



# Skills Challenge Manual







**Test your Skills  
against the World!**





## **IIHF SKILLS CHALLENGE MANUAL**

Test your Skills Against the World!

-  **The IIHF Skills Challenge** Page 2
  - o The Idea
  - o The Purpose
  - o Win a Journey to the 2008 IIHF World Championships
  - o The Visit to Canada
  - o Take Part !
  - o The Rules
  
-  **The Tests** Page 7
  - o Test Overview
  - o Personnel and Equipment
  - o Ice Set-Up
  - o Skater Tests
  - o Goalie Tests
  - o Overall Score
  
-  **IIHF Skills Challenge Website** Page 17
  - o The Database
  - o Downloads
  
-  **IIHF Skills Challenge Tool Boxes** Page 19
  - o IIHF Tape Measure
  - o IIHF Shooter Tutor





## 100 Years of International Ice Hockey

### THE IIHF SKILLS CHALLENGE

Founded in 1908, the IIHF celebrates its 100<sup>th</sup> anniversary in the 2007-2008 season. The IIHF Skills Challenge has been especially designed for youth ice hockey and is part of a series of activities and events planned to celebrate 100 Years of International Ice Hockey together with all IIHF member nations, their leagues, clubs, and most importantly, ice hockey players worldwide.

Therefore, this handbook was put together to guide coaches and national associations during when organizing the Skills Challenge at their own ice rink and arenas.

#### The Idea

With the IIHF Skills Challenge, the International Ice Hockey Federation wants to promote a new worldwide testing system. From October 2007 to February 2008 a global skills test for young ice hockey players – boys and girls – up to the age of 15 (1993 born and younger) will be held worldwide. Every coach in every country can do the tests and compare the results of his team and players on this website against the entire world.

Every association organizes its own national final for their best participants in February 2008. The best boy and the best girls of each national association's finals will be invited in May to the 2008 World Championships in Canada.

#### The Purpose

The IIHF Skills Challenge aims to attract more young ice hockey players from all over the world to play ice hockey, to compare their skills against players around the world and to raise awareness of our game worldwide.

Every coach who tests his players can upload their test results on the IIHF Skills Challenge Website. So, a huge worldwide database with testing standards of all IIHF member nations will be created that will be operating and available to national associations also after 2008.

The tests can be conducted easily anywhere in the world, do not require special equipment. This system and the accompanying Skills Challenge website is a common global tool for coaches worldwide to analyze their players' skills and the development of their junior programs. Coaches can compare their players' skills to other players, teams and nations around the globe.

#### Win a Journey to the 2008 IIHF World Championships

Coaches can upload their players' test results through their own account at any time on the IIHF Skills Challenge Website. The online rankings on the website will then show various different rankings of all participating players.

##### **The National Skills Challenge Finals**

These rankings can help national associations pick the best players for their national Skills Challenge Finals where the winners of the journey to Canada will be determined.

The national Skills Challenge Finals will be organized differently by each participating national association and the names of the two winners (skaters) of this camp will go to the IIHF in the beginning of March 2008. If you have questions about the national Skills Challenge Finals in your own country, please contact your national association.

##### **The Goalie Skills Challenge**

National associations forward their national finals' goalie results to the International Ice Hockey Federation. The IIHF will then pick the 10 girls and the 10 boys that scored most points (see also Overall Score) announce these winners in early March 2008.



## 100 Years of International Ice Hockey

### The Visit to Canada

All winners will be actively involved in the first week of the 2008 IIHF World Championships in Quebec, Canada, and shall be a unique life-time experience for the players.

A final International Skills Challenge will take place including specialty clinics on skating, puck control, shooting and goaltending, breakaway and best save contests. On top of that, a free skills camp will be held by Hockey Canada for all participants.

Apart from the sport aspect, a cultural program in Quebec and also many other special happenings are waiting for the young players in Canada in May 2008.

- 2008 World Championship Game Attendance
- Practice Observation
- Facilities Tour – Quebec Coliseum
- Tour at Laval University
- Quebec Downtown and Citadel Tour

### Take Part in the IIHF Skills Challenge !

#### **Test Your Players**

##### Before the Tests

- Read the IIHF Skills Challenge Manual or visit the Skills Challenge Website before you do the tests.
- Make sure you have all equipment that is required for the tests.
- Download and print data recording protocols for skaters and goalies before you do the tests and take them with you on the ice. This will make it much easier to keep track of all results while you are running the tests.

##### During the Tests

- Record the players' test results on the data recording protocol in seconds and centiseconds (for example: 14.45 or 35.79). Only in skater test 5 and goaltending test 1 you need to record the players' points.
- Keep the filled data recording protocols until you have signed up on the IIHF Skills Challenge Website and want to add your players' scores to the worldwide rankings.

If you have further questions about the tests, the IIHF Skills Challenge Manual and Website should always provide coaches with all necessary information on the contest. Further support, if needed, will be available via the IIHF Office at [koeh@iihf.com](mailto:koeh@iihf.com).

#### **Use the Skills Challenge Website**

- Go to the IIHF Skills Challenge Website (<http://skillschallenge.iihf.com>). If you visit this website for the first time, check if your national association has already registered for the competition. See a list of registered nations here. If your country is on the list, sign up for your own account.
- After you have signed up, your account information will be sent to your national federation who needs to verify and open your account. This can take some time. As soon as your account has been opened by your national association, you will be notified via email. If your account hasn't been verified after some time, please contact your national association.
- When this process has been completed, you can create and edit your own team profile and compare your team and players to all other participants worldwide on the Skills Challenge Website.



