

HOCKEY CANADA

U7 Skills Evaluation Phase 1

INITIATION	Player																													
	Name 1		Name 2		Name 3		Name 4		Name 5		Name 6		Name 7		Name 8		Name 9		Name 10		Name 11		Name 12		Name 13		Name 14		Name 15	
	1	R	2	R	3	R	4	R	5	R	6	R	7	R	8	R	9	R	10	R	11	R	12	R	13	R	14	R	15	R
Balance and Agility																														
1. Basic stance	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
2. Getting up from the ice	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
3. Balance on one foot	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
4. Jumping - one foot	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
5. Gliding on two skates	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
6. Gliding on one skate - forward	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
7. Lateral crossovers - step and plant	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Starting and Stopping																														
8. T-start	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
9. One o'clock - eleven o'clock stops	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Forward Skating and Striding																														
10. C-cuts - alternating	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
11. C-cuts - both feet	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
12. Forward striding	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Edge Control																														
13. Figure 8's - forward - inside edge	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
14. Figure 8's - forward - outside edge	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Turning and Crossovers																														
15. Glide turns	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Stationary Puck Control																														
16. Stance	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
AVERAGE SCORE																														
OVERALL RANK																														



Team Name: _____

Date of Evaluation: _____

Age Division: _____

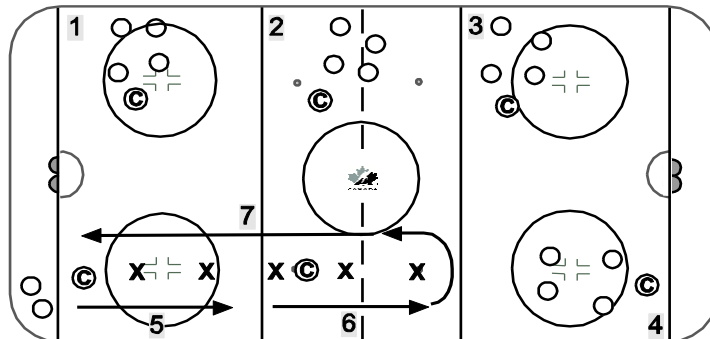
Coach: _____

NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM

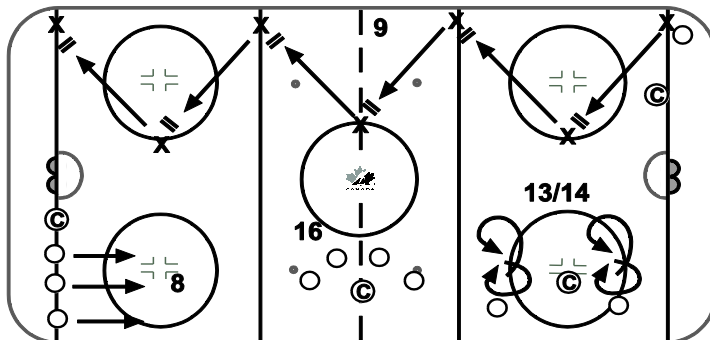
HOCKEY CANADA

U7 Skills Evaluation Phase 1

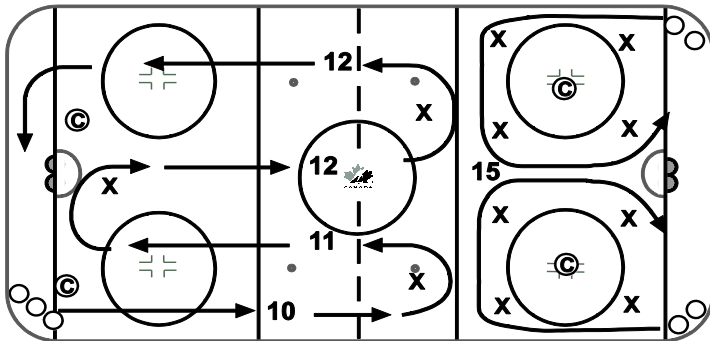
Drills



1. Basic stance
2. Getting up from the ice
3. Balance on one foot
4. Jumping - one foot
5. Gliding on two skates
6. Gliding on one skate - forward
7. Lateral crossovers - step and plant



8. T-start
9. One o'clock - eleven o'clock stops
13. Figure 8's - forward - inside edge
14. Figure 8's - forward - outside edge



