

NWR U16/U19 Skills Session Pilot Information

For the 2026-27 season, U16 and U19 will have a pilot Skills Evaluation Session added to the Evaluations process. This data will be used to validate athlete placement in the first scrimmages.

Purpose

A Skills Evaluation Session allows athletes to show the skills they have repeatedly in a controlled, predictable manner.

Research shows that incorporating a skills session in evaluations supports athletes and evaluators. Benefits to having a Skills Evaluation Session include:

- **Specific Skill Isolation**
- **Equal Opportunities for All Athletes**
- **Separates Physical Maturity From Skill**
- **Reduces Randomness**
- **Balances "Performance Now" vs "Potential"**

[Read more about the benefits here.](#)

For the athletes, we are running this as a pilot first to ensure future success by verifying that we've:

1. Determined the best way to organize and evaluate individual skills.
2. Structured the ice time well to allow athletes more repetitions which showcase isolated technical and tactical concepts.
3. Created a positive athlete experience through the drills and format used.
4. Collected data that is consistent with player pathway and other evaluation scores.

Session Breakdown

The Skills Evaluation Session plan includes the written explanations of the drills and the diagrams. [Use this link to watch a video of the drills.](#) Players are encouraged to watch the video to help prepare for their ice time. At the Pre-skate ice times the athletes will go through all of the drills.

Notes for the session:

- All players will be put into skate times based on their predictive player pathway*. Players will play all positions for the skills session (with the exception of goalies).
- On Ice Helpers will lead all players in the warm-up as outlined in the practice plan.
- After warm-up, players will be split into two groups via pinny number and do the skills according to the time allotted or based on the number of repetitions. After each drill, players will be separated into new groups via pinny number.
- Each player will get multiple reps against many different players throughout the session.

For more details on predictive player pathways, [read page 4 of the Evaluations and Team Formation Policy.](#)

Evaluations Matrix

The Skills Session evaluations rubric is consistent with the elements being assessed as part of the regular evaluations. Evaluators will assess the following in the Skills Session:

1. Skating
2. Offensive IQ
3. Defensive IQ

[To read more about the breakdown of the skills assessed in each category click here.](#)

Your evaluation introductory email will be coming soon from your Division Coordinator. The introductory email and all of the most up-to-date information will be available on our [Evaluations webpage](#).