## 100 Years of International Ice Hockey

### Check out your National Finals

- Every nation can choose how their own national Skills Challenge Finals will be held to determine their best two players. This will happen in February 2008.
- The two winners of every country will be sent to Canada to represent their nation in the International IIHF Skills Challenge Finals during the 2008 IIHF World Championship in Quebec, Canada.
- Rules and regulations of this national final have been established by your national association. If you want to know more about your national Finals, please contact your national association.



### The Rules

#### Selection of Winners

Each country's two winners will be chosen in a national Skills Challenge Final. This will happen in February 2008. The two winners of every country will be sent to Canada to represent their nation in the International IIHF Skills Challenge Finals during the 2008 IIHF World Championship in Quebec, Canada. Rules and regulations of this national final have been established by your national association. If you want to know more about your national Finals, please contact your national association.

#### The Goalie Skills Challenge

National associations forward the goalie results of their national finals' to the International Ice Hockey Federation. The IIHF will then pick the 10 girls and the 10 boys that scored most points (see the point system here) and announce these winners in early March 2008.

#### Age Limits

Players that take part in the Skills Challenge have to be born in 1993 or later. Results of players born earlier than 1993 can also be submitted on the website, they will not be considered for the contest for the journey to Canada.

#### Deadlines

The deadline for national associations to announce the winners of their national finals is March 1, 2008.

#### Submitting the Results

Coaches can test their players more than once. When calculating the Overall Score, the database will always take the player's best test results, also if the separate scores stem from different testing session. By submitting results into the database, you as the test leader guarantee for fair competition, correct results and confirm that the tests have been conducted under your supervision and according to the rules established by the IIHF. You can be held accountable for incorrect results.

National associations announce on March 1, the two best players of their national Skills Challenge Finals as their official winners. For confirmation, copies of the players' passports along with a written statement that confirms them as national winners, signed by a representative of the respective national association must be sent to the IIHF office at +41 44 562 22 39. The IIHF will then take care of organisational arrangements such as travel.

#### Confidentiality

Players' personal information will not be published and will only be accessible to their own coaches and respective national associations. Players will remain anonymous for third parties.





## 100 Years of International Ice Hockey

### The Tests

#### Test Overview

##### Skaters

- (1) Weave with the Puck
- (2) Transition with the Puck
- (3) Forward Speed Skate without the Puck
- (4) Backward Speed Skate without the Puck
- (5) Shooting Accuracy

##### Goalies

- (1) Rebound Control
- (2) Iron Cross
- (3) Lateral Movement

#### Personnel and Equipment

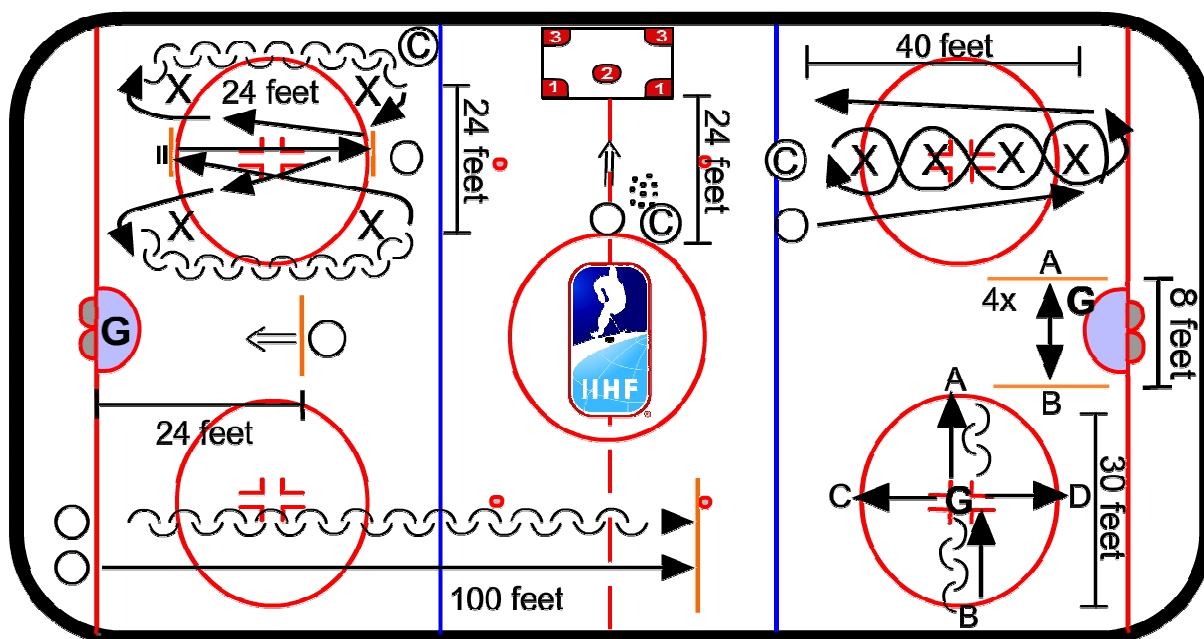
The tests can be run by only one person, if there is no assistance available. This means that the tests have to be executed one after each other. For this option, the following equipment and personnel are required:

Option 1	Option 2
One coach is available to run the tests	More coaches are available to run the tests
<b>Required Personnel</b>	
<b>1 Lead Tester</b> - Coordinates all on ice activities and records scores	<b>1 Lead Tester</b> - Coordinates all on ice activities
	<b>7 Assistant Testers</b> - To lead individual testing stations and record scores
	<b>Optional: 7 Recorders</b> - Can assist with recording scores at each station
<b>Required Equipment</b>	
1 Tape Measure	1 Tape Measure
1 Shooter Tutor with 5 shooting Areas	1 Shooter Tutor with 5 shooting Areas
30 Pucks	30 Pucks
8 Pylons	8 Pylons
1 Spray Paint	1 Spray Paint
1 Stop Watch	5 Stop Watches
1 Clipboard	7 Clipboards
1 Pen	7 Pens

## Ice Set-Up

Stick to the official Skills Challenge Measurements to guarantee fair competition for all participants. Make sure that you use a tape measure when setting up the tests.

