

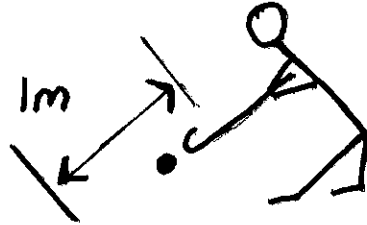
Somerville Hockey Club Skill tests Y 5,6,7,8, Youth.

Accuracy --- Accountability --- Achievability

Test 1.

Yardstick:

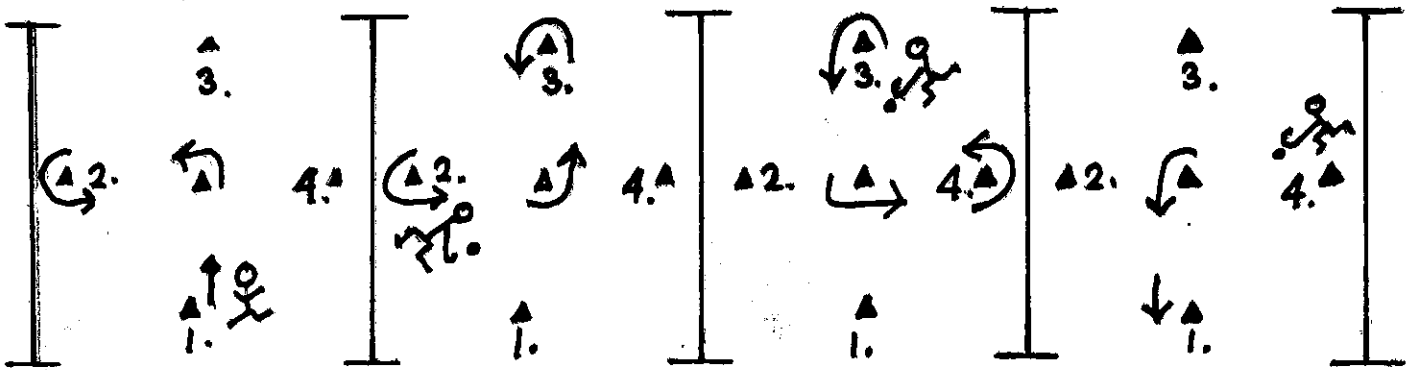
Player is to drag the ball as many times as they can in 1 minute across a 1 metre space.
The space is indicated by 2 chalk lines.
Player may have two attempts, the best attempt is recorded.



Test 2.

Star Dribble:

Player starts at (cone 1) dribbles the ball to the centre of the star and then out to each point of the star, returning to the middle in between. Player finishes at (cone 1).
Stop watch starts when ball moves. Stop watch stops when ball passes (cone 1).
Player may have two attempts, the best time is recorded.
Cones placed 5 metres apart.



Test 3.

Slalom dribble:

Player dribbles the ball (from the base line) through a set of 7 cones placed 2 metres apart with 1 metre offsets and continues to a further cone 10 metres away (on the 22m line). Player returns via the same route.

Stop watch starts when ball moves. Stop watch stops when ball returns to start line.
Player may have two attempts, the best time is recorded.



Test 4.

Push Accuracy test:

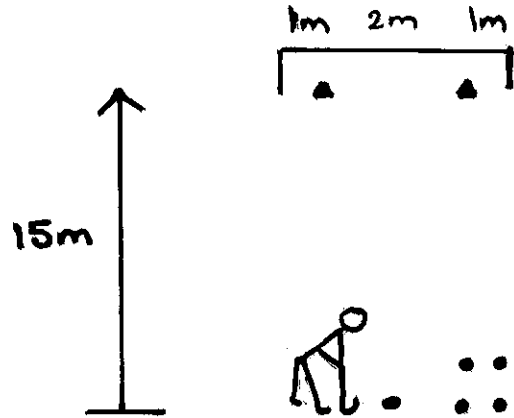
Player pushes 5 balls at a target (1metre----2metre----1metre) 15 metres away.

Player scores:-

3 points for hitting the middle 2 metre target.

1 point for either of the outside 1 metre targets.

Player has 30 seconds to execute this test.



Test 5.

Push Power test:

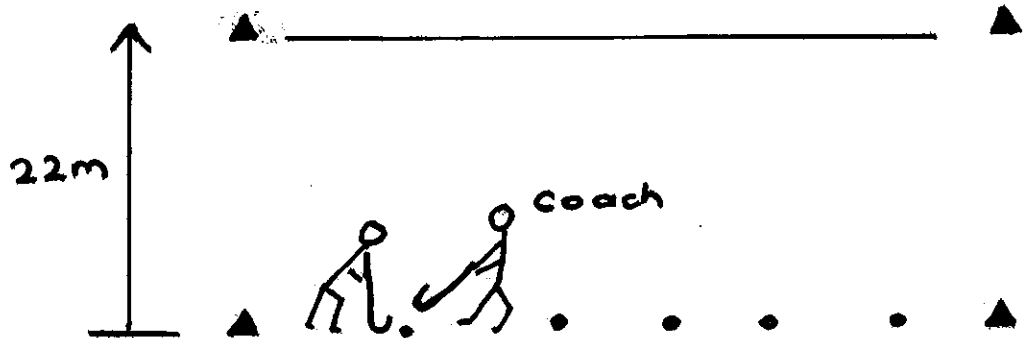
Player pushes 5 balls from the 22 metre line to the base line.

Each ball may only be pushed once the previous ball has crossed the base line (coaches call).

Coach (places then removes a stick) from in front of each ball to indicate when it may be played.

Stop watch starts when first ball is moved. Stop watch stops when last ball crosses the base line.

Total time recorded.



Test 6.

Hit Accuracy test:

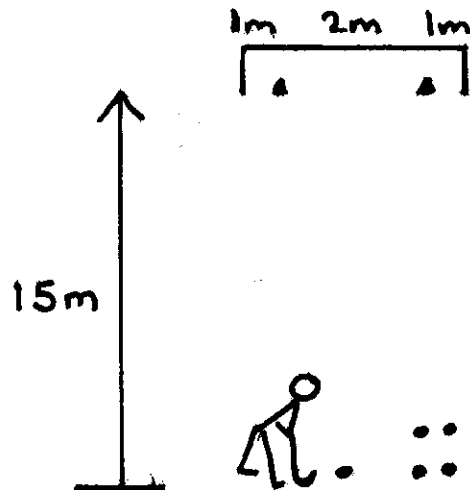
Player hits 5 balls at a target indicated by cones set (1metre----2metre----1metre) 15 metres away.

Player scores:-

3 points for hitting the middle 2 metre target.

1 point for either of the outside 1 metre targets.

Player has 30 seconds to execute this test.



Test 7.

Hit Power test:

Player hits 5 balls from the 22 metre line to the base line.

Each ball may only be hit once the previous ball has crossed the base line (coaches call).

Coach (places then removes a stick) from in front of each ball to indicate when it may be played.

Stop watch starts when first ball is moved. Stop watch stops when last ball crosses the base line.

Total time recorded.

