

Skaters

	1 – POOR	2 – BELOW AVERAGE	3 – AVERAGE	4 – ABOVE AVERAGE	5 – OUTSTANDING
Skating	Forward – sometimes in a proper stance and balance. Has the basics of a stride but often loses balance and head is not up when in motion. Struggles to maintain balance and speed during crossovers. Backward – acquiring proper stance and balance, sometimes uses stick for balance. Attempts c-cuts but cannot make a complete C, struggles to maintain momentum.	Forward – generally in proper stand and balance. Has a good foundation of stride but still acquiring consistent stride and full leg extension. Sometimes able to maintain balance and speed during crossovers. Backward – generally in proper form and balance, rarely uses stick for balance. Can perform c-cuts but sometimes does not complete entire C, sometimes loses form but able to maintain momentum.	Forward – maintains proper stance and balance. Has a good stride and leg extensions, strides are smooth and generally powerful. Shows basics of acceleration and sometimes uses sharp turns to maintain speed while changing direction. Able to maintain balance and speed during crossovers. Backward – consistently displays proper form with good centre of gravity. Displays full and smooth c-cuts while maintaining momentum. Can perform a backwards sharp turn but unable to maintain speed and/or body position.	Forward – consistently in proper stance and balance. Has consolidated stride skills, displays smooth efficient strides with full leg extension. Able to change speed in motion. Generally uses sharp turns to maintain speed and change direction quickly. Displays smooth and efficient crossovers while consistently maintaining balance and speed. Backward – consistently maintains proper form with good centre of gravity. Consistently displays full and smooth strides, able to maintain momentum and gain speed throughout c-cut. Able to perform sharp turns backwards.	Forward – consistently in proper stance and balance. Has consolidated stride skills, always displays smooth efficient strides with full leg extension and always powerful. Able to change speed/accelerate quickly. Consistently uses sharp turns and crossovers to maintain and increase speed efficiently. Backward – consistently in proper form with good centre of gravity. Consistently displays full and smooth strides, consistently able to maintain momentum and gain speed throughout c-cuts and crossovers. Able to perform backward sharp turns and maintain speed.
Ring Control	Passing – Occasionally displays proper form and stick grip. Sometimes points stick when passing/receiving. Sometimes makes accurate passes while static, struggles to make accurate passes while in motion. Struggles to make lead passes while static & moving. Sometimes able to stab ring when static, not often able to stab ring while moving. Checking/handling – sometimes checks hard with	Passing – generally displays proper form and stick grip. Often points stick when passing/receiving. Makes accurate forehand static passes, sometimes while moving. Rarely uses backhand passes. Attempts accurate lead passe while static, sometimes while moving. Generally able to stab ring when static, sometimes able to stab ring while moving.	Passing – consistently displays proper form and stick grip. Consistently points stick when passing/receiving. Generally makes accurate forehand pass while static and moving, sometimes accurate backhand passes. Generally makes accurate lead passes while static and moving, often able to stab ring when static and moving. Checking/handling – generally checks hard with 2 hands on stick, sometimes	Passing – consistently displays proper form and stick grip. Consistently points stick when passing/receiving. Consistently makes accurate forehand passes while static and moving, generally makes accurate backhand passes. Often able to stab ring when static and moving, attempts drop passes and board passes. Checking/handling – consistently checks hard with 2 hands on stick, maintains	Passing – consistently displays proper form and stick grip. Consistently points stick when passing/receiving. Consistently makes accurate forehand and backhand passes while static and moving. Consistently able to stab ring when static and moving. Uses drop passes and board passes in play. Knows when to use forehand or backhand passes. Checking/handling – consistently cleanly checks

