

	1 – POOR	2 – BELOW AVERAGE	3 - AVERAGE	4- ABOVE AVERAGE
Forward Skating	<ul style="list-style-type: none"> ❑ Still acquiring proper stance & balance. Often falls. ❑ Still acquiring proper stride, does not bring feet back to middle or fully extend leg. ❑ Crossovers- cannot lift leg over the other, or maintain balance & speed. 	<ul style="list-style-type: none"> ❑ Sometimes displays proper stance & balance. ❑ Acquired some basics of stride often lose balance & head is not up when in motion. ❑ Crossovers- cannot fully lift leg over the other, struggles to maintain balance & speed. Often has to balance check. 	<ul style="list-style-type: none"> ❑ Generally maintains proper stance & balance. ❑ Has acquired a good foundation of stride but still acquiring consistent stride & full leg extension. ❑ Crossovers- can lift leg over the other. Sometimes able to maintain balance & speed. Sometimes has to balance check. 	<ul style="list-style-type: none"> ❑ Consistently maintains proper stance & balance. ❑ Has acquired good stride & leg extensions. Strides are smooth with full leg extension. Strides are generally powerful. ❑ Crossovers- can consistently lift leg over the other. Generally able to maintain balance & speed
Backward Skating	<ul style="list-style-type: none"> ❑ Still acquiring proper stance & balance. Often uses stick for balance. Head is down. ❑ Cannot perform a C Cut. Cannot maintain backwards momentum. ❑ Crossover- Cannot perform a backwards crossover. 	<ul style="list-style-type: none"> ❑ Still acquiring proper stance & balance. Sometime uses stick for balance. Head is sometimes up. ❑ Attempts C cuts but cannot make complete C. Struggles to maintain backwards momentum. ❑ Crossovers- Still acquiring the basics of backwards crossovers. Can only do a couple without breaking form & momentum. 	<ul style="list-style-type: none"> ❑ Generally maintains proper form & balance. Rarely uses stick for balance check. Keeps head up. ❑ Can perform a C-cuts but sometimes does not make complete entire C. Sometimes loses form but generally able to maintain momentum. ❑ Crossover - Has acquired the basics of backwards crossovers. Sometimes able to proper form & able to maintain momentum. 	<ul style="list-style-type: none"> ❑ Consistently displays proper form with good center of gravity. Head & chest are up while skating. ❑ Generally displays full & smooth C-cuts. Able to maintain momentum & gains speed. ❑ Crossovers – Has acquired good backward crossovers. Generally maintains proper form & able to keep momentum & maintain speed.
Stops & Starts	<ul style="list-style-type: none"> ❑ Still acquiring proper stance & balance. Does not display proper stance into & out of stops/starts. ❑ Attempts T or V start. Cannot perform crossover start. ❑ Stops – Still acquiring stopping skills. Sometimes able to perform 1 foot stop. Not able to perform 2 foot stop. ❑ Does not uses power starts out of stops. 	<ul style="list-style-type: none"> ❑ Still acquiring proper stance & balance. Does not display proper stance into & out of stops/starts. ❑ Sometimes displays T or V start. Cannot perform crossover start. ❑ Stops – Still acquiring stopping skills. Generally able to perform 1 foot stop. Not able to perform proper 2 foot stop. ❑ Does not perform a crossover start out of stop. 	<ul style="list-style-type: none"> ❑ Generally maintains proper form & balance. Sometimes maintains proper stance into & out of stops/starts. ❑ Generally displays proper T or V start. ❑ Acquiring basics of crossover start. ❑ Stops – Can perform One foot stop on both sides. Can perform two foot stop but does not consistently maintain proper form into & out of stop. ❑ Sometimes attempts crossover start out of stop. 	<ul style="list-style-type: none"> ❑ Consistently maintains proper stance & balance into & out of stops/starts. ❑ Consistently displays proper T or V start. Has acquired basics of crossover start. ❑ Stops – Consistently uses & performs two foot stop. Generally maintains proper form into & out of stop. ❑ Sometimes performs powerful crossover start out of stop.
Shooting	<ul style="list-style-type: none"> ❑ Sometimes displays accurate sliders while stationary. ❑ Backhand Flip- Sometimes lifts ring static. Not usually accurate. ❑ Not able to perform wrist shot while static or moving. ❑ Does not Deke. 	<ul style="list-style-type: none"> ❑ Generally displays accurate sliders while moving. ❑ Backhand flip- Sometimes accurate static. Sometimes accurate when moving. ❑ Wrist Shots- Can sometimes lift ring when static. Cannot lift ring while moving. ❑ Rarely Dekes. 	<ul style="list-style-type: none"> ❑ Generally displays accurate sliders while moving. ❑ Backhand flip- Generally accurate when static. Generally accurate when moving. ❑ Wrist Shots- Can sometimes lift ring when static. Sometimes lifts ring while moving. No power. ❑ Sometimes Dekes. 	<ul style="list-style-type: none"> ❑ Consistently displays accurate sliders while moving. ❑ Backhand flip- Consistently accurate when static consistently accurate when moving. ❑ Wrist Shots- Generally accurate when static. Sometimes accurate when moving. Some power in shot. Dekes often.

