

Total Field Hockey

Polar Bears

Athlete Evaluation Protocol

Athletes will be evaluated on technical and physiological performances. The objective is to identify the top athletes using a uniform protocol. A secondary benefit to the athlete is to expose the athletes to some of the protocol which all hockey players face in the hockey selection process and to lower the intimidation factor associated with testing.

Technical Evaluation:

1. Ability to hit the stationary and moving ball along the ground consistently with maximum velocity and power.
2. Ability to scoop a stationary ball.
3. Ability to sweep hit stationary ball
4. Ability to dribble in game like situations

Physiological Evaluation:

Testing Components:

- Latest Beep Test result must be provided by the athlete. This test must be conducted and verified by a coach or manager not related to the athlete.

Tactical Evaluation:

- All athletes will undergo technical & tactical evaluation during scrimmages and mini-games. While all aspects of the game play are considered, the following will assist the coaches to determine player effectiveness in a game situation:
 - Passing under pressure
 - Receiving under pressure & leading
 - Marking – zone and man-to-man
 - Tackling
 - Vision – awareness – of the play
 - Scoring or setup for scoring
 - Ball control (individual) under pressure
- **Set play** skills such as those used in penalty corner offence ie. – Pull Out from the base line, stick stop, hitting on goal, flick on goal

Goal Keeper Evaluation:

- Ability to challenge the shooter and face the shot
- Ability to stop the shot
- Balance
- Clearance of the ball
- Communication with defense
- Positioning
- Tackling & sliding
- Penalty corner defense techniques
- Agility & speed in the circle