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	2 hands on stick, sometimes gains possession of ring. Sometimes handles ring and rarely protects ring, easy to check.	Checking/handling – sometimes checks hard with 2 hands on stick, sometimes gains possession of the ring. Sometimes handles ring and attempts to use body to protect the ring, often easy to check.	maintains body control. Attempts sweep checks. Generally tries to check in motion, sometimes gains possession of ring. Checks in corners and along boards. Sometimes ring handles and uses body position to protect ring, sometimes maintains possession.	body control. Performs sweep checks. Often reads ring carrier to cut off and often gains possession of ring. Checks in corners and along boards, sometimes backchecks. Strong ring handling, uses body positioning to protect ring and maintains possession.	hard with 2 hands, consistently maintains body control. Consistently reads ring carrier to cut off and often gains possession of ring. Consistently checks in corners and along boards. Actively backchecks. Consistent strong ring handling skills, uses body positioning to protect ring and consistently maintains possession.
Offensive Play	Below average player. Struggles to gain and maintain possession of the ring. Rarely gets open for passes out to the zone. Sometimes able to keep up with the pace of the game. Not often able to create offensive shooting and passing opportunities. Unable to perform a basic breakout.	Below average player. Somewhat able to perform a breakout following coach instructions. Sometimes gains possession of the ring, usually able to maintain possession. Sometimes able to get open for passes and sometimes able to keep up with the pace of the game. Sometimes creates offensive shooting and passing opportunities. Sometimes displays good decision making skills.	Average player. Often has possession of the ring/involved in play. Does not create a lot of turnovers. Reads play well and gets open for passes when not carrying the ring. Usually follows the play. Generally creates shooting opportunities, attempts to set up teammates offensively. Player demonstrates knowledge of picks and screens. Displays good decision making skills.	Above average player. Consistently has possession of the ring, highly involved in the play. Generally does not create turnovers. Reads play well and open for passes, always follows the play. Consistently creates offensive shooting and passing opportunities. Shows good decision making skills, engages teammates in offensive zone. Demonstrates use of picks and screens.	Dominant player. Consistently has possession of the ring, highly involved in the play. Generally does not create turnovers. Reads play well and open for passes, always follows the play. Consistently creates offensive shooting and passing opportunities. Shows good decision making skills, engages teammates in offensive zone. Demonstrates use of picks and screens.
Defensive Play	Below average player. Rarely aggressive and weak checker. Player maintains a triangle but consistently breaks position. Attempts to block passes, struggles to read play. Rarely keeps up with the play. Player “dumps” ring on occasion. Sometimes supports goalie for goalie ring breakout.	Below average player. Average checker, sometimes able to gain possession. Shows knowledge of triangle but sometimes breaks formation. Sometimes reads the play to create turnovers. Sometimes able to move ring out of defensive zone, sometimes keeps feet moving. Generally supports	Average player. Generally aggressive and strong checker. Good understanding of defensive triangle formation. Often reads the play to create turnovers. Generally in the play and pressures offense, “steps up” in the triangle and neutral zone. Sometimes will enter offensive zone, sometimes stays with check. Generally	Above average player. Aggressive and successful checker. Strong understanding of defensive triangle. Consistently reads the play to create turnovers, consistently able to move ring out of defensive zone. Consistently pressures offense, “steps up” in the triangle and neutral zone. Intercepts ring in neutral or	Dominant player. Aggressive and successful checker. Consistently reads the play to create turnovers, consistently able to move ring out of defensive zone. Consistently pressures offense and “steps up” in the triangle and neutral zone. Intercepts ring in neutral or offensive opportunities.