Passing and Receiving	<ul style="list-style-type: none"> □ Still acquiring proper form and stick grip. Does not point stick when passing/receiving. □ Sometime makes accurate passes while static. Not able to make accurate passes while moving. □ Sometime able to stab ring when static. Rarely able to stab ring while moving. 	<ul style="list-style-type: none"> □ Sometimes displays proper form & stick grip. Sometimes points stick when passing/receiving. □ Sometime makes accurate passes while static. Struggles to make accurate passes while moving. Struggles to make lead passes while static & moving. □ Sometimes able to stab ring when static. Not often able to stab ring while moving. 	<ul style="list-style-type: none"> □ Generally displays proper form & stick grip. Often points stick when passing/receiving. □ Consistently makes accurate passes while static, sometimes while moving. □ Generally makes accurate lead passes while static & sometimes while moving. □ Often able to stab ring when static. Sometimes able to stab ring when moving. 	<ul style="list-style-type: none"> □ Consistently displays proper form & stick grip. Consistently points stick when passing/receiving. □ Consistently makes accurate passes while static & moving. Generally makes accurate lead passes while static & moving. □ Often able to stab ring when static & moving.
Checking & Ring Handling	<ul style="list-style-type: none"> □ Often tries to check with one hand. Cannot check when skating. □ Cannot read ring carrier to cut off & cannot gain possession of the ring. □ Still acquiring ring handling skills. □ Easy to check & often loses possession of the ring. 	<ul style="list-style-type: none"> □ Sometimes checks hard with two hands on stick. □ In motion loses control of body & falls. □ Rarely reads ring carrier to cut off & sometimes gains possession of the ring. □ Sometimes ring handles & attempts to use body to protect ring. Often easy to check. 	<ul style="list-style-type: none"> □ Generally checks hard with two hands on stick, & sometimes maintains control of body. □ Generally tries to check in motion. □ Sometimes reads ring carrier to cut off & sometime gains possession of ring. □ Sometimes ring handles & uses body positioning to protect ring & sometimes maintain possession. 	<ul style="list-style-type: none"> □ Consistently checks hard with two hands on stick, & generally maintains control of body while skating. □ Often reads ring carrier to cut off & often gains possession of the ring. □ Strong ring handling: uses body positioning to protect ring from other players & maintains possession.
Game Skills - Offensive	<ul style="list-style-type: none"> □ Below average &/or new player □ Unable to keep up with play & struggles to get open for passes. □ Does not create shooting & passing opportunities. □ Still learning rules games. □ Player demonstrates weak knowledge in offensive zone. □ Avoids being in active play. 	<ul style="list-style-type: none"> □ Below average player. □ Struggles to gain & maintain possession of the ring. □ Rarely gets open for passes out to the zone. □ Sometimes able to keep up with the pace of game. □ Not often able to create offensive shooting & passing opportunities. □ Still learning games rules. □ Player is rarely in motion; stationary. 	<ul style="list-style-type: none"> □ Average player, □ Sometimes gains possession of the ring. <ul style="list-style-type: none"> □ Usually able to maintain possession. □ Sometimes able to get open for passes & sometimes able to keep up with the pace of game. □ Sometimes creates offensive shooting & passing opportunities. □ Shows good understanding of rules & sometimes displays good decision making skills. □ Player is sometimes in motion; stationary at times. 	<ul style="list-style-type: none"> □ Above average player, □ Player is generally motion Often has possession of the ring/involved in play. Does not create a lot of turnovers. □ Reads play well & often gets open for passes when not carrying the ring. □ Usually follows the play. □ Often creates offensive shooting & passing opportunities. □ Player demonstrates use of picks and screens. □ Shows good knowledge of rules & displays good decision making skills.
Games Skills- Defensive	<ul style="list-style-type: none"> □ Below average or new player □ Player shows weak understanding of triangle positioning. □ Weak checker & Avoids play. □ Struggles to keep up with the play. □ Panics and “dumps” ring when pressured. □ Rarely Supports Goalie for goalie ring. 	<ul style="list-style-type: none"> □ Below average player □ Player tries to maintain a triangle but consistently breaks position. □ Attempts to block passes, struggles to read play. □ Rarely aggressive & weak checker. □ Rarely keeps up with the play. □ Player “dumps” ring on occasion. □ Sometimes Supports Goalie for goalie ring. 	<ul style="list-style-type: none"> □ Average player, □ Shows knowledge of triangle; but sometimes breaks formation. □ Sometimes reads the play to create turnovers. □ Average checker sometimes able to gain possession. □ Sometimes able to move ring out of defensive zone. Sometimes keep feet moving. □ Generally Supports Goalie for goalie ring. 	<ul style="list-style-type: none"> □ Above average player, □ Good Understanding of defensive triangle formation. □ Often reads the play to create turnovers. □ Generally Aggressive & strong checker. □ Generally in the play. □ Generally pressures offense & “steps up” in the triangle & in neutral zone. □ Sometimes will enter offensive zone □ Consistently Supports Goalie for goalie ring.

