Poly Hockey Team Evaluation

1. Purpose: To evaluate the athlete's shooting accuracy and power as well as the athlete's ability to score goals from any angle, given a time constraint.

2. Equipment: Poly hockey stick, 5 pucks, tape and a goal

3. Description: Athlete takes one shot from five different spots around the goal. These spots are located at the end points of five 6-meter rays, which start from a common point. Each ray is drawn such that it creates a 30 degree angle with the goal line or with a previously-drawn ray. An athlete has a 30 second time limit to shoot all the pucks.

4. Scoring: Each puck that completely crosses the goal line into the goal is worth five points. The score is the total of the five shots with 25 points maximum.

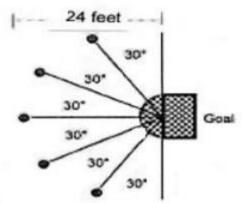
Athlete Name	Score

5. Add up the top three scores above: ______ (number should be between 0 & 75)

Team rating: _____

Take the score from the top three scores listed for #5 and use the ratings below to give them a score between 1 & 5 (i.e. if your top three scores equaled 52 they would get a rating of 4).

0 - 15 = 1 16 - 31 = 2 32 - 47 = 3 48 - 63 = 4 64 - 75 = 5



1. Purpose: To evaluate the athlete's control and accuracy when passing the puck.

2. Equipment: Poly hockey stick, puck, tape and traffic cones.

3. Description: Athlete makes five passes from behind a line. Athlete tries to pass the puck between two cones 4 feet apart that are placed 32 feet from the passing line.



4. Scoring: Each time the puck passes completely across the line between the two cones, the athlete shall be awarded five points. If the puck hits the cone, but still passes through the cones, the athlete shall be awarded three points. The athlete's total score is the sum of the five passes with 25 points maximum.

Athlete Name	Score

5. Add up the top three scores above: ______ (number should be between 0 & 75)

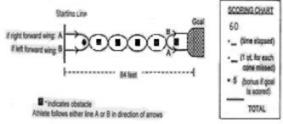
Team rating: _____

Take the score from the top three scores listed for #5 and use the ratings below to give them a score between 1 & 5 (i.e. if your top three scores equaled 52 they would get a rating of 4).

0 - 15 = 1 16 - 31 = 2 32 - 47 = 3 48 - 63 = 4 64 - 75 = 5

- 1. Purpose: To evaluate the athlete's speed and ability to handle the puck.
- 2. Equipment: Poly hockey stick, puck, 6 traffic cones, tape and a goal.

3. Description: Athlete stick handles the puck from a starting line through a course defined by cones and shoots the puck at the goal. The distance from the start line to goal line shall be 21 meters. The cones shall be placed in a straight line at intervals of 3 meters. The clock stops when the puck passes the goal line.



4. The time spent stick handling is subtracted from 60. If any cones are missed, one point is subtracted for each miss. Five bonus points are given if the athlete scores a goal.

Athlete Name	Score

5. Add up the top three scores above: ______ (number should be between 0 & 180)

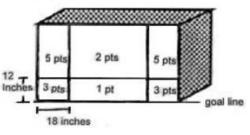
Team rating: _____

Take the score from the top three scores listed for #5 and use the ratings below to give them a score between 1 & 5 (i.e. if your top three scores equaled 52 they would get a rating of 2).

0 - 36 = 1 27 - 73 = 2 74 - 110 = 3 111 - 146 = 4 147 - 180 = 5 1. Purpose: To evaluate the athlete's accuracy, power and ability to score by shooting the puck into specific areas of the goal.

2. Equipment: Poly hockey stick, puck, goal and tape or rope.

3. Description: Athlete takes five shots from behind a line that is five meters from and directly in front of, the goal. Six sections are defined within the goal by rope or tape as shown in the diagram. The vertical rope or tape is hung 45 cm (18") in from each goal post. The horizontal rope or tape is strung 30 cm (12") above the floor.



4. Scoring: The goal is divided into point sections as follows:

- I. 5 points for any shot entering the goal in either of the upper corners.
- II. 3 points for any shot entering the goal in either of the lower corners.
- III. 2 points for any shot entering the goal in the upper middle section.
- IV. 1 point for any shot entering the goal in the lower middle section.
- V. 0 points for any shot not entering the goal

Athlete Name	Score

5. Add up the top three scores above: ______ (number should be between 0 & 75)

, Team rating:

Take the score from the top three scores listed for #5 and use the ratings below to give them a score between 1 & 5 (i.e. if your top three scores equaled 52 they would get a rating of 4).

- 0 15 = 1 16 - 31 = 2
- 32 47 = 3
- 48 63 = 4
- 64 75 = 5