

IIHF OFFICIAL'S DEVELOPMENT PROGRAM



**INTERNATIONAL
ICE HOCKEY
FEDERATION**

SKATING SKILLS TESTING

INTRODUCTION

This section provides information on the five IIHF Official's Development Program skating skills tests.

The tests are designed to assess officials skating ability in three areas: speed, agility, and endurance. The major benefit derived from participating in these tests is the ability to objectively compare ones skating ability with ones peers, as well as to ones previous performances. When these comparisons are made, areas of improvement can be identified and corrective steps can be taken to improve ones skating ability.

The tests are also used as a selection device. Skating test results are often reviewed by the IIHF and National Association Referees-in-Chief when assignments are being made for international and national games or tournaments. They are also used to select candidates for the National Association's Level IV seminar.

In order for these tests to be most beneficial, it is recommended they be conducted three times per season: at the season's start, at mid-season and near the end of the season.

NOTE TO INSTRUCTORS

- Explain all the drills in detail in the classroom, prior to going on the ice.
- Ensure participants are given proper warm-up exercises before the drills.
- Measure and mark all distances (preferably prior to the ice session).
- Perform a demonstration prior to each drill to ensure that everyone understands the drill.
- As a rule of thumb, one hour of ice time is required to test 15 skaters.
- Should a skater fall, allow a re-run on that specific test.
- Where dimensions are shown on the diagram, use a measuring tape to identify these points, since the ice divisions may vary with each rink.
- The starter should use a fair and consistent start procedure. After confirming that the timers are ready, and the skaters are in position, the starter should use the following or similar terminology: "Ready, Set, (Whistle)". The starter must use a predictable pitch of voice to minimize the possibility of false starts.

EQUIPMENT AND STAFF REQUIREMENTS

The number of people required to assist with the tests will vary with the number of skaters. A minimum of four people (one starter, two timers and one recorder) are required.

The following is a list of equipment required:

- Two digital stopwatches
- 16 pylons
- One 20 m tape
- One whistle
- Four pucks
- Clipboard and list of candidates

It is recommended that spare stopwatches be available.

TEST RECORDING WORKSHEET

A sample recording worksheet is provided in this section. National Associations may wish to copy this form or develop their own.

TEST RESULTS

You may wish to advise participants of their time at the conclusion of the skate, however, keep the process quick. The participants should not be allowed to compare times with peers on the ice.

There are two reports that can be produced. One is a group summary; the other is an individual summary. Refer to the following examples for more information.

NOTE: Tests 1 to 4 are official IIHF championship tests.

SKATING SKILLS TESTS – INDIVIDUAL RESULTS SUMMARY

Name: _____

Clinics: _____

Date: _____

	Time	Rank
40 Meter Forward Sprint:	_____	_____
40 Meter Backwards Sprint:	_____	_____
2 Lap Slalom:	_____	_____
5 Laps:	_____	_____
Circles:	_____	_____

Certified Correct

Signature: _____

Name: _____

Position: _____

TEST # 1 – 40 METER FORWARD SPRINT

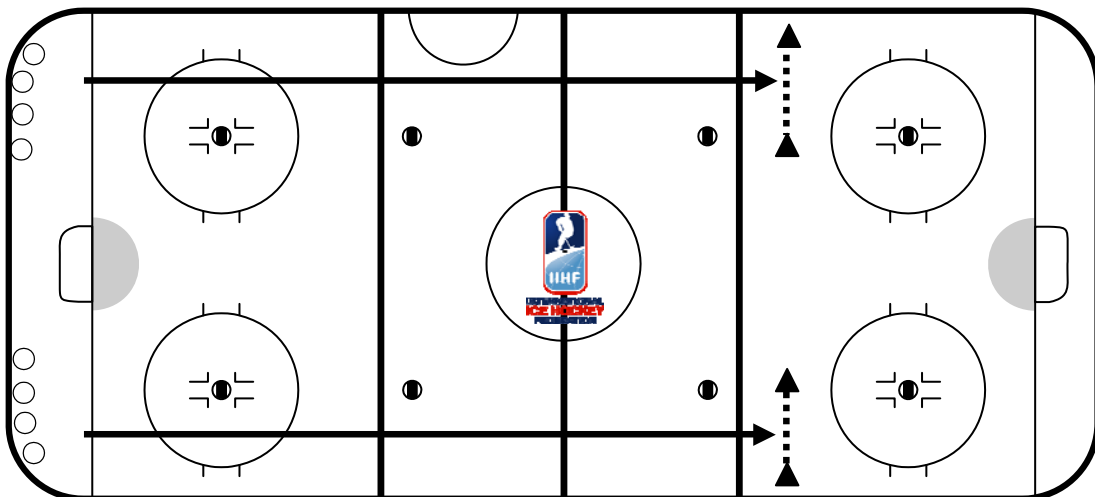
STARTING POSITION - GOAL LINE

1. Skater must have both skates behind the goal line facing the far end of the rink, where the timers are located.
2. When the starter blows the whistle, the participants skate 40 meter forward (through the finish line).
3. Skaters do not stop at the 40 meter mark.