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		goalie for goalie ring breakout.	supports goalie for goalie ring breakout.	offensive zone. Takes offensive opportunities. Consistently supports goalie for goalie ring, sometimes follows up offense on breakout.	Consistently supports goalie on goalie ring, consistently supports offense on breakout. Makes support passes to teammates when appropriate.
Game Sense	Shows limited understanding of positioning and game flow. Often watches the play rather than anticipating it. Struggles to make quick decisions, rarely aware of where the ring or players are on the ice. Often out of position and slow to react to transitions between offense and defense.	Developing understanding of positioning and play flow but inconsistent in game play. Sometimes anticipates where the ring will go but often reacts late. Decision making is slow under pressure, occasionally aware of open teammates but struggles to execute plays quickly. Sometimes maintains position but frequently gets caught watching the play.	Displays a good understanding of positioning and game play. Anticipates where the ring will go and makes reasonable decisions most of the time. Recognizes offensive and defensive transitions and adjust positioning accordingly. Usually aware of open teammates and attempts to make good passing choices. Occasionally makes errors under pressure.	Demonstrates strong awareness of play flow and positioning. Anticipates the next play and reacts quickly to changes in possession. Makes smart and timely decisions with and without the ring. Reads opponents and uses awareness to create and prevent opportunities. Consistently supports teammates in all zones and shows an understanding of game strategy.	Displays exceptional anticipation, awareness, and decision making. Reads the entire ice surface and predicts plays before they develop. Always in excellent position both offensively and defensively. Consistently makes creative, effective, and quick decisions under pressure. Directs and supports teammates with excellent communication and awareness of game situations. Demonstrates elite understanding of systems and strategy.

Goals

	1 – POOR	2 – BELOW AVERAGE	3 – AVERAGE	4 – ABOVE AVERAGE	5 – OUTSTANDING
Skating & Movement	Unable to perform smooth lateral pushes from side to side. Still learning skill in T-pushes and gliding. Acquiring coordination of power pushes and gliding. Backwards c-cuts are weak, forward skating is weak with weak transitions to backwards. Rarely reads play most of the time. Unable to perform butterfly slides from side to side smoothly.	Somewhat smooth lateral pushes from side to side. Still learning skill in T-pushes and gliding. Acquiring coordination of power pushes and gliding. Backwards c-cuts somewhat smooth, generally smooth forward skating with weak transitions to backwards. Somewhat reads play most of the time. Sometimes able to perform butterfly slides from side to side smoothly.	Generally smooth lateral pushes from side to side. Demonstrates some skill in T-pushes and gliding. Some understanding of power pushes and gliding. Backwards c-cuts are smooth but not consistent, generally smooth forward and backward skating and transitions. Able to read play most of the time. Able to generally perform butterfly slides from side to side smoothly.	Strong lateral pushes from side to side. Demonstrates strong understanding of T-push and gliding, demonstrates strong understanding of power pushes and gliding. Strong and consistent backwards c-cuts, strong and consistent forward and backward skating and transitions. Able to consistently read play. Able to generally perform butterfly slides from side to side smoothly.	Strong lateral pushes from side to side. Demonstrates strong understanding of T-push and gliding, demonstrates strong understanding of power pushes and gliding. Strong and consistent backwards c-cuts, strong and consistent forward and backward skating and transitions. Able to consistently read play well. Able to consistently perform butterfly slides from side to side smoothly.
Positioning	Rarely finds the post, often slow to tighten to post. Sometimes in position for triangle and free passes. Shows weak understanding to playing angles. Rarely adjusts correctly to teammates positions in the triangle. Rarely adjusts to offensive players positions and passes made.	Sometimes able to hug and find post, often slow to tighten to post. Sometimes in position for triangle and free passes. Sometimes shows understanding of playing angles. Sometimes adjusts correctly to teammates positions in the triangle. Sometimes adjusts to offensive players positions and passes made.	Usually able to hug and find post, sometimes slow to tighten to post. Usually in position for the triangle and free passes. Sometimes shows understanding of playing angles. Generally adjusts correctly to teammates positions in the triangle. Generally adjusts to offensive players positions and passes made.	Generally able to hug and find post. Understands positional play in the triangle and free passes. Consistently shows understanding of playing angles. Consistently successfully adjusts to teammates positioning in the triangle. Consistently adjusts to offensive players positions and passes made.	Consistently able to hug and find post. Understands positional play in the triangle and free passes. Consistently shows understanding of playing angles. Consistently successfully adjusts to teammates positioning in the triangle. Consistently adjust to offensive players positions and passes made.
Saves & Rebounds	Struggles to track the ring and react to shots. Often late reacting to low or high shots. Frequently off balance after saves and unable to control rebounds. Rarely squares to the shooter. Rebounds often left in front of the crease,	Sometimes tracks the ring and reacts to shots but inconsistent in timing. Occasionally off balance after saves. Sometimes squares to the shooter but often leaves gaps. Attempts to control rebounds but often directs them into high-	Generally tracks the ring well and reacts appropriately to most shots. Usually squares to the shooter and maintains balance through saves. Rebounds are sometimes controlled or directed to the corners but not consistently.	Consistently tracks the ring well and reacts quickly to shots from various angles. Squares up to the shooter and maintains control and balance through saves. Rebounds are usually directed safely to corners or boards. Frequently freezes	Consistently reads and tracks the ring exceptionally well, reacting quickly and efficiently to all types of shots. Always square to the shooter and balanced through saves. Controls rebounds effectively, consistently steering them to