The official lengths in feet and metres are listed below and on the Skills Challenge Website. To help you measure the correct lengths, all Tool Boxes include the IIHF Tape Measure that indicates the correct lengths for all tests (see IIHF Tool Boxes).



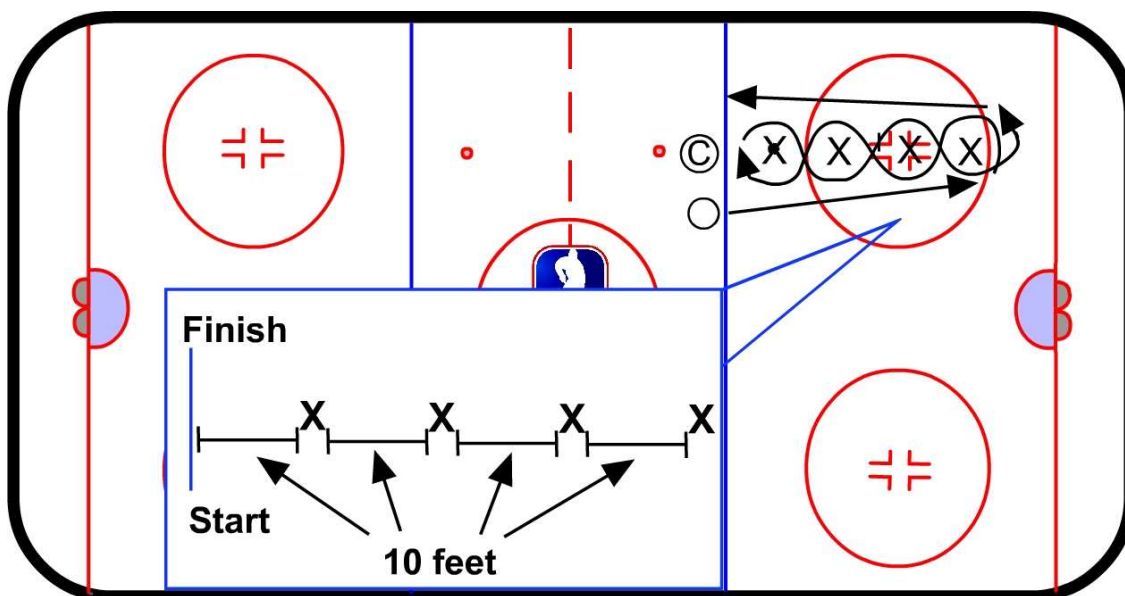
- o 8 Feet = 2.43 Metres
- o 10 Feet = 3.04 Metres
- o 24 Feet = 7.31 Metres

- o 30 Feet = 9.14 Metres
- o 100 Feet = 30.48 Metres



## Skater Tests

### Test 1 – Weave With the Puck



#### Set-Up Procedures, Test 1

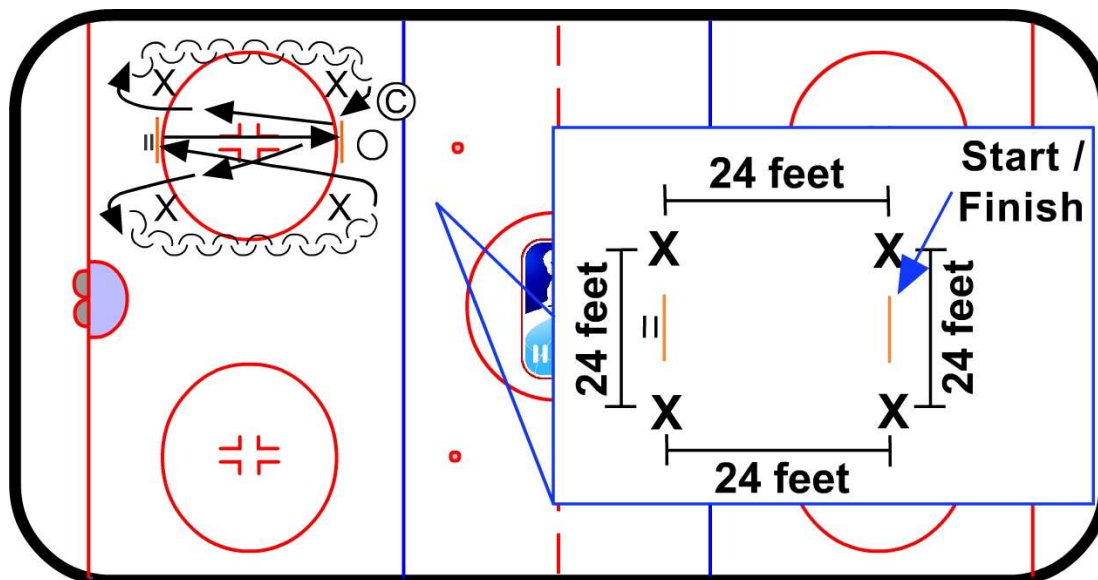
- (1) Measure distances for pylon placement with a tape measure. Start from the blue line.
- (2) Use spray paint and mark off 4 dots every 10 feet. The first pylon is 10 feet from blue line (starting point).
- (3) Place a pylon over top of each spray painted dots.
  - o 10 feet equal 3.04 metres.
  - o On the IIHF tape measure, 10 feet equal the distance from the beginning of the tape to the red mark.
  - o Using spray paint ensures that a pylon is easy to replace to the exact spot, if it gets knocked down.