VARIATION: Have a third group skate the test. This group skates along the centre lane.

IMPORTANT SAFETY NOTE:

- There is a risk that skaters could catch an edge and tumble into the end boards if they approach the end boards at high speed after they have completed the course. Instruct the skaters to curl toward the centre while reducing speed.
- Make sure that the skaters have performed a proper warm-up.



TEST #2 - 40 METER BACKWARD SPRINT

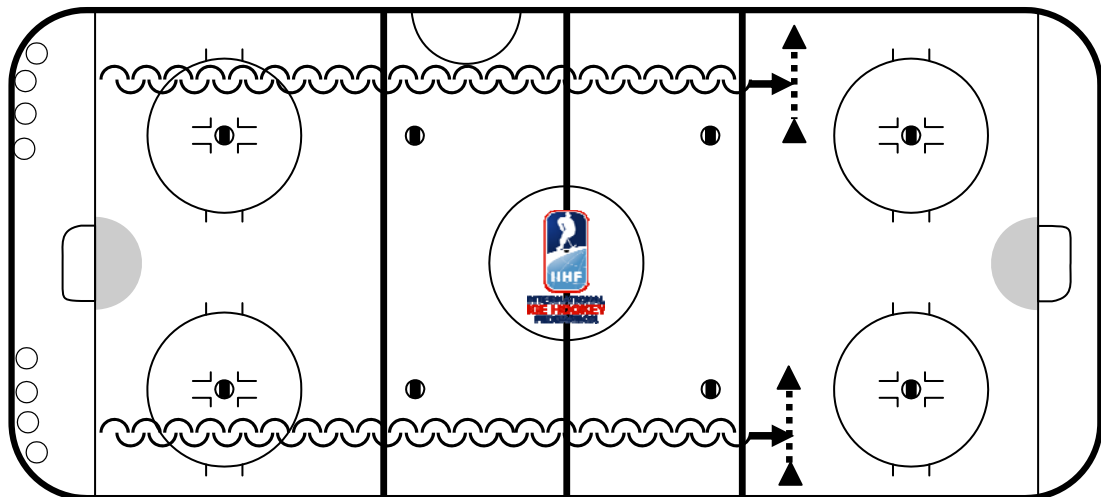
STARTING POSITION - GOAL LINE

1. Skater must have both skates behind the goal line, with their backs to the far end of the rink, where the timers are located.
2. When the starter blows the whistle, both skaters skate 40 meters backward (Through the finish line).
3. Skaters do not stop at the 40 meter mark.

VARIATION: Have a third group skate the test. This group skates along the centre lane

IMPORTANT SAFETY NOTE:

- There is a risk that skaters could catch an edge and tumble into the end boards if they approach the end boards at high speed after they have completed the course. Instruct the skaters to curl toward the centre while reducing speed.
- Make sure that the skaters have performed a proper warm-up.



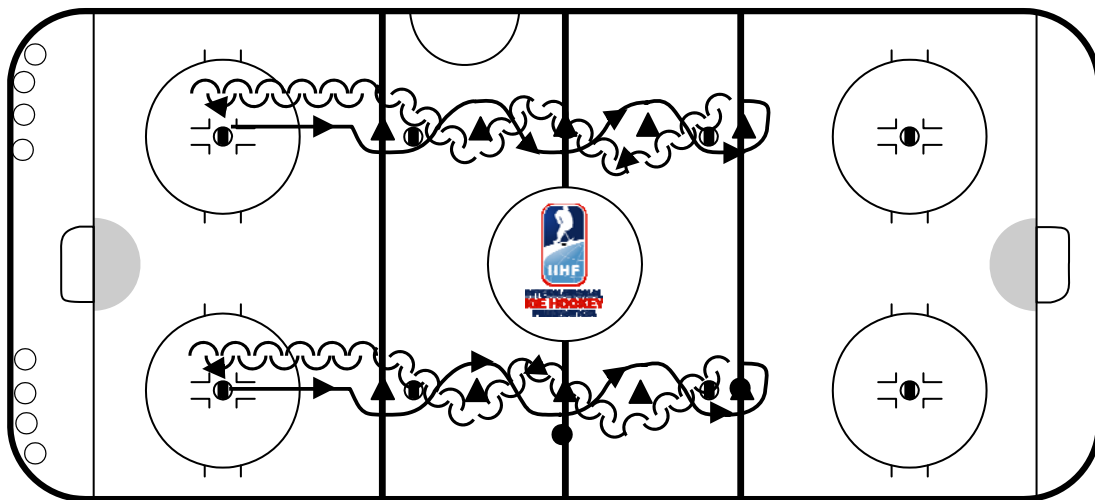
TEST #3 - TWO LAP SLALOM (Pylon Test)

