

DISTRICT 9 HOCKEY

Season evaluation

Player _____

Coach _____

Date _____

+ = A Strength

√ = Average

Δ = Needs Improvement

PLAY			
Putting it all together			

TACTICS			
Defense Away from the Puck	Defense At the Puck	Offense At the Puck	Offense Away from the Puck
Ice awareness Communication Coverage Support Readiness	Finishing checks Defensive side Win battles Ice awareness Tenacity	Protecting puck Team possession Win battles Ice awareness Good decisions	Ice awareness Communication Creating space Puck support Readiness

SKILLS			
Skating	Puckhandling	Passing	Shooting
<u>Forward Backward</u> Quickness Speed Strength Agility Shiftiness	Protection Evasion Deception Soft hands Feet	<u>Forehand Backhand</u> Accuracy Quickness Receptivity Receiving	<u>Forehand Backhand</u> Accuracy Quickness Power

BODY			
Mobility	Co-ordination	Strength	Endurance
Quickness <u>Speed</u> Leverage Turning	Agility Eye-hand skills Body control Balance	Lower Body Core Upper Body Explosive Power	<u>Flexibility</u> Durability Aerobic Anaerobic

MIND			
Honesty _____	Smarts _____	Passion _____	Teamwork _____
—taking charge of your play Accountability Responsibility Objectivity Attention Coachability	—using intelligence Craftiness Initiative Self-Improvement Perceptiveness Patience	—always competing while managing emotions Enthusiasm Courage Resilience Pride Hustle	playing effectively with others Empathy Sacrifice Teammates Coaches Leadership