

WHAT EACH TEST IDENTIFIES - the player

Each of SPORTQUEST SYSTEM'S tests *reflect game conditions*. Shown below are some of the game conditions that are inherent in each test.

1. BACKWARD CROSSOVERS (BXL/BXR) - While never performed in game situations as tested, this drill identifies weaknesses in a player's edge control, balance and coordination. This fundamental is critical to a defenceman's defensive play.

Backward Crossover test identifies strength / weakness in:

- *balance and technique*
- *edge control (skating efficiency)*

which translates into the ability to:

- *check effectively (angling skills - closing gap)*
- *create better play selections (opening ice while in possession)*

2. FORWARD CROSSOVERS (FXL/FXR) - Identifies a player's static leg strength and explosive power. Proficiency in this skill demonstrates a player's ability to counter quickly (change direction) and execute swing and breakout options.

Forward Crossover test identifies strength / weakness in:

- *leg strength and explosive power*
- *balance and technique*
- *edge control (skating efficiency)*

which translates into the ability to:

- *change lanes effectively*
- *support effectively*
- *drive to the net*
- *check effectively (angling skills - or man on man coverage)*

3. FORWARD 30' ACCELERATION (30F) - Identifies a player's explosive power and forward speed. This component identifies a player's ability to get open, as well as his ability to react to quick transitional plays.

Forward Acceleration test identifies strength / weakness in:

- *explosive power*
- *leg speed*
- *edge control and technique*

which translates into the ability to:

- *react to or execute quick transitional plays*
- *react to quick movement of the puck*
- *check more effectively (close the gap)*
- *support more effectively (offensively and defensively)*

4. FORWARD 60' SPRINT ACCELERATION (60F) - Identifies a player's transition in stride technique from the acceleration phase into the open ice full striding phase. This demonstrates leg speed and quickness over medium distances. Proficiency in this skill demonstrates the potential for superior off-speed skating fundamentals.

Forward 60' Sprint test identifies strength / weakness in:

- *technique*
- *leg speed*

which translates into the ability to:

- *accelerate properly during the transitional striding phase*
- *skate effectively in short distances*
- *check effectively (close gap – angling)*
- *change speeds*
- *react quickly to quick transitional plays*
- *take advantage of open ice*

5. FORWARD 100' FULL STRIDE (100F) - Identifies a player's leg speed and power. Good technique allows a player to skate longer with less effort as well as identifies the potential for good end to end speed. Proficiency in this skill demonstrates a player's potential to take advantage of open ice and breakaway opportunities. Superior forechecking and backchecking abilities are evident with superior technique. For the defenceman, it identifies the ability to participate or jump into the rush.

Forward Full Stride test identifies strength / weakness in:

- *technique*
- *edge control and skating efficiency*
- *groin flexibility*

which translates into the ability to:

- *skate efficiency*
- *take advantage of open ice*
- *take advantage of offensive opportunities – break-a-way speed*
- *fore check effectively*
- *back check effectively*
- *support effectively (join in the rush – defense jumping up into the play)*

6. BACKWARD 30' ACCELERATION (30B) - Identifies a player's edge control and balance. This skill demonstrates a defenceman's skill at maintaining the blueline in the offensive zone as well as his ability to react to fast breaks and quick game transition.

Backward Acceleration test identifies strength / weakness in:

- *edge control and balance*
- *foot speed*
- *torso flexibility*

which translates into the ability to:

- *maintain the blue-line in the offensive zone*
- *react to quick breaks or transitional plays*
- *maintain gap*
- *support effectively (for defensive during def. – to – def. Passing options)*
- *create better offensive opportunities (coming to middle off the wall in offensive zone – point man)*

7. BACKWARD 100' FULL STRIDE (100B) - Identifies a player's edge control and balance. This skill is necessary for defencemen when maintaining speed matching offensive players one on one, which translates into numerous game situations.