STARTING POSITION - GOAL LINE

1. Skater starts on the end zone face off spot.
2. Skate forward through the pylons to the last pylon at the far blue line.
3. Go around the last pylon, pivot and then skate backward through the pylons to the first pylon at the near blue line.
4. Once again, skate forward through the pylons, then backward through the pylons to the end zone face off spot.
5. Start and finish on the face off spot line.

NOTE:

- The skater will go through the pylons two times in each direction and finish up skating backward to the face off spot line.
- This is the best test to evaluate the skating skills of the officials.



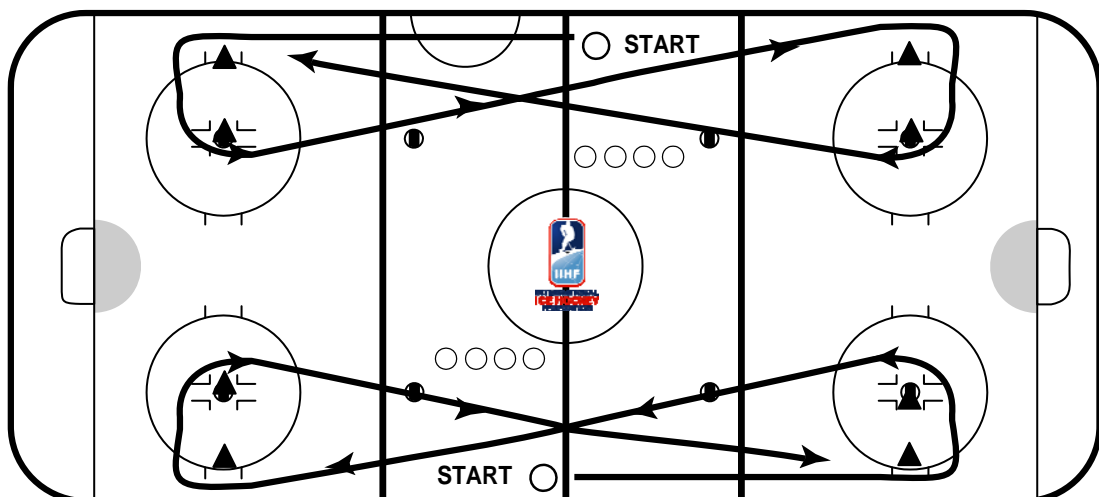
TEST # 4 – FIVE LAPS (ENDURANCE)

STARTING POSITION – CENTER RED LINE

1. Position a skater on each side of the ice on the center red line.
2. When the starter blows the whistle each skater will proceed to skate five full laps around the pylon on the outside of the circle which is placed between the hash marks, then around the pylon in the middle of the circle to the pylons on the other end zone face-off circle.
3. Each skater will skate five full laps and finish up at the centre red line.

NOTE:

- Always turn off the boards to the inside of the circle.
- The two skaters starting at center ice should skate in opposite directions
- No nets on the ice.



TEST # 5 – END ZONE CIRCLES (CROSSOVERS)

PLACE FOUR PYLONS JUST INSIDE EACH CIRCLE

1. The skaters position themselves outside the face-off circles behind one of the two hash marks, as noted on the diagram.
2. When the starter blows the whistle, the skater follows the edge of the circles halfway around, then goes to the other circle. Once the skater passes the outside hash marks of this circle three times, the skater leaves and skates to the first circle and continues around until passing the starting point three times. At that point, the clock is stopped.
3. Skaters shall stay on the outside of the circles at all times.

IMPORTANT SAFETY NOTE:

- No nets on the ice.
- One skater at a time.