10. C-cuts - alternating
11. C-cuts - both feet
12. Forward striding
15. Glide turns

HOCKEY CANADA

U7 Skills Evaluation Phase 2

INITIATION	Player																													
	Name 1		Name 2		Name 3		Name 4		Name 5		Name 6		Name 7		Name 8		Name 9		Name 10		Name 11		Name 12		Name 13		Name 14		Name 15	
	1	R	2	R	3	R	4	R	5	R	6	R	7	R	8	R	9	R	10	R	11	R	12	R	13	R	14	R	15	R
Balance and Agility																														
1. Gliding with knee bend	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
2. Gliding on one skate - backward	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
3. Lateral crossovers - continuous	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Edge Control																														
4. Figure 8's - backward - inside edge	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Forward Skating and Striding																														
5. Exaggerated stride	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Backward Skating																														
6. C-cuts - alternating	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
7. Gliding on two skates - backward	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Starting and Stopping																														
8. Outside leg stop	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
9. Backward c-cut start	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
10. Front v-start	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
11. Two-leg backward stop	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Turning and Crossovers																														
12. Tight turns	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
13. 360's - left and right	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
14. C-cuts - around circle - outside foot - backward	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Stationary Puck Control																														
15. Side - front - side	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
16. Hands wide	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
17. Hands together	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
18. Narrow and wide combination	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Moving Puck Control																														
19. One leg - left and right	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
20. Narrow and wide combination	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
21. Weaving with puck	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Sweep Shot																														
22. Sweep shot - forehand	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
23. Sweep shot - backhand	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
AVERAGE SCORE																														
OVERALL RANK																														