#### Testing Procedures, Test 1

- (1) The player starts at the blue line with a puck.
- (2) He skates forward towards the far pylon and makes a tight turn around the first pylon.
- (3) The player weaves back through the pylons, making a tight turn around the last pylon (closest to start line).
- (4) He then weaves back up through the pylons to the pylon farthest from the blue line.
- (5) He sprints back to the blue line which is both the start and finish line.
  - o This is a timed drill. The time runs when the player starts moving and ends when he crosses the blue line.
  - o In the end, record the player's time on the data recording protocol.
  - o If the player falls or loses the puck during the test, give him a new chance.

The test videos and animations on the Skills Challenge Website and on the Skills Challenge DVD will give you a better understanding of how the test should be executed.

## Test 2 – Transition With the Puck



### Set-Up Procedures, Test 2

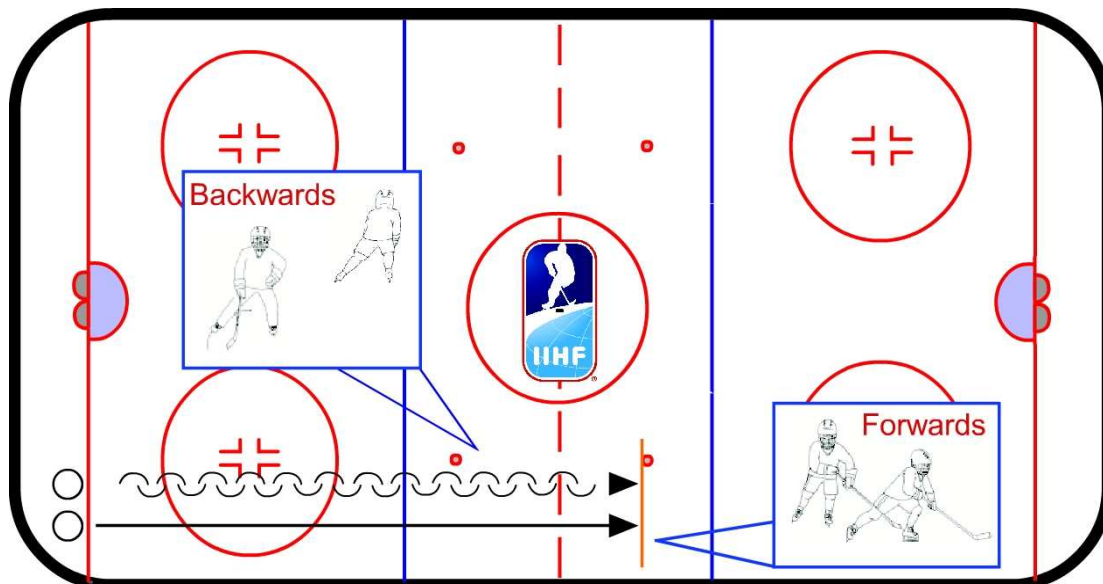
- (1) Measure distances with a tape measure and use spray paint to mark the spots.
- (2) The spots are arranged in a square in a 24 feet distance.
- (3) Place a pylon over top of each spray painted dot.
  - o 24 feet equal 7.31 metres.
  - o On the IIHF tape measure, 24 feet equal the distance from the beginning of the tape to the green mark.
  - o Using spray paint ensures that a pylon is easy to replace to the exact spot, if it gets knocked down.

### Testing Procedures, Test 2

- (1) The player starts with a puck on the line at the bottom of the circle.
- (2) He skates forward to the far right side pylon, pivots and skates backwards to lower right side pylon.
- (3) The player pivots and skates forward to the far left side pylon. There, he pivots again and skates backwards to lower left side pylon.
- (4) The player pivots and skates forward to the opposite designated circle line, stops, and then skates forward back to starting line.
- (5) Players must transition from forward to backward, and backward to forward at the pylons.
  - o This is a timed drill. The time runs when the player starts moving and ends when he crosses the starting line in the end of the test.
  - o In the end, record the player's time on the data recording protocol.
  - o If the player falls or loses the puck during the test, give him a new chance.

The test videos and animations on the Skills Challenge Website and on the Skills Challenge DVD will give you a better understanding of how the test should be executed.

### Test 3 – Forward Speed Skate Without the Puck



#### Set-Up Procedures, Test 3

- (1) Measure 100 feet with a tape measure. Start from the goal line.
- (2) Use spray paint to draw a line to indicate the finish.
  - o 100 feet equal 30.48 metres.
  - o On the IIHF tape measure, 100 feet equal the distance from the beginning of the tape all the way to the black mark.
  - o Using spray paint to mark the finish line ensures fair conditions for all players.

