



MEI Hockey Academy Skills Assessment



Player Name: _____ Grade: _____

	Skating	Passing	Shooting	Puck Control	Checking	Tactics
Level 1 Grade 1-3 Initiation	<ul style="list-style-type: none"> ○ Balance 1 ft ○ Balance 2 ft ○ Hcky Stance ○ Gliding 1 ft ○ Gliding 2 ft ○ X over steps ○ Stride ○ Inside edge ○ Outside edge ○ T start ○ V start ○ Side start ○ Turns ○ C cuts ○ Backward cuts ○ Basic stops / plows ○ 2 foot stops 	<ul style="list-style-type: none"> ○ Stationary fwd ○ Stationary bwd ○ Moving fwd ○ Moving bwd 	<ul style="list-style-type: none"> ○ Sweep Fwd ○ Sweep Bwd ○ Wrist low ○ Wrist Bwd low ○ Flip 	<ul style="list-style-type: none"> ○ Stance W/Puck ○ Narrow ○ Wide ○ Moving W/puck ○ Basic fake 	<ul style="list-style-type: none"> ○ Angling basics ○ Stick lifting ○ Puck protection 	<ul style="list-style-type: none"> ○ None
Level 2 Grade 4-5 Atom	<ul style="list-style-type: none"> ○ 1 leg edging ○ Sculling ○ Euro shuffle ○ Crossovers ○ Multi Direction ○ Stride technique ○ Stride power ○ Backward power stride ○ Backward crossovers ○ Quick starts ○ 1 foot stops 	<ul style="list-style-type: none"> ○ Direct in movement ○ Indirect area ○ Give & Go ○ Cross & drop ○ Head man ○ Pass & follow ○ Saucer basics ○ Transition ○ Break out pass ○ Accuracy target ○ 1 touch 	<ul style="list-style-type: none"> ○ Deflections / Tips ○ Wrist Shot high ○ Snap shot low ○ Slap shot basics ○ Cut to middle ○ Fake and shoot 	<ul style="list-style-type: none"> ○ Around body ○ Protect on sides ○ Escape moves ○ Multi Direction ○ Skulling ○ Euro Shuffle ○ Head fakes ○ Shoulder fake ○ Toe drag ○ Forhand to Backhand move ○ Pucks in feet ○ Wrap around 	<ul style="list-style-type: none"> ○ Shadowing ○ Tracking ○ Reaction ○ Angle against movement ○ Back check 	<ul style="list-style-type: none"> ○ Breakouts ○ Entries 3 on 2 ○ D Zone basics ○ Regroups ○ Support ○ Timing ○ Finding ice ○ Face offs
Level 3 Grade 6-7 Peewee	<ul style="list-style-type: none"> ○ Change of speeds ○ Acceleration speed ○ Explosive starts ○ Explosive stride ○ Pivots ○ Transition ○ Multi direction advanced 	<ul style="list-style-type: none"> ○ Pass in pairs ○ Pass in 3 (line) ○ Break out pass ○ Attack triangle ○ Net drive ○ Slot option ○ Saucer advanced ○ Low cycle ○ Regroup speed ○ Breakout advanced options ○ Wheel,up,over 	<ul style="list-style-type: none"> ○ Wirst accuracy ○ Snap high ○ Slap low / high ○ Shoot for rebound ○ Reaction ○ Drag and shoot ○ D specific ○ Fwd specific 	<ul style="list-style-type: none"> ○ Change of pace ○ Fake deke advanced ○ Protect under checking ○ Twists / Turns ○ In tight areas ○ Against check ○ Body postion protection ○ Quick flip to self ○ Through legs ○ Juggling puck in air ○ Spin o ramma ○ Walk outs 	<ul style="list-style-type: none"> ○ Tracking ○ Picks ○ Screens ○ Getting open under checks ○ Head on a swivel ○ Angle 1 on 1 ○ Angle FC ○ Pinning ○ Reading rush 	<ul style="list-style-type: none"> ○ Gap Contol ○ 1 on 1 ○ 2 on 1 ○ 3 on 2 ○ D zone position ○ Position specifics as Fwrld / Def ○ Face off position
Level 4 Grade 8-9 Bantam	<ul style="list-style-type: none"> ○ Skating w/ resistance ○ All skating techniques are done at full speed and intensity. 	<ul style="list-style-type: none"> ○ Saucer under resistance ○ Saucer backhand ○ Deflections ○ Chips ○ Angle pass ○ Board bank pass ○ Breakout reverse ○ Hinge play 	<ul style="list-style-type: none"> ○ Wrist power & accuracy ○ Slap power & accuracy ○ Snap power & accuracy ○ Shooting under resistance ○ 1 timer still 	<ul style="list-style-type: none"> ○ In tight areas under checking while reacting to available ice. ○ Deciding what moves are needed in different situatuions. 	<ul style="list-style-type: none"> ○ Hitting as D ○ Hitting on FC ○ Angling into hit ○ Stick control ○ Shot block ○ Pinching 	<ul style="list-style-type: none"> ○ 1.2.2 FC ○ 2.1.2 FC ○ D - Zone coverage advanced. ○ Power play basics ○ Penalty kill basics ○ NZ transition
Level 5 Grade 10-12 Midget	<ul style="list-style-type: none"> ○ All skating under intensity, speed, power, and battle. 	<ul style="list-style-type: none"> ○ Soft Dumps ○ Hard rims ○ All passing under intesity, speed, power, and battle 	<ul style="list-style-type: none"> ○ Shot release quickness ○ Shot in traffic ○ 1 timer moving ○ All shooting under intesity, speed, power, and battle. 	<ul style="list-style-type: none"> ○ All puck skills under intensity, speed, power, and battle. 	<ul style="list-style-type: none"> ○ Hiting and checking under intesity, speed, and battle. ○ D zone corner 1 on 1 ○ Net front 1 on 1 ○ Board battles 	<ul style="list-style-type: none"> ○ Forcheck systems ○ D zone systems ○ Nz Transition advanced