

HOCKEY CANADA

U7 Skills Evaluation Phase 1

U7 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
Balance and Agility															
1. Basic stance	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2. Getting up from the ice	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
3. Balance on one foot	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
4. Jumping - one foot	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
5. Gliding on two skates	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
6. Gliding on one skate - forward	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
7. Lateral crossovers - step and plant	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Starting and Stopping															
8. T-start	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9. One o'clock - eleven o'clock stops	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Forward Skating and Striding															
10. C-cuts - alternating	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11. C-cuts - both feet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12. Forward striding	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Edge Control															
13. Figure 8's - forward - inside edge	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
14. Figure 8's - forward - outside edge	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Turning and Crossovers															
15. Glide turns	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Stationary Puck Control															
16. Stance	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AVERAGE SCORE															
OVERALL RANK															



Team Name: _____

Date of Evaluation: _____

Age Division: _____

Coach: _____

NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM
