams LATE season scores.

The coaches may use this to quantify recommendations to parents as to where they think their child should be the following year. This is just one tool they use to offer feedback, but it has helped quantify what their observations are regarding player development.

Some of the feedback we hear from parents is that they can't believe how much their child improved over the year. They know that they had improved, but sometimes just seeing them skate every day – they don't notice HOW MUCH they have improved.

If you are looking for ways to provide feedback to you parents – this is a great tool for doing that.

Coaching Tips

1. Plan practices in advance. Share your plan with your assistants.
2. Strive for a practice to game ratio of two or three practices to one game.
3. Make best use of the ice by using multiple stations. Keep as many players moving as possible.
4. Keep drills short in duration and change drills every 5 to 7 minutes.
5. Players should execute the drill a minimum of 4 times.
6. Use a white board to explain and diagram the drill.
7. If a drill isn't working, scrap it and go on to the next drill.
8. Be patient and positive.
9. Use the KISS principle (Keep It Simple Silly).
10. Use Fun Games, Cross-Ice Scrimmages and Small Area Games as alternatives to drills, which at the same time will develop skills and creativity. Always end practices with one of these.