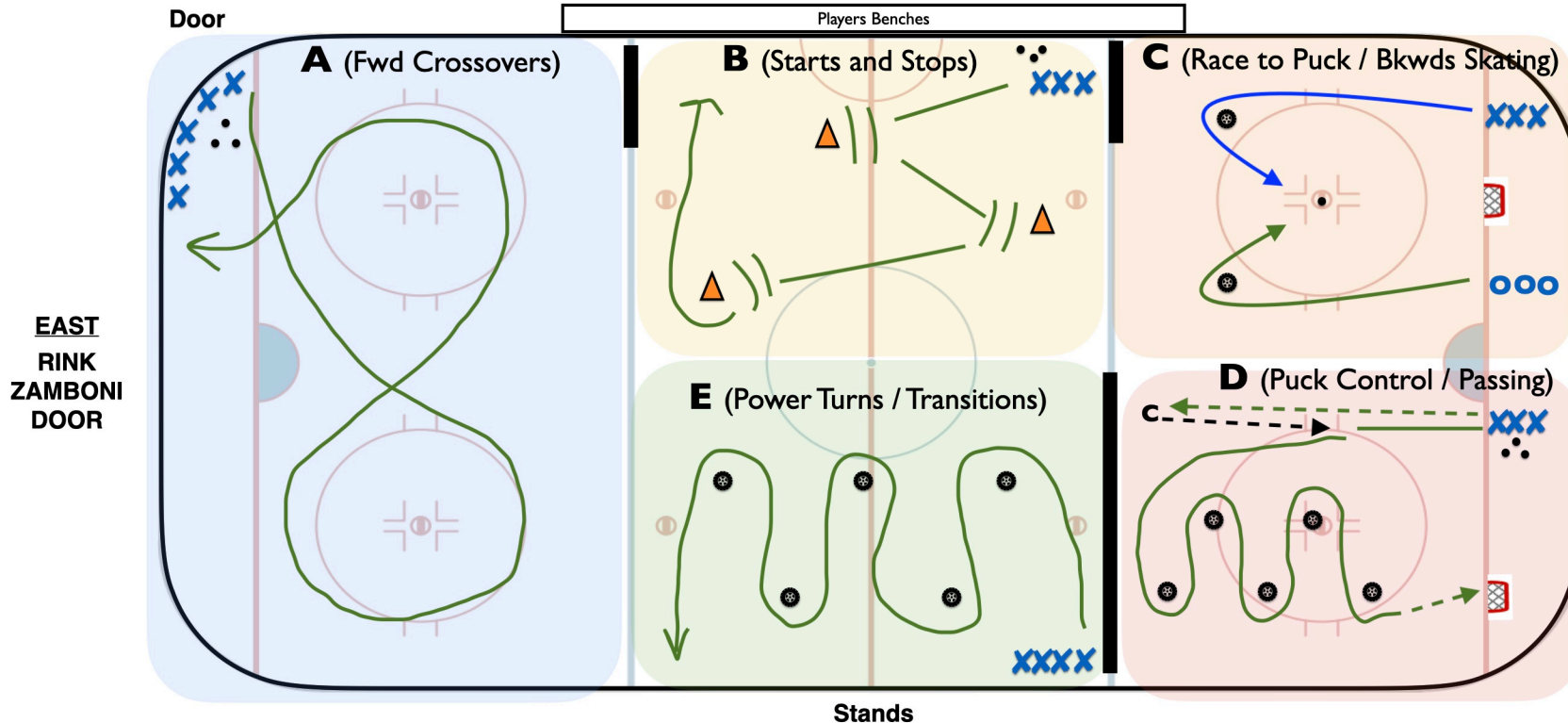


MITE/8U ASSESSMENT PLAN #1

THEME: "TESTING BASIC HOCKEY SKILLS"



Team First
Integrity
Grit
Engaged
Respectful



Before Stations

3-5 Min - Free Play

5 Min - Separate Into Stations

A - Forward Crossovers (7 min)

Will be graded:

1. Crossovers Without Puck
2. Crossovers With Puck

*Be sure to alternate sides

B- Starts and Stops (7 min)

Will be graded:

1. Starts & Stops Without Puck
2. Starts & Stops With Puck

*Face bleachers for every stop!!

*Be sure to alternate sides and shift cones accordingly.

C- Race To Puck / Bkwd Skating (7 min)

- Start out going forward (crossover start)
- Start out going backwards (c-cut)

Will be graded:

1. Winning Races (Speed, Grit)
2. Backwards Skating

D- Puck Control / Passing (7 min)

Players give and go pass to coach, weave through tires with puck and shoot.

Will be graded:

1. Passing and Receiving
2. Puck Control
3. Shooting

E- Power Turns / Transitions (7 min)

Will be graded:

1. Power turns
2. F/Bkwd transitions

After Stations

15 Min - Half Ice Games

Will be graded on: Game Play