Team Name: _____

Date of Evaluation: _____

Age Division: _____

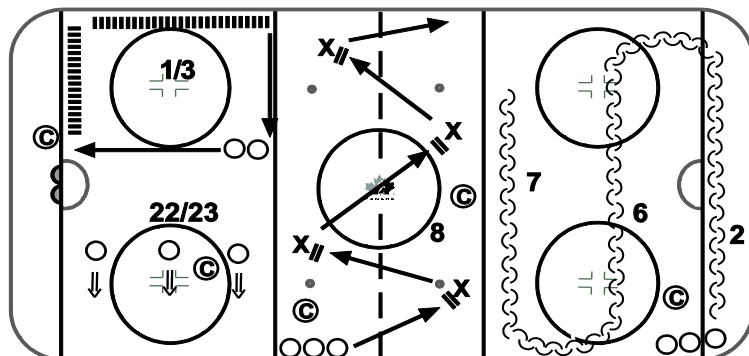
Coach: _____

NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM

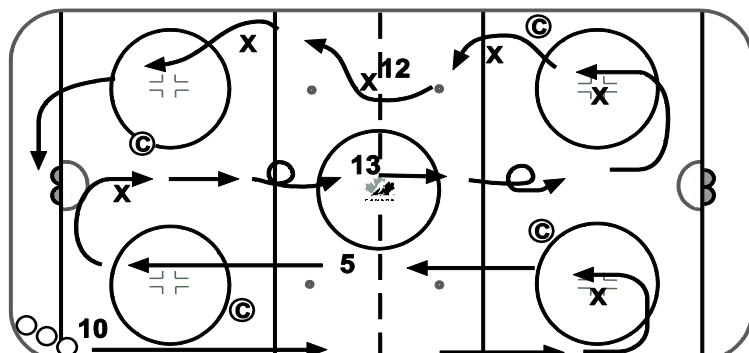
HOCKEY CANADA

U7 Skills Evaluation Phase 2

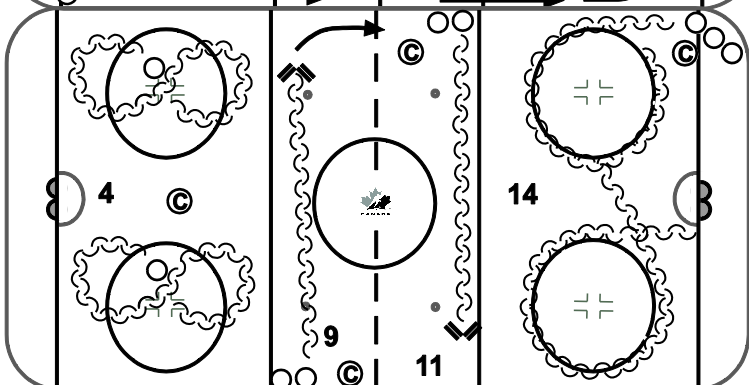
Drills



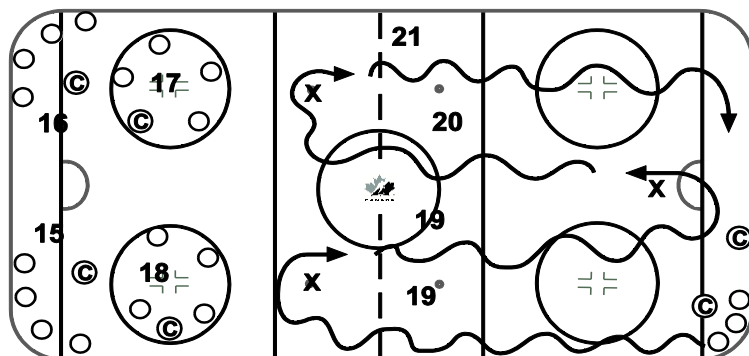
1. Gliding with knee bend
2. Gliding on one skate - backward
6. C-cuts - alternating
7. Gliding on two skates - backward
8. Outside leg stop
22. Sweep shot - forehand
23. Sweep shot - backhand



10. Front v-start
5. Exaggerated stride
12. Tight turns
13. 360's - left and right



4. Figure 8's - backward - inside edge
9. Backward c-cut start
11. Two-leg backward stop
14. C-cuts - around circle - outside foot - backward



15. Side - front - side
16. Hands wide
17. Hands together
18. Narrow and wide combination
19. One leg - left and right
20. Narrow and wide combination
21. Weaving with puck

HOCKEY CANADA

U7 Skills Evaluation Phase 3

INITIATION	Player																													
	Name 1		Name 2		Name 3		Name 4		Name 5		Name 6		Name 7		Name 8		Name 9		Name 10		Name 11		Name 12		Name 13		Name 14		Name 15	
	1	R	2	R	3	R	4	R	5	R	6	R	7	R	8	R	9	R	10	R	11	R	12	R	13	R	14	R	15	R
Turning and Crossovers																														
1. C-cuts - around circle - outside foot	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
2. Crossovers - forward	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
3. Crossovers - three quick - left and right	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
4. Backward one-foot stop and t-start	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Starting and Stopping																														
5. Crossover start	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
6. One-leg backward stop	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Stationary Puck Control																														
7. Toe drag - side and front	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
8. Partner on knees - moving stick	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
9. Stick through legs	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
10. Rotation	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
11. Puck through legs from back	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Moving Puck Control																														
12. Open ice carry - forehand	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
13. Open ice carry - backhand	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
14. Stick through legs	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Stationary Passing and Receiving																														
15. Stationary forhand pass	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
16. Stationary backhand pass	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
17. Stationary bank pass	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Moving Passing and Receiving																														
18. Moving forehand pass	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
19. Moving backhand pass	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
AVERAGE SCORE																														
OVERALL RANK																														



Team Name: _____

Date of Evaluation: _____

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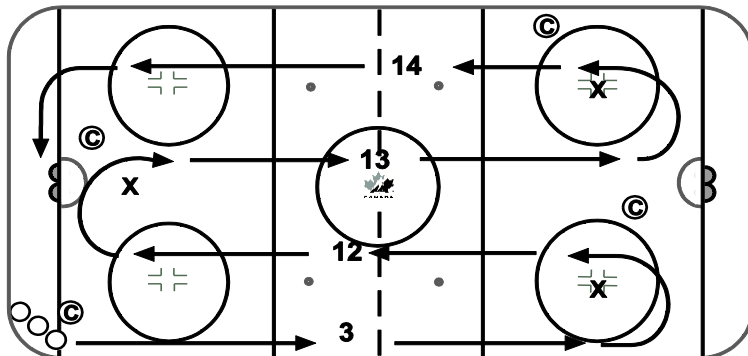
Coach: _____

NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM

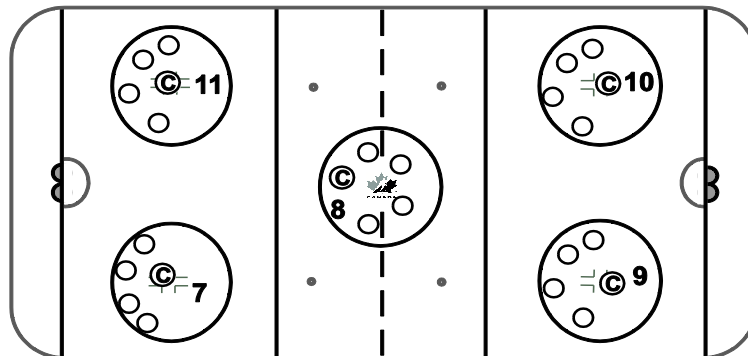
HOCKEY CANADA

U7 Skills Evaluation Phase 1