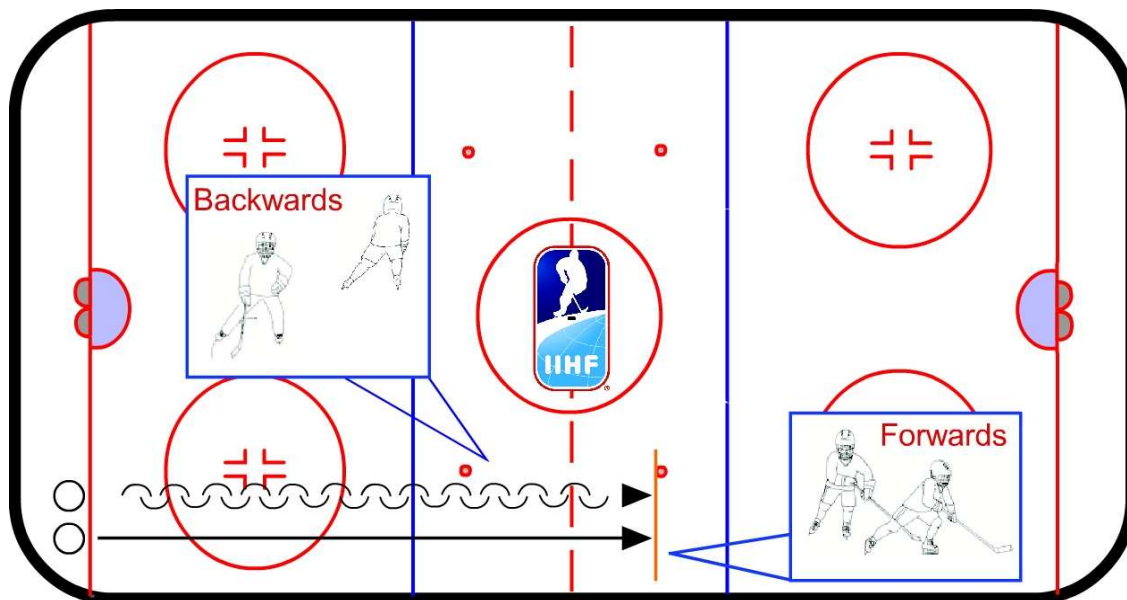
#### Testing Procedures, Test 3

- (1) The player starts forwards on the goal line without a puck.
- (2) He skates as fast as he can straight ahead towards the finish line.
  - o This is a timed drill. The time runs when the player starts moving and ends when he crosses the finish line after 100 feet.
  - o In the end, record the player's time on the data recording protocol.
  - o Encourage players to skate through the finish. Make sure players do not stop at the finish line.
  - o If the player falls during the test, give him a new chance.

The test videos and animations on the Skills Challenge Website and on the Skills Challenge DVD will give you a better understanding of how the test should be executed.



## Test 4 – Backward Speed Skate Without the Puck



### Set-Up Procedures, Test 4

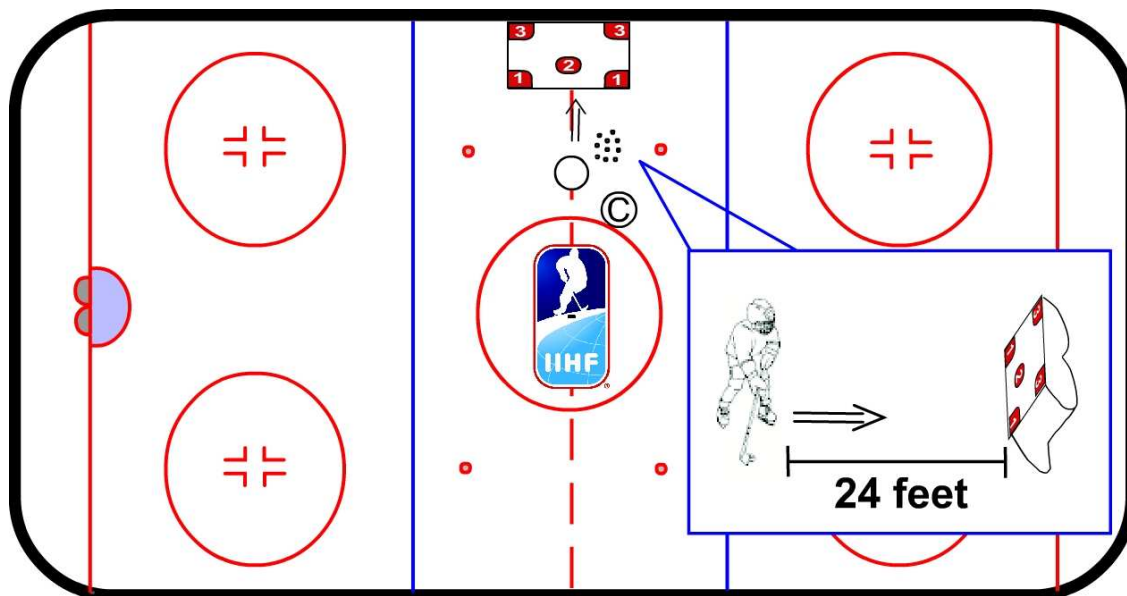
- (1) Measure 100 feet with a tape measure. Start from the goal line.
- (2) Use spray paint to draw a line to indicate the finish.
  - o 100 feet equal 30.48 metres.
  - o On the IIHF tape measure, 100 feet equal the distance from the beginning of the tape all the way to the black mark.
  - o Using spray paint to mark the finish line ensures fair conditions for all players.

### Testing Procedures, Test 4

- (1) The player starts backward on the goal line without a puck.
- (2) He skates as fast as he can backward towards the finish line.
  - o This is a timed drill. The time runs when the player starts moving and ends when he crosses the finish line after 100 feet.
  - o In the end, record the player's time on the data recording protocol.
  - o Encourage players to skate through the finish. Make sure players do not stop at the finish line.
  - o If the player falls during the test, give him a new chance.

The test videos and animations on the Skills Challenge Website and on the Skills Challenge DVD will give you a better understanding of how the test should be executed.

## Test 5 – Shooting Accuracy Forehand Only



### Set-Up Procedures, Test 5

- (1) Measure 24 feet with a tape measure between the goal and the player's shooting spot.
- (2) Use spray paint to mark the shooting spot.
- (3) Cover the goal with the IIHF Shooter Tutor or a comparable target that has 5 shooting areas.
  - o 24 feet equal 7.31 metres.
  - o On the IIHF tape measure, 24 feet equal the distance from the white to the green mark.
  - o Using spray paint to mark the shooting spot ensures fair conditions for all players.

### Testing Procedures, Test 5

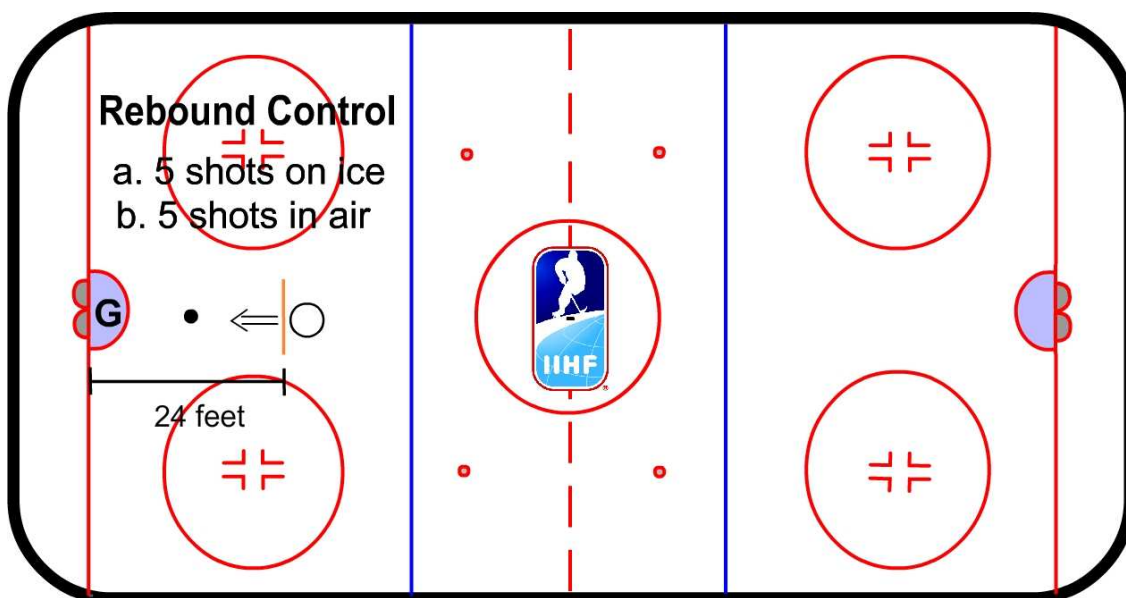
- (1) Players line up on the shooting spot, 24 feet from the goal.
- (2) One player at a time takes 10 forehand shots at the goal.
- (3) The player has to shoot twice at each of the five holes.
- (4) The player scores one point, every time he hits a hole.
  - o In the end, add the player's 10 scores and record this sum on the data recording protocol.
  - o Every player has only 10 shots.
  - o The maximum score is therefore 10 points.



The test videos and animations on the Skills Challenge Website and on the Skills Challenge DVD will give you a better understanding of how the test should be executed.

## Goalie Tests

### Test 1 – Rebound Control



#### Set-Up Procedures, Test 1

- (1) Measure 24 feet from the goal line between the goal and the player's shooting spot with a tape measure.
- (2) Use spray paint to mark the shooting spot.
  - o 24 feet equal 7.31 metres.
  - o On the IIHF tape measure, 24 feet equal the distance from the beginning of the tape to the green mark.
  - o Using spray paint to mark the shooting spot ensures fair conditions for all players.

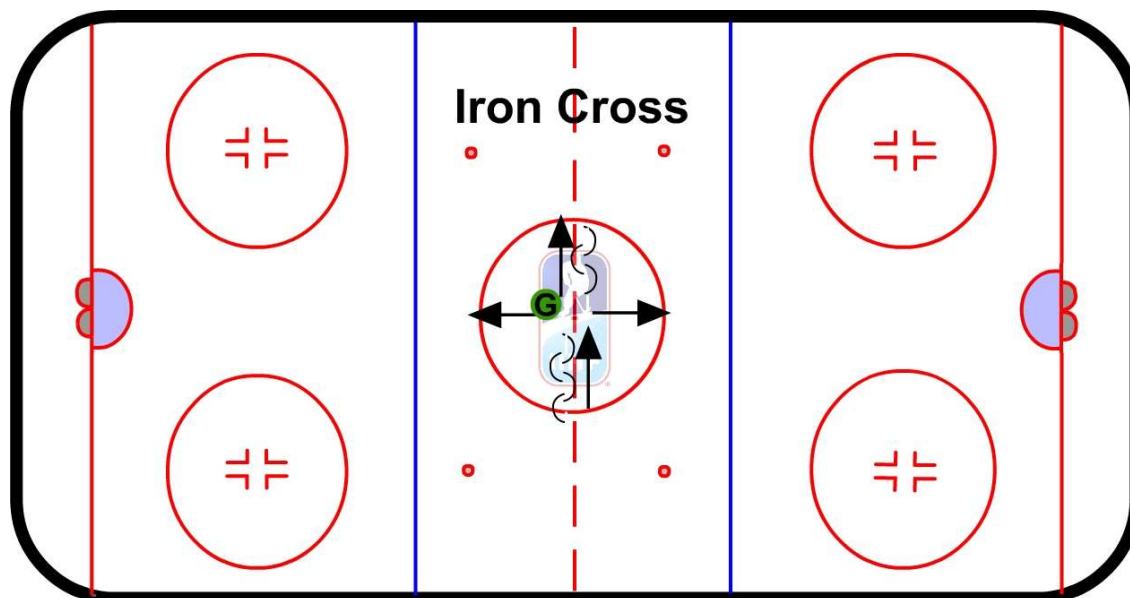
#### Testing Procedures, Test 1

- (1) Shoot on the goal from the marked spot 5 times on the ice.
- (2) Shoot on the goal from the marked spot 5 times in the air.
  - o In the end, add the goalie's points and record his score on the data recording protocol.
  - o If the player taking the shots misses the net, allow another shot.
  - o Try to ensure the shots are consistent for each goalie.

