

# HOCKEY CANADA

## Atom Skills Evaluation Phase 1

All the skills in the Initiation and Novice skill lists, plus the following:

ATOM  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	Name 16	Name 17	Name 18	Name 19	Name 20	Name 21
	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	16 R	17 R	18 R	19 R	20 R	21 R
<b>Edge Control</b>																					
1. Forward scissor skate - large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2. Backward scissor skate - large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Forward Skating and Striding</b>																					
3. C-cuts - back foot crossunders	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
4. Forward striding - hands on stick on ice	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Stationary Puck Control</b>																					
5. Figure 8's - one handed	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
6. Body / stick - opposite	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
7. Bounce puck on blade	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Moving Puck Control</b>																					
8. Body / puck - opposite	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Stationary Passing and Receiving</b>																					
9. Stationary saucer pass - forehand	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10. Stationary saucer pass - backhand	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Snap Shot</b>																					
11. Snap shot - low	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Tips and Deflections</b>																					
12. Stationary tips - out of air - fhd and bhd	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Dekes</b>																					
13. Gretzky move	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
14. Wraparounds	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Individual Defensive Tactics</b>																					
15. Gap control	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
16. Closing the gap	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>AVERAGE SCORE</b>																					
<b>OVERALL RANK</b>																					



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

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

Evaluated By: \_\_\_\_\_

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

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

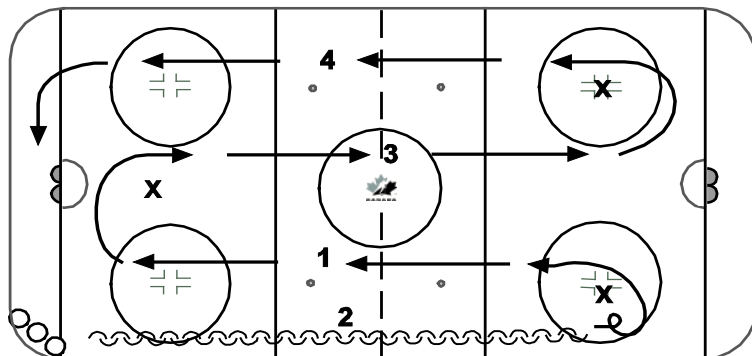
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NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM

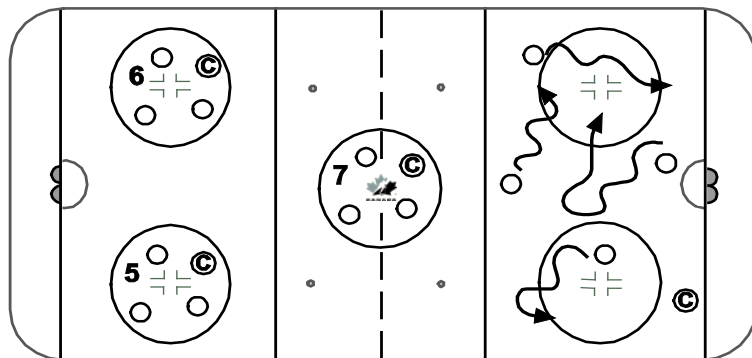
# HOCKEY CANADA

## Atom Skills Evaluation Phase 1

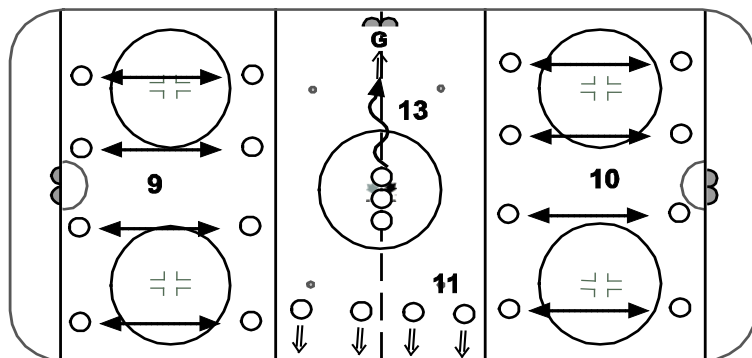
### Drills



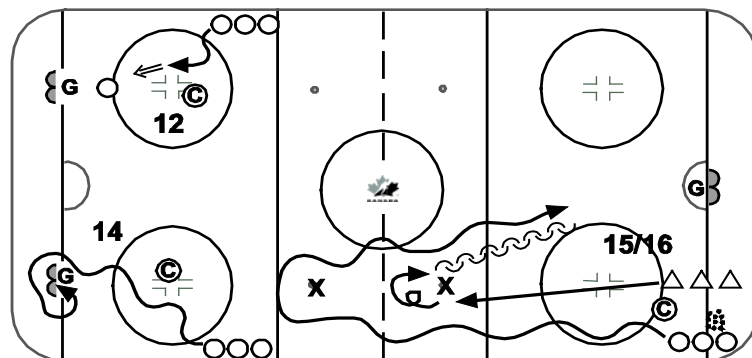
1. Forward scissor skate - large
2. Backward scissor skate - large
3. C-cuts - back foot crossunders
4. Forward striding - hands on stick on ice



