

HOCKEY CANADA

Initiation Skills Evaluation Phase 1

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
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: - _____

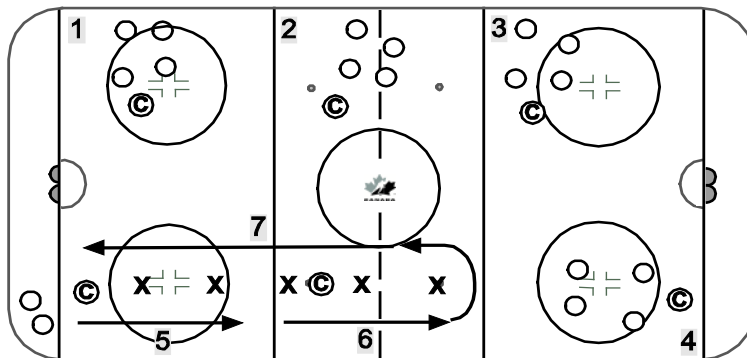
Coach: - _____

NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM

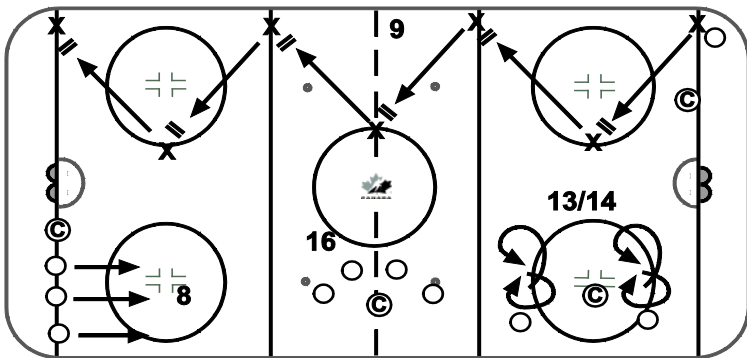
HOCKEY CANADA

Initiation Skills Evaluation Phase 1

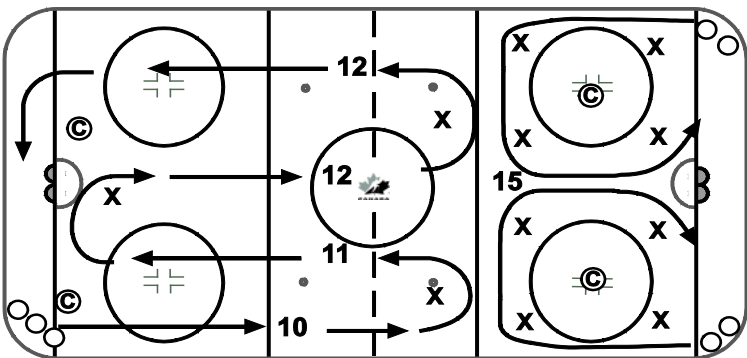
Drills



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



8. T-start
9. One o'clock - eleven o'clock stops
13. Figure 8's - forward - inside edge
14. Figure 8's - forward - outside edge



