

On ice Testing

The on ice testing is meant to be a gauge for the athletes to track improvement. The testing is done in October and again in June.

Cross Over:

- Forward left
- Forward right
- Backwards right
- Backwards left

The cross over tests is timed from ringette line to ringette line around the circle. Pylons are placed on the perimeter of the circle to insure each athlete stays on the outside.

30 and 100 feet sprints:

Both of these tests are straight-line skating tests designed to measure speed and quick feet. Quick feet are a main focus area of the program. The game is often reduced to small area battles where quick feet are an essential weapon for any good hockey player.

100 feet agility:

This test is done with a puck and is designed to measure puck control at maximum speed. There are pylons every 10 feet, which the athlete must maneuver through at maximum speed while carrying the puck.

Agility tight turns:

This tests the athlete's ability to carry the puck and change direction and speed. When the game is reduced to small battles agility is a great asset. For this test each athlete will carry a puck through 8 pylons, which will result in 8 changes of direction. The ability to control the puck and accelerate through a turn will be tested. Two rows of pylons are 10 feet apart. There is 5 ft between adjacent pylons. Players perform a tight turn around every second pylon.

Passing Accuracy:

This test will measure the athlete's ability to pass accurately on the forehand and the backhand. The athlete will be behind the face off dot inside a zone with a target on the wall 1 foot wide (slightly bigger than the blade of a stick). Each athlete will pass 10 times, 5 on their forehand and 5 on their backhand. Their score will then be recorded as a percentage.

Saucer Passing:

See above lay stick 1/2 way to target. The puck must land on other side of stick and hit target to be successful.

Shooting Accuracy:

Athletes will have 5 pucks to shoot at a shooter tutor. The objective will be to hit all 5 openings. Shooters will be 5 feet behind the hash marks in the slot.

Oilers Transition Skate:

This test will consist of transitioning from forwards to backwards and backwards to forwards. Four pylons are put in a square 20 feet apart, the athletes will skate from the bottom pylon to the top pylon transition to the middle and go backwards to the opposite bottom pylon. They will then repeat the pattern on the other side of the square. **Grade 8/9 students do this test with a puck.**

Endurance Test:

Timed 5 laps.

Goalie Specific**Crease skate:**

Goalies will be tested on their ability to move across the net and square up to pucks. A puck will be set up on the bottom of each circle and in the slot. The goalies will be timed on there movement from side to side and then to the middle. The goalie will have to be square to each puck.

Rebound control:

Rebound control will be tested for legs, the blocker and the glove. Ten pucks will be shot from the slot area for each leg, the blocker and the glove. The goalie gets a point for each puck that is trapped or directed away from danger (corners or behind goal line). Only shots that are controllable are counted. For example if we are testing blocker and the shooter shoots to the glove side it is not counted.

Break Aways:

This will test the goalies ability to stop breakaways. There score will be based on the percentage of stops they make off of consecutive break away attempts from the shooters in their group.

Up Downs:

This will test how many times the goalie can get up from the butterfly with two legs in a row. Elementary goalies are allowed to use 1 leg. Goalies are given 30 seconds to do as many as they can.

Shooting:

This test will gauge how high and far the goalie can shoot the puck from the goal line. With the game continuing to open up having a goalie that can move the puck up ice quickly and efficiently is an asset to any team.

Passing Accuracy:

This test will measure the athlete's ability to pass accurately on the forehand and the backhand. The athlete will be behind the face off dot inside a zone with a target on the wall 1 foot wide (slightly bigger than the blade of a stick). Each athlete will pass 10 times, 5 on their forehand and 5 on their backhand. Their score will then be recorded as a percentage.