5. Figure 8's - one handed
6. Body / stick - opposite
7. Bounce puck on blade



9. Stationary saucer pass - forehand
10. Stationary saucer pass - backhand
11. Snap shot - low
13. Gretzky move



12. Stationary tips - out of air - fhd and bhd
14. Wraparounds
15. Gap control
16. Closing the gap

# HOCKEY CANADA

## Atom Skills Evaluation Phase 2

All the skills in the Initiation and Novice skill lists, plus the following:

<b>ATOM</b>	<b>Player</b>																				
	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	Name 16	Name 17	Name 18	Name 19	Name 20	Name 21
	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	16 R	17 R	18 R	19 R	20 R	21 R
<b>Turning and Crossovers</b>																					
1. C-cuts - around circle - inside foot - backward	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2. C-cuts - around circle - crossunders - backward	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Stationary Puck Control</b>																					
3. Puck scoop - forehand	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
4. Puck scoop - backhand	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
5. Puck over stick - forehand and backhand	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
6. Flip puck up - knock down	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Moving Puck Control</b>																					
7. Body / stick - opposite	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
8. Puck scoop - forehand	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9. Puck scoop - backhand	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10. Backhand - one hand - with pylons	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Slap Shot</b>																					
11. Slap shot - low	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Tips and Deflections</b>																					
12. Stationary tips - between legs - fhd / bhd	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
13. Moving tips - forehand and backhand	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Dekes</b>																					
14. The chili dip	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Individual Offensive Tactics</b>																					
15. Fake pass	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Offensive Tactics - Neutral Zone</b>																					
16. Chip pass	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>AVERAGE SCORE</b>																					
<b>OVERALL RANK</b>																					



Team Name: \_\_\_\_\_  
Age Division: \_\_\_\_\_

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

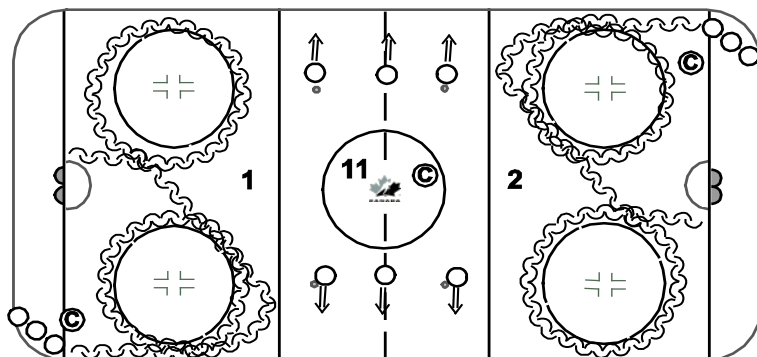
Evaluated By: \_\_\_\_\_  
Signature: \_\_\_\_\_

NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM

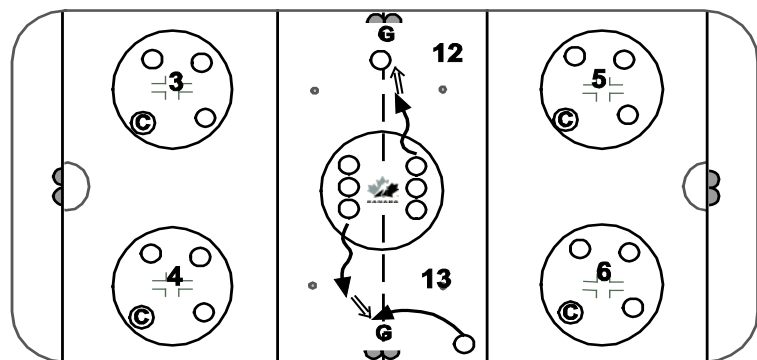
# HOCKEY CANADA

## Atom Skills Evaluation Phase 2

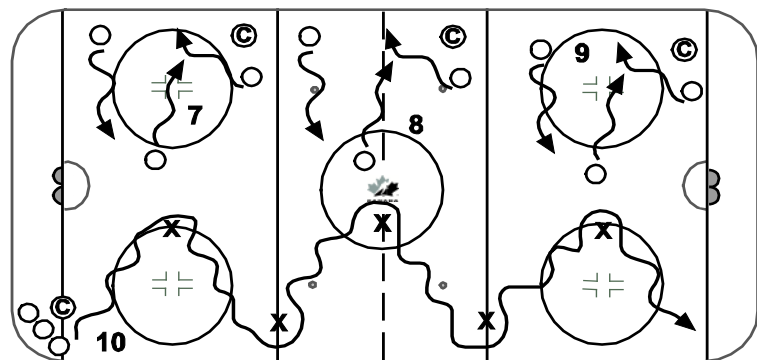
### Drills



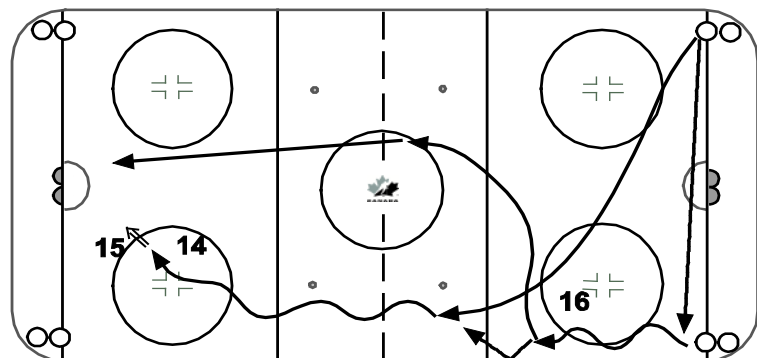
1. C-cuts - around circle - inside foot - backward
2. C-cuts - around circle - crossunders - backward
11. Slap shot - low



3. Puck scoop - forehand
4. Puck scoop - backhand
5. Puck over stick - forehand and backhand
6. Flip puck up - knock down
12. Stationary tips - between legs - fhd / bhd
13. Moving tips - forehand and backhand



7. Body / stick - opposite
8. Puck scoop - forehand
9. Puck scoop - backhand
10. Backhand - one hand - with pylons



14. The chili dip
15. Fake pass
16. Chip pass

# HOCKEY CANADA

## Atom Skills Evaluation Phase 3

All the skills in the Initiation and Novice skill lists, plus the following:

<b>ATOM</b>	<b>Player</b>																				
	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	Name 16	Name 17	Name 18	Name 19	Name 20	Name 21
	1 = weak, 10 = strong	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	16 R	17 R	18 R	19 R	20 R
<b>Dekes</b>																					
1. The slider	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2. Drop and kick	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
3. Lacrosse move	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
4. Off wing one-hander	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
5. Stick through legs flip shot	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Individual Offensive Tactics</b>																					
6. Fake pass - toe drag	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
7. Fake drop pass	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Offensive Tactics - Defensive Zone</b>																					
8. Puck retrieval - turnback	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9. Puck retrieval - over pass	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10. Puck retrieval - reverse pass	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Offensive Tactics - Offensive Zone</b>																					
11. Behind the net walkout	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12. High walkout	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
13. Low walkout	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>AVERAGE SCORE</b>																					
<b>OVERALL RANK</b>																					



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

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

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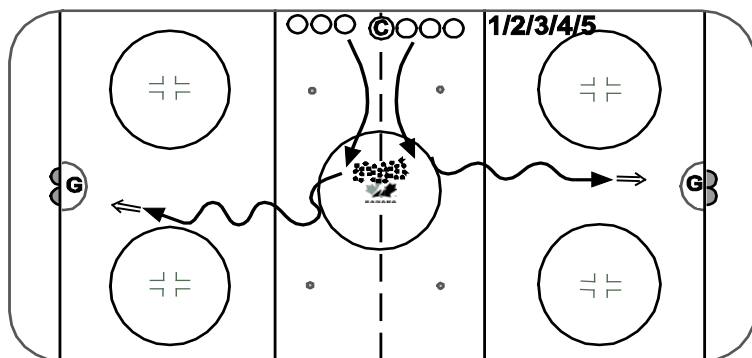
Signature: \_\_\_\_\_

NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM

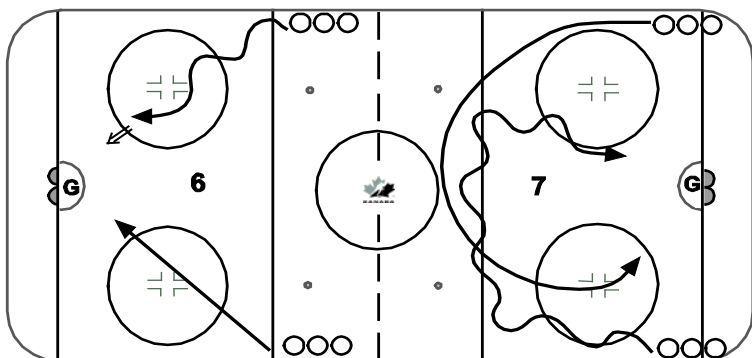
# HOCKEY CANADA

## Atom Skills Evaluation Phase 3

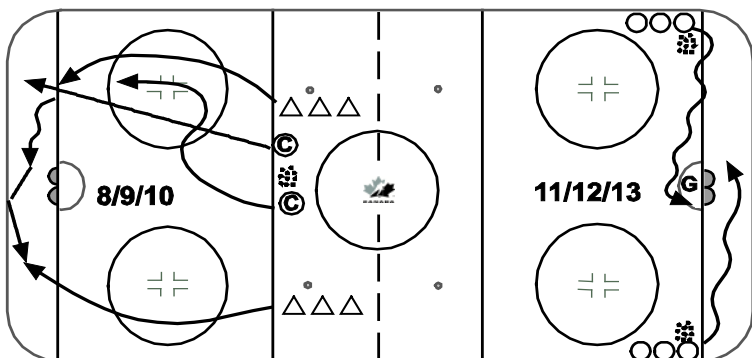
### Drills



1. The slider
2. Drop and kick
3. Lacrosse move
4. Off wing one-hander
5. Stick through legs flip shot



6. Fake pass - toe drag
7. Fake drop pass



8. Puck retrieval - turnback
9. Puck retrieval - over pass
10. Puck retrieval - reverse pass
11. Behind the net walkout
12. High walkout
13. Low walkout

# HOCKEY CANADA

## Atom Skills Evaluation Phase 4

All the skills in the Initiation and Novice skill lists, plus the following:

ATOM  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	Name 16	Name 17	Name 18	Name 19	Name 20	Name 21
	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	16   R	17   R	18   R	19   R	20   R	21   R
Individual Offensive Tactics																					
1. Fake pass - shoot	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2. Fake shot - deke	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
3. Fake wrist shot	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
4. Fake shot - pass	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
5. Puck protection basics	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
6. Puck protection - turnbacks	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
7. Puck protection - loose puck	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
8. Double fake	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Offensive Tactics - Neutral Zone																					
9. Area pass	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>AVERAGE SCORE</b>																					
<b>OVERALL RANK</b>																					



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

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

Evaluated By: \_\_\_\_\_

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

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

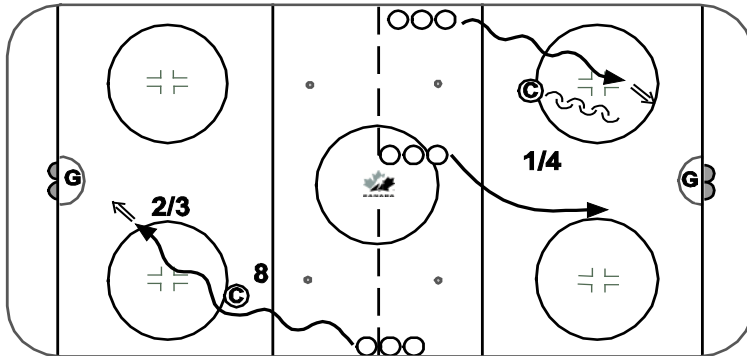
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NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM

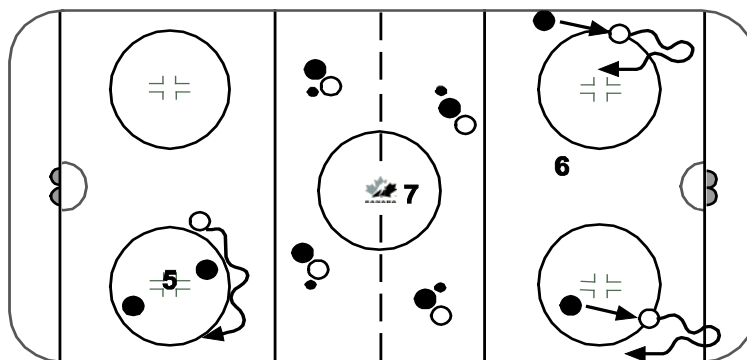
# HOCKEY CANADA

## Atom Skills Evaluation Phase 4

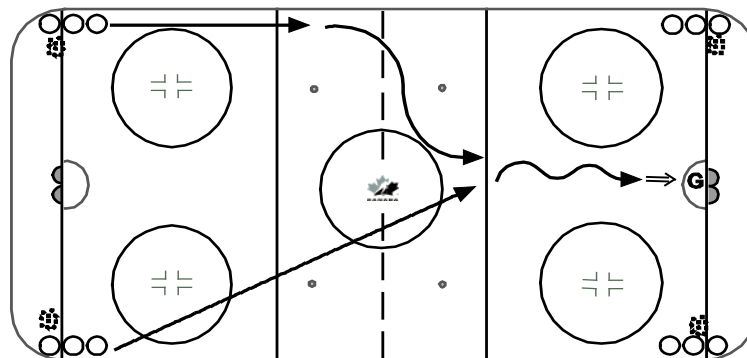
### Drills



1. Fake pass - shoot
2. Fake shot - deke
3. Fake wrist shot
4. Fake shot - pass
8. Double fake



5. Puck protection basics
6. Puck protection - turnbacks
7. Puck protection - loose puck



9. Area pass



# HOCKEY CANADA

## Atom Skills Evaluation Phase 5

All the skills in the Initiation and Novice skill lists, plus the following:

ATOM	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	Name 16	Name 17	Name 18	Name 19	Name 20	Name 21
	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	16 R	17 R	18 R	19 R	20 R	21 R
Individual Offensive Tactics																					
1. Slider	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2. Drop puck in skates	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
3. Puck outside d-man - body inside	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
4. Toe drag - puck off skate	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
5. Miss puck then deke	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
6. Flip puck over stick	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
7. Defender as a screen	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Offensive Tactics - Offensive Zone																					
8. Fake wrap around - pivot and shoot	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9. Fake wrap around - pass short side	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Face-Offs																					
10. Techniques - quick draw	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11. Techniques - hit stick	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12. Techniques - draw back fhd / bhd	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
13. Techniques - body block / use feet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
14. Techniques - body block / forward support	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
15. Techniques - forward	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>AVERAGE SCORE</b>																					
<b>OVERALL RANK</b>																					



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

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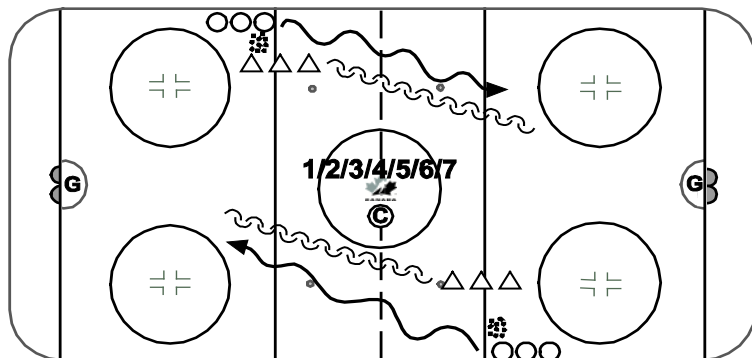
Signature: \_\_\_\_\_

NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM

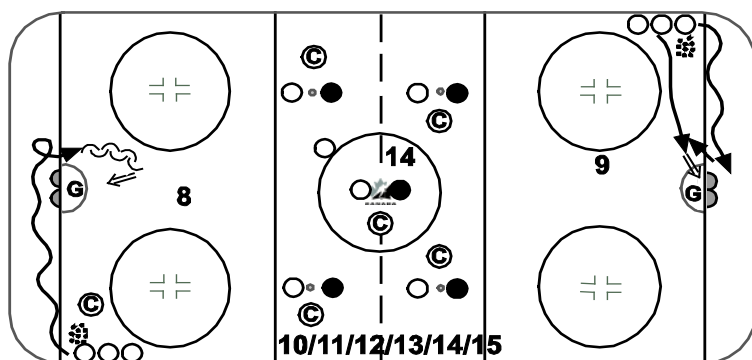
# HOCKEY CANADA

## Atom Skills Evaluation Phase 5

### Drills



1. Slider
2. Drop puck in skates
3. Puck outside d-man - body inside
4. Toe drag - puck off skate
5. Miss puck then deke
6. Flip puck over stick
7. Defender as a screen



8. Fake wrap around - pivot and shoot
9. Fake wrap around - pass short side
10. Techniques - quick draw
11. Techniques - hit stick
12. Techniques - draw back fhd / bhd
13. Techniques - body block / use feet
14. Techniques - body block / forward support
15. Techniques - forward