10. C-cuts - alternating
11. C-cuts - both feet
12. Forward striding
15. Glide turns

HOCKEY CANADA

Initiation Skills Evaluation Phase 2

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



Team Name: _____

Date of Evaluation: _____

Age Division: _____

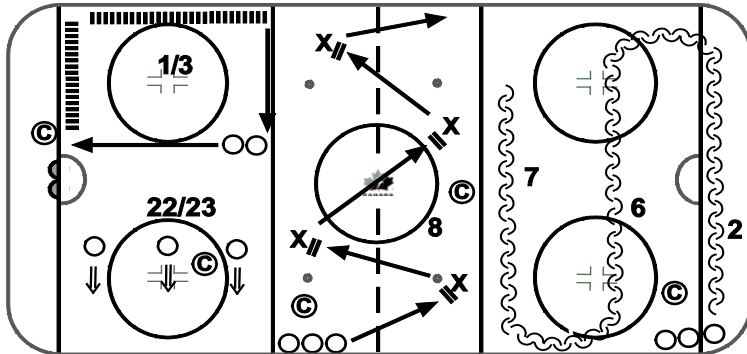
Coach: _____

NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM

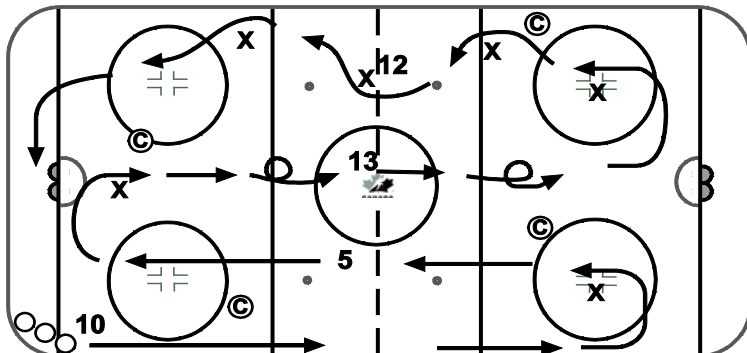
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Initiation Skills Evaluation Phase 2

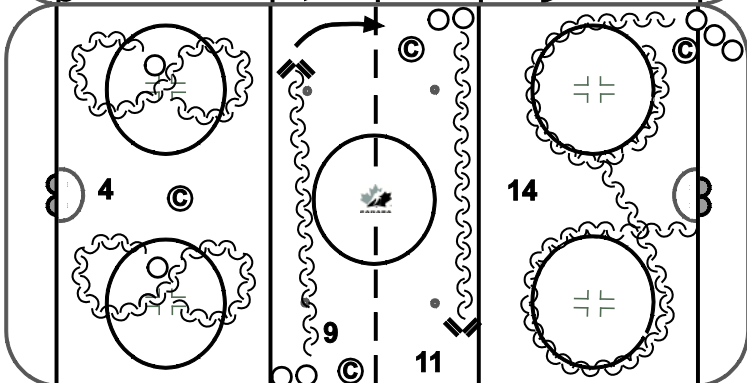
Drills



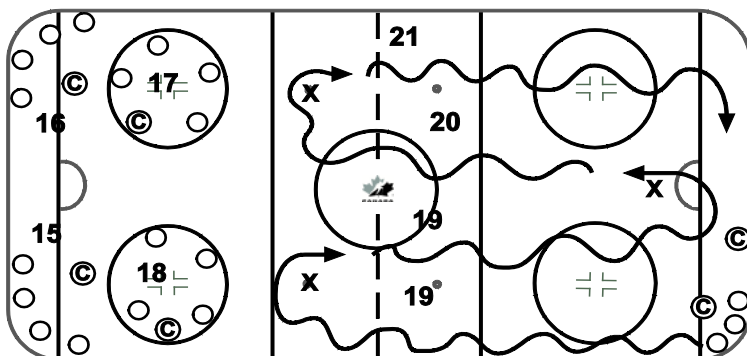
1. Gliding with knee bend
2. Gliding on one skate - backward
6. C-cuts - alternating
7. Gliding on two skates - backward
8. Outside leg stop
22. Sweep shot - forehand
23. Sweep shot - backhand



10. Front v-start
5. Exaggerated stride
12. Tight turns
13. 360's - left and right



4. Figure 8's - backward - inside edge
9. Backward c-cut start
11. Two-leg backward stop
14. C-cuts - around circle - outside foot - backward



15. Side - front - side
16. Hands wide
17. Hands together
18. Narrow and wide combination
19. One leg - left and right
20. Narrow and wide combination
21. Weaving with puck

HOCKEY CANADA

Initiation Skills Evaluation Phase 3

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
Turning and Crossovers															
1. C-cuts - around circle - outside foot	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2. Crossovers - forward	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
3. Crossovers - three quick - left and right	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
4. Backward one-foot stop and t-start	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Starting and Stopping															
5. Crossover start	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
6. One-leg backward stop	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Stationary Puck Control															
7. Toe drag - side and front	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
8. Partner on knees - moving stick	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9. Stick through legs	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10. Rotation	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11. Puck through legs from back	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Moving Puck Control															
12. Open ice carry - forehand	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
13. Open ice carry - backhand	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
14. Stick through legs	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Stationary Passing and Receiving															
15. Stationary forhand pass	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
16. Stationary backhand pass	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
17. Stationary bank pass	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Moving Passing and Receiving															
18. Moving forehand pass	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
19. Moving backhand pass	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AVERAGE SCORE															
OVERALL RANK															



