Skating Skills

Stance & Balance	1	2	3	4	5	
Inside / Outside Edges	1	2	(3)	4	5	
Stride Technique	1	\triangle	3	4	5	
Starts & Stops	1	2	3	(4)	5	
Forward Crossovers	1		3	4	5	
Backwards Skating	1	2	3	4	5	
Quick Feet-Multi Directiona	al 1	2	3	4	5	
Explosive & Powerful	1	2	3	4	5	

Shooting Skills

Wrist	/Snap Shot technique	1	2	3	4	5	
Slap S	Shot technique	1	2	3	4	5	
Shot /	Accuracy	1	2	3	4	5	
Shot I	Power	1	2	3	4	5	
Shoot	ting under pressure	1	2	3	4	5	
One t	imer from pass	1	2	3	4	5	

Passing Skills

Forehand pass accuracy	1	2	3	4	5	
Backhand pass accuracy	1	2	3	4	5	
Receiving pass on fly	1	2	3	4	5	
Saucer pass	1	2	3	4	5	
Pass Power	1	2	3	4	5	

Stickhandling Skills

Puck Protection	1	2	3	4	5	
Checking & Angling	1	2	3	4	5	
Dekes & Moves	1	2	3	4	5	
Control / Smoothness	1	2	3	4	5	

Small Area Competitive Games

Game Sense & Vision	1	2	3	4	5	
Play without the puck	1	2	3	4	5	
Intensity and Compete	1	2	3	4	5	
Use of teammates	1	2	3	4	5	



MEI Hockey Canada Skills Academy Report

Player's Name: Player Name

Coach Comments . . .

During this phase we focussed on . . .



Assessment Key:

- 1- Beginning with the basics of skill
- 2-Working on the skill to get better
- 3-Meeting age expectation of skill

4-Exceeding at skill

5-Mastered the skill for their age

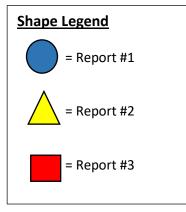
Attitude & Character

- Following rules & routines
- Listening to details
- Attitude to others
- Willing to take risks
- Displays Leadership
- Gives their best daily
- Positive attitude

1

2 3 4

5



Work Ethic

1

- Comes prepared on time
- Dedicated & productive
- Battle & compete
- Intensity every drill
- Gives their best daily
- Takes advantage of opportunity each ice time
 - 2 3 4 5