

**Skills Matrix Evaluation U10**

P L A Y E R																				
S K I L S																				
Carrying the ring																				
Protecting the ring																				
Forehand pass																				
Flip pass																				
Lead pass																				
Board pass																				
Spearing the ring																				
Body position for checking																				
Sweep checking																				
Stick checking																				
Sweep shots																				
Flip shots																				
V-start																				
T-start																				
Backward start																				
Edge control stop (inside/outside edges, parallel stops)																				
Backward v-stop																				
<b>Forward Skating (Assessed on skills below)</b>																				
Proper forward stride technique																				
Forward Acceleration																				
Sharp turns																				
Forward Crossover																				
<b>Backward Skating (Assessed on skills below)</b>																				
Proper backward stride technique																				
Backward Acceleration																				
Sharp turns																				
Basic pivot turn (front to back)																				
Basic pivot turn (back to front)																				
<b>Total</b>																				