

# HOCKEY CANADA

## Initiation Skills Evaluation Phase 2

INITIATION  Evaluation Item  1=weak, 10=strong	Player																													
	Name 1		Name 2		Name 3		Name 4		Name 5		Name 6		Name 7		Name 8		Name 9		Name 10		Name 11		Name 12		Name 13		Name 14		Name 15	
	1	R	2	R	3	R	4	R	5	R	6	R	7	R	8	R	9	R	10	R	11	R	12	R	13	R	14	R	15	R
<b>Balance and Agility</b>																														
1. Gliding with knee bend	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
2. Gliding on one skate - backward	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
3. Lateral crossovers - continuous	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
<b>Edge Control</b>																														
4. Figure 8's - backward - inside edge	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
<b>Forward Skating and Striding</b>																														
5. Exaggerated stride	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
<b>Backward Skating</b>																														
6. C-cuts - alternating	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
7. Gliding on two skates - backward	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
<b>Starting and Stopping</b>																														
8. Outside leg stop	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
9. Backward c-cut start	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
10. Front v-start	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
11. Two-leg backward stop	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
<b>Turning and Crossovers</b>																														
12. Tight turns	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
13. 360's - left and right	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
14. C-cuts - around circle - outside foot - backward	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
<b>Stationary Puck Control</b>																														
15. Side - front - side	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
16. Hands wide	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
17. Hands together	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
18. Narrow and wide combination	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
<b>Moving Puck Control</b>																														
19. One leg - left and right	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
20. Narrow and wide combination	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
21. Weaving with puck	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
<b>Sweep Shot</b>																														
22. Sweep shot - forehand	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
23. Sweep shot - backhand	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
<b>AVERAGE SCORE</b>																														
<b>OVERALL RANK</b>																														



Team Name: \_\_\_\_\_

Date of Evaluation: \_\_\_\_\_

Age Division: \_\_\_\_\_

Coach: \_\_\_\_\_

NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM