

Skills Matrix Evaluation U8

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

1 - Initiation 2 - Acquisition 3 - Consolidation 4 - Refinement