Team Name: _____

Date of Evaluation: _____

Age Division: _____

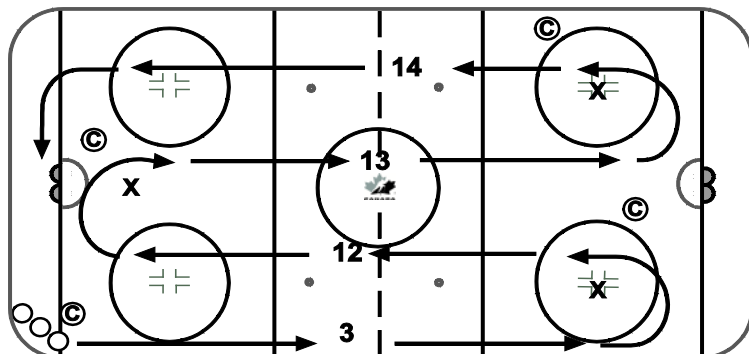
Coach: _____

NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM

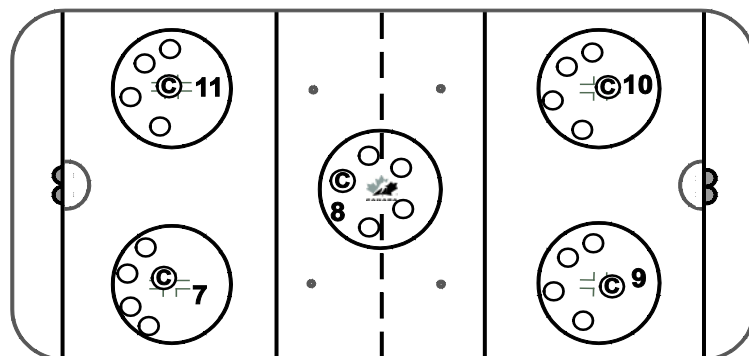
HOCKEY CANADA

Initiation Skills Evaluation Phase 1

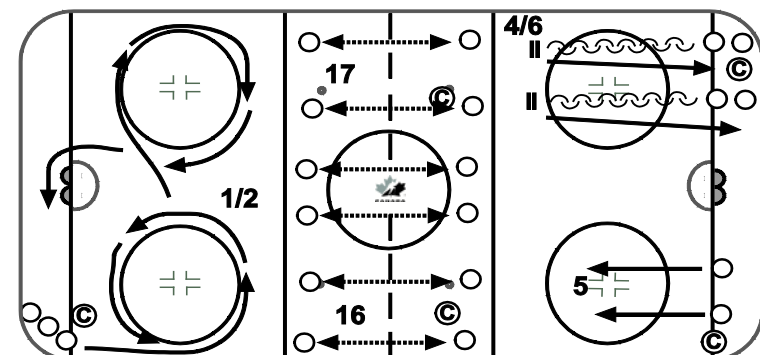
Drills



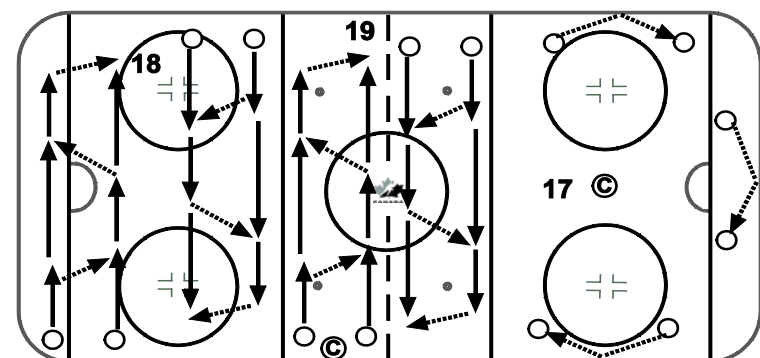
- 3. Crossovers - three quick - left and right
- 12. Open ice carry - forehand
- 13. Open ice carry - backhand
- 14. Stick through legs



- 7. Toe drag - side and front
- 8. Partner on knees - moving stick
- 9. Stick through legs
- 10. Rotation
- 11. Puck through legs from back



- 1. C-cuts - around circle - outside foot
- 2. Crossovers - forward
- 15. Stationary forhand pass
- 16. Stationary backhand pass
- 5. Crossover start
- 4. Backward one-foot stop and t-start
- 6. One-leg backward stop