<b>3 Points</b>	The goalie catches the puck.
<b>2 Points</b>	The goalie deflects the puck to the corners
<b>1 Points</b>	The goalie allows a rebound back in direction of the shot
<b>0 Points</b>	The goalie allows a goal.

The test videos and animations on the Skills Challenge Website and on the Skills Challenge DVD will give you a better understanding of how the test should be executed.

## Test 2 – Iron Cross



### Set-Up Procedures, Test 2

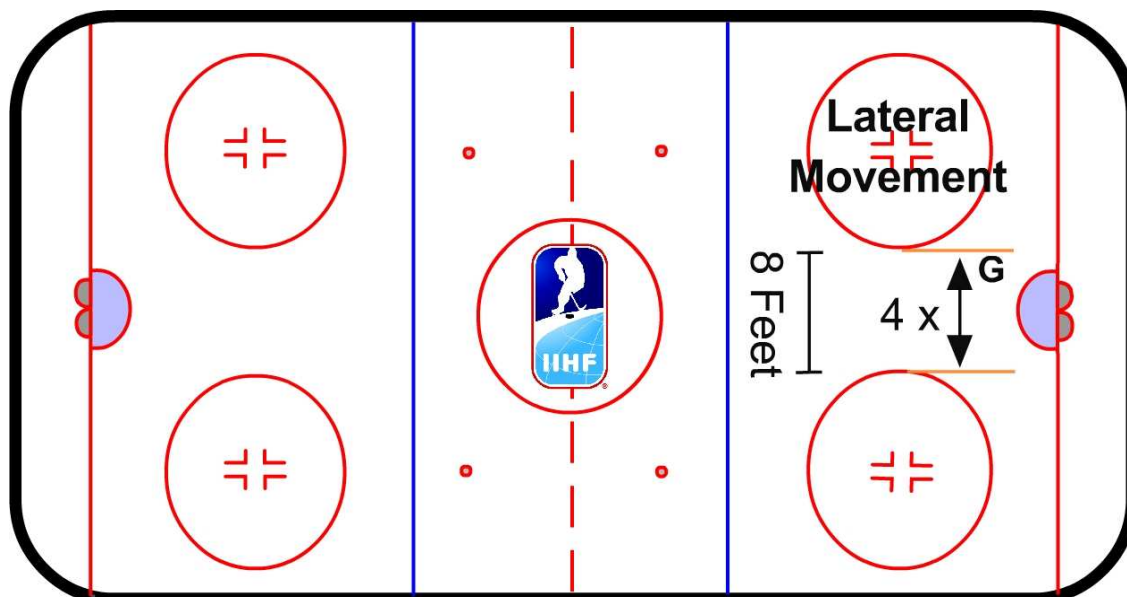
- (1) Make sure, the face-off circle has a standardized width of 30 feet (North American rink size).
- (2) If your circle is European size, use a tape measure and spray paint to mark off a 30 feet distance both vertically and horizontally starting from the dot in the centre of the circle.
  - o 30 feet equal 9.14 metres.
  - o On the IIHF tape measure, 30 feet equal the distance from the beginning of the tape to the blue mark.
  - o If your circle is European size, use spray paint to mark the distances to ensure fair conditions for all players.

### Testing Procedures, Test 2

- (1) The goalie starts at the dot in centre of the circle.
- (2) He skates forward to top of the circle then back to the dot.
- (3) Then, the goalie shuffles first to one side, then back through the dot to the other side of the circle and then back to the centre dot.
- (4) After that, the goalie skates backwards to bottom of the circle and then forward to centre dot again.
  - o This is a timed drill. The time runs when the goalie starts moving and ends when he returns to the centre dot in the end of the test.
  - o In the end, record the goalie's time on the data recording protocol.
  - o If the goalie falls during the test, give him a new chance.

The test videos and animations on the Skills Challenge Website and on the Skills Challenge DVD will give you a better understanding of how the test should be executed.

### Test 3 – Lateral Movement



#### Set-Up Procedures, Test 3

- (1) Measure an 8 feet distance with a tape measure.
- (2) Use spray paint to mark off the distance.
  - o 8 feet equal 2.43 metres.
  - o On the IIHF tape measure, 8 feet equal the distance from the beginning of the tape to the yellow mark.
  - o Use spray paint to mark the starting and end line of the 8 feet distance to ensure fair conditions for all players.

#### Testing Procedures, Test 3

- (1) The goalie starts on left side and outside pad-slides sideways to the right.
- (2) When he gets to the right side line, he moves back sideways to his left.
- (3) Over and back counts as 1 repetition.
- (4) The goalie needs to do 4 repetitions in a row to complete the test.
- (5) The player keeps the outside pad (slide pad) on the ice the entire time.
  - o This is a timed drill. The time runs when the goalie starts moving and ends when the goalie reaches the starting line after the fourth repetition.
  - o Make sure the goalie keeps the outside pad (slide pad) on the ice the entire time.
  - o In the end, record the goalie's time on the data recording protocol.
  - o If the goalie falls during the test, give him a new chance.

The test videos and animations on the Skills Challenge Website and on the Skills Challenge DVD will give you a better understanding of how the test should be executed.