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	creating second scoring opportunities.	danger areas. Occasionally freezes the ring but inconsistent.	Occasionally freezes the ring when under pressure.	the ring when appropriate to control play. Demonstrates awareness of rebound recovery and positioning after the initial save.	safe areas. Demonstrates elite awareness and positioning for rebound recovery, minimizing second-chance opportunities.
Ring Skills	Rarely throws lead passes to teammates & open ice. Unable to redirect ring towards boards. Attempts blocks shots & reacts to shooter. Stick Handling – sometimes has stick flat on the ice, sometimes makes lead passes with goalie stick.	Sometimes throws lead passes to teammates & open ice. Attempts to control rebounds. Sometimes able to redirect ring towards boards. Can redirect ring when passed ring by teammates. Attempts blocks shots & reacts to shooter Stick Handling – sometimes has stick flat on the ice, sometimes makes lead passes with goalie stick.	Generally throws lead passes to teammates & to open ice. Attempts to control rebounds. Generally able to redirect ring towards boards. Can redirect ring when passed ring by teammates. Generally blocks shots & reacts to shooter Stick Handling – keeps stick flat on the ice, generally makes lead passes with goalie stick.	Consistently throws lead passes to teammates & throws to open ice. Typically controls rebounds. Able to redirect ring successfully towards boards. Can redirect ring when passed ring by teammates to move play forward. Consistently blocks shots & reacts to shooter Stick Handling – typically keeps stick flat on the ice, generally makes accurate lead passes with goalie stick.	Consistently throws lead passes to teammates & throws to open ice. Consistently controls rebounds. Consistently Able to redirect ring successfully towards boards. Can redirect ring when passed ring by teammates to move play forward. Consistently blocks shots & reacts to shooter Stick Handling – consistently keeps stick flat on the ice, able to make accurate lead passes with goalie stick.
Game Sense	Limited understanding of game flow and positioning relative to play. Rarely anticipates where shots or passes will come from. Often unaware of open opponents and defensive coverage. Reacts rather than anticipates. Slow to adjust positioning during transitions and free passes.	Developing understanding of game flow but inconsistent. Sometimes anticipates offensive plays but often reacts late. Occasionally tracks opposing players but loses awareness of secondary threats. Sometimes adjusts positioning with changing play but often relies on visual cues rather than anticipation.	Generally understands game flow and reads developing plays. Usually anticipates where shots or passes will come from. Tracks both ring carrier and secondary threats most of the time. Recognizes transitions and adjusts positioning to support teammates. Occasionally directs defenders verbally or visually.	Demonstrates strong understanding of play development and anticipates offensive patterns. Consistently aware of shooters and passing lanes. Reads and reacts early to developing plays and adjusts positioning accordingly. Communicates effectively with defenders to support coverage and transitions. Demonstrates good awareness on free passes and breakouts.	Demonstrates elite anticipation and full-ice awareness. Consistently predicts offensive plays before they develop. Always aware of primary and secondary threats and adjusts positioning proactively. Communicates constantly and effectively with defenders to organize coverage and breakouts. Reads transitions instantly and positions self and teammates for success. Displays exceptional understanding of game momentum and timing.