- 18. Moving forehand pass
- 19. Moving backhand pass
- 17. Stationary bank pass

HOCKEY CANADA

Initiation Skills Evaluation Phase 4

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
Starting and Stopping															
1. Two foot parallel stop	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Turning and Crossovers															
2. Mohawk on circlces - open and reverse	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
3. Pivots - bwd to fwd and fwd to bwd	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
4. Pivots - open and reverse	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
5. Crossovers - backward	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Stationary Puck Control															
6. Switch hands	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
7. Two pucks	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Moving Puck Control															
8. Puck dots - skates straddle	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9. Puck inside pylon - off stick	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10. Puck in feet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11. Toe drag - skates on one side	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12. Puck through legs from back	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
13. Switch hands	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
14. Toe drag- front and side	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
15. Figure 8's - two pylons	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Stationary Passing and Receiving															
16. Forehand pass - backhand receive	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
17. Backhand pass - forehand receive	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Moving Passing and Receiving															
18. Lead pass	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wrist Shot															
19. Wrist shot- forehand - low	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
20. Wrist shot - backhand - low	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Flip Shot															
21. Flip shot - forehand	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Individual Offensive Tactics															
22. Body fakes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
23. Stick fakes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AVERAGE SCORE															
OVERALL RANK															



Team Name: _____ Date of Evaluation: _____

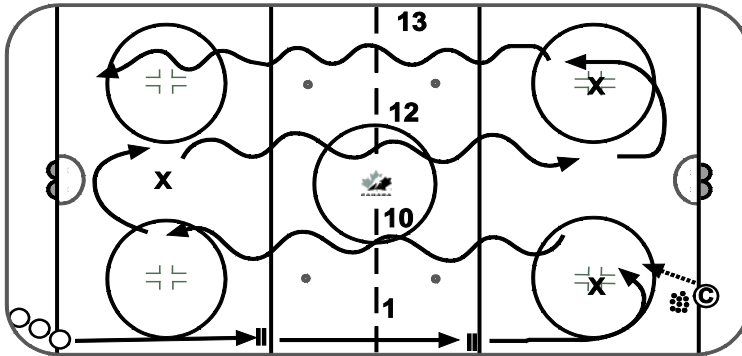
Age Division: _____ Coach: _____

NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM

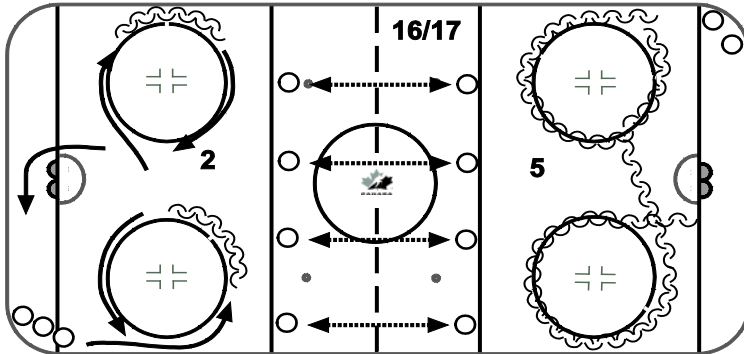
HOCKEY CANADA

Initiation Skills Evaluation Phase 4

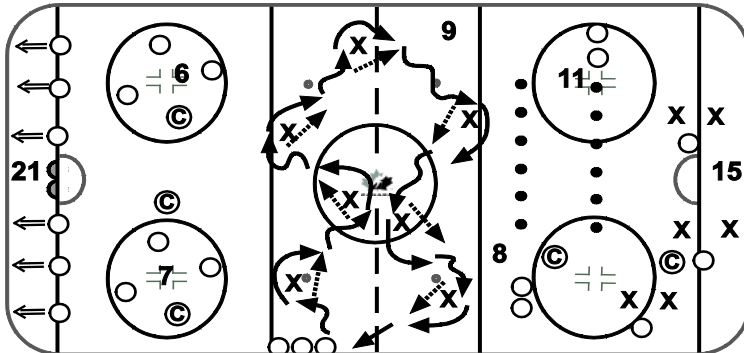
Drills



- 1. Two foot parallel stop
- 10. Puck in feet
- 12. Puck through legs from back
- 13. Switch hands



- 2. Mohawk on circles - open and reverse
- 16. Forehand pass - backhand receive
- 17. Backhand pass - forehand receive
- 5. Crossovers - backward



- 21. Flip shot - forehand
- 6. Switch hands
- 7. Two pucks
- 9. Puck inside pylon - off stick
- 8. Puck dots - skates straddle
- 11. Toe drag - skates on one side
- 15. Figure 8's - two pylons