## 100 Years of International Ice Hockey

### Overall Score

To create worldwide rankings of all players, the IIHF has developed a point system that combines all 5 (or 3 for goalies) test results to one overall score. You can rank all players also by this score. The formula for the overall score (OS) is the following:

#### Skaters

Time Test 1 + Time Test 2 + Time Test 3 + Time Test 4 – Points Test 5 = **Overall Score**

The times of test 1, 2, 3 and 4 are added. From this sum the number of points reached in test 5, the shooting drill, will be deducted.

#### Goalies

Time Test 2 + Time Test 3 – Points Test 1 = **Overall Score**

The times of test 2 and 3 are added. From this sum the number of points reached in test 1, rebound control, will be deducted.

The lower the resulting score, the better the players

#### Example Scoring Key - Skater Tests

Player	Test 1 Weave	Test 2 Transition	Test 3 Fwd Skating	Test 4 Bwd Skating	Test 5 Shooting	Overall Score
Skater 1	12.12 Seconds	13.22 Seconds	4.62 Seconds	5.78 Seconds	8 Points	<b>27.74</b>
Skater 2	14.18 Seconds	14.84 Seconds	4.81 Seconds	5.91 Seconds	6 Points	<b>33.74</b>

#### Example Scoring Key - Goalie Tests

Player	Test 1 Rebound Control	Test 2 Iron Cross	Test 3 Lateral Movement	Overall Score
Goalie 1	21 Points	28.91 Seconds	17.85 Seconds	<b>25.76</b>
Goalie 2	17 Points	24.52 Seconds	21.37 Seconds	<b>28.89</b>

## IIHF Skills Challenge Website

### The Database

An online database can be found on the Skills Challenge Website (<http://skillschallenge.iihf.com>) that will enable players from all over the globe to test their skills against the world. But this online resource of information will not only be interesting for players. It will also give national associations the chance to monitor and improve the quality and effectiveness of their junior hockey programs by comparing themselves to other nations over a longer period of time



## 100 Years of International Ice Hockey

### Benefits of the Global Database

- (1) See a representative reflection of the junior hockey in your country and your players' skill levels in worldwide rankings.
- (2) Access a huge database with complete statistics of all participating coaches and players from your own country.
- (3) Use the website as an instrument to address strengths and weaknesses of your own youth hockey programs.
- (4) Track the development of your players throughout the years.
- (5) Compare your players' skill levels in various separate categories to all other participating nations worldwide.



### Downloads

The IIHF Skills Challenge Website will also be a support platform offering a variety of downloads. This area is accessible for everybody and its downloads will give coaches a better understanding of the tests in the skills contest. The website will include the following materials:

- o Skills Challenge Manual
- o Test Videos and Flash Animations
- o Data Recording Protocols
- o Poster and Participation Certificate Templates

#### IIHF Skills Challenge Manual

Download the latest version of the IIHF Skills Challenge Manual. The official handbook for the competition, providing you with all the necessary information about the contest and on to do the tests

#### Test Videos and Flash Animations

Watch and download the test videos and animations to get a better understanding of the Skills Challenge Tests.

#### Data Recording Protocols

These forms will help you record all necessary information and results while doing the testing on-ice.

#### Poster Templates

In order to help you promote the IIHF Skills Challenge at your own ice rink, we include a template design that can be easily printed and used as both flyer and poster.

#### Participation Certificate Template

On the IIHF Skills Challenge DVD and also on the internet, you will find a certificate template. It can be easily downloaded, printed and filled with players' names and their individual test results. All participants should receive their own certificate after they have participated in the IIHF Skills Challenge.



## IIHF Skills Challenge Tool Boxes

The IIHF provides national associations with Skills Challenge Tool Boxes. It is up to the national associations how the Tool Boxes will be distributed within their country. The number of Tool Boxes will vary and depend on size and player numbers of the respective nation. If you would like to have one for your team, please contact your national association directly. The Tool Boxes include:

- o IIHF Tape Measures
- o IIHF Shooter Tutors

### IIHF Tape Measure

To guarantee fair competition and equal conditions for everybody taking part in the IIHF Skills Challenge, we ask you to use the IIHF Tape Measure (in Skills Challenge Tool Box) when setting-up the tests. All lengths needed for the testing stations are marked off on the tape measure.

Always start measuring from the white mark in the beginning of the tape. You will find the following lengths on the IIHF Tape Measure:

- |                      |                 |                                     |
|----------------------|-----------------|-------------------------------------|
| o <b>Yellow Mark</b> | <b>8 Feet</b>   | Goalie Test 3                       |
| o <b>Red Mark</b>    | <b>10 Feet</b>  | Skater Test 1                       |
| o <b>Green Mark</b>  | <b>24 Feet</b>  | Skater Test 2 and 5 / Goalie Test 1 |
| o <b>Blue Mark</b>   | <b>30 Feet</b>  | Goalie Test 2                       |
| o <b>Black Mark</b>  | <b>100 Feet</b> | Skater Test 3 and 4                 |

If you do not have the IIHF Tape Measure to conduct the tests, please use the following measures:

- |                                |                                  |
|--------------------------------|----------------------------------|
| o <b>8 Feet</b> = 2.43 Metres  | o <b>30 Feet</b> = 9.14 Metres   |
| o <b>10 Feet</b> = 3.04 Metres | o <b>100 Feet</b> = 30.48 Metres |
| o <b>24 Feet</b> = 7.31 Metres |                                  |

### IIHF Shooter Tutor

To ensure consistency in the IIHF Skills Challenge shooting test, we have designed and produced IIHF Shooter Tutors that will be included in the Tool Boxes. If you have not received a Skills Challenge Tool Box, any other target with five shooting areas can be used as well.





