

Skating Skills

| | | | | | |
|------------------------------|---|----|----|----|----|
| Stance & Balance | 1 | 2 | 3 | 4 | 5 |
| Inside / Outside Edges | 1 | 2 | ③ | △4 | □5 |
| Stride Technique | ① | △2 | □3 | 4 | 5 |
| Starts & Stops | 1 | 2 | 3 | △4 | □5 |
| Forward Crossovers | 1 | △2 | 3 | 4 | 5 |
| Backwards Skating | 1 | 2 | 3 | 4 | 5 |
| Quick Feet-Multi Directional | 1 | 2 | 3 | 4 | 5 |
| Explosive & Powerful | 1 | 2 | 3 | 4 | 5 |

Shooting Skills

| | | | | | |
|---------------------------|---|---|---|---|---|
| Wrist/Snap Shot technique | 1 | 2 | 3 | 4 | 5 |
| Slap Shot technique | 1 | 2 | 3 | 4 | 5 |
| Shot Accuracy | 1 | 2 | 3 | 4 | 5 |
| Shot Power | 1 | 2 | 3 | 4 | 5 |
| Shooting under pressure | 1 | 2 | 3 | 4 | 5 |
| One timer 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

Shape Legend

-  = Report #1
-  = Report #2
-  = Report #3

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

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

1 2 3 4 5