Backward Full Stride test identifies strength / weakness in:

- *body alignment, edge control and balance*
- *technique*
- *flexibility (hips)*

which translates into:

- *maintain backward skating speed*
- *maintain gap*
- *check more effectively*

8. 180° TIGHT TURNS (TT/L & TT/R) - Identifies a player's leg and ankle strength, body alignment, edge control and technique. This is one of the "evasive" skating skills and is one of the most important skating fundamentals, especially when performed under high pressure, close checking conditions. This skill demonstrates a player's ability to get open under intense checking conditions as well as enables one to react to quick transitional plays.

Tight Turn test identifies strength / weakness in:

- *body alignment, edge control and balance*
- *leg and ankle strength*
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which translates into the ability to:

- *react to quick transition plays (stay involved in the play)*
- *react to quick movements of the puck*
- *get open under intense checking conditions*
- *work effectively down low*
- *be more effective on specialty teams*
- *check more effectively – maintain and/or close gap*

- *create better offensive opportunities (delay options)*

9. BACKWARD to FORWARD PIVOT - Identifies a defenceman's ability to react to dump in plays as well as demonstrating an ability to react to wide driving forwards.

Pivot Backward to Forward test identifies strength / weakness in:

- *body alignment, edge control and foot speed*
- *flexibility*
- *technique*

which translates into the ability to:

- *react to dump in plays*
- *check effectively (forwards driving to outside)*
- *react to quick movements of the puck*
- *face the play*

10. FORWARD to BACKWARD PIVOT (Direction change) - Identifies a player's ability to face the play evident in breakout situations where player's are moving from a mid-lane to outside lane position along the wall. For the defenceman, it demonstrates the ability to react to changes in flow as well as the ability to participate in opportunities within the offensive zone and still maintain good defensive positioning.

Pivot Forward to Backward (change of direction) test identifies strength / weakness in:

- *body alignment, balance*
- *foot speed and edge control*
- *technique*

which translates into the ability to:

- *react to quick transitional plays*
- *keep up on the play (offensive blueline)*
- *maintain gap (positioning)*
- *face the play*

11. STOPS/STARTS (SS/L & SS/R) - Demonstrates a player's ability to react to quick changes of flow. As well, it is one of the "evasive" skating skills identified earlier. Critical to specialty team performance, it allows players to react quickly to puck movement.

Stop / Start test identifies strength / weakness in:

- *body alignment and balance*
- *edge control*
- *leg and ankle strength*
- *explosive power*
- *technique*

which translates into the ability to:

- *react to quick transitional plays*
- *react to quick movements of the puck*
- *get open under intense checking conditions*
- *work effectively down low*
- *be more effective on specialty teams*
- *check more effectively – maintain and / or close gap*
- *create better offensive opportunities (delay options)*

12. AGILITY - This test is performed *with and without a puck*. This skill identifies a player's lateral mobility and leg speed. As well it demonstrates a player's ability to move laterally from left to right quickly while maintaining speed. Used most often on the offensive attack when evading one-on-one face-to-face confrontations.

Agility Component (with and without puck) test identifies strength / weakness in:

- *body alignment and balance*
- *edge control*
- *foot speed*
- *technique*

which translates into the ability to:

- *attack effectively*
- *create superior offensive opportunities*
- *react to quick movement of the puck*
- *check more effectively*

13. Backward / Forward Stop / Start test identifies strength / weakness in:

- *body alignment, edge control and balance*
- *explosive power*
- *foot speed*

which translates into the ability to:

- *react to quick transitional plays*
- *react to quick movement of the puck*
- *face the play*
- *check more effectively (maintain and/or close the gap)*

14. Pivot Backward to Forward (direction change) test identifies strength / weakness in:

- *body alignment and balance*
- *edge control and foot speed*
- *technique*
- *flexibility (groin and hips)*

which translates into the ability to:

- *react to quick transitional plays*

- *react to quick movement of the puck*
- *face the play*
- *check more effectively (maintain and/or gap)*

Each fundamental is critical to a player's success during game play. One-on-one confrontations create a very competitive environment where the player with the "edge" has greater success. This "ballet" of inter-action between players creates situations where weaknesses and strengths become evident. When neutralizing an opponent or "getting open" a player will quickly realize how well the player *utilizes their strengths and how well the player protects their weakness.*

In the hockey world where games and careers are won and lost, these player attributes become quite literally, either an *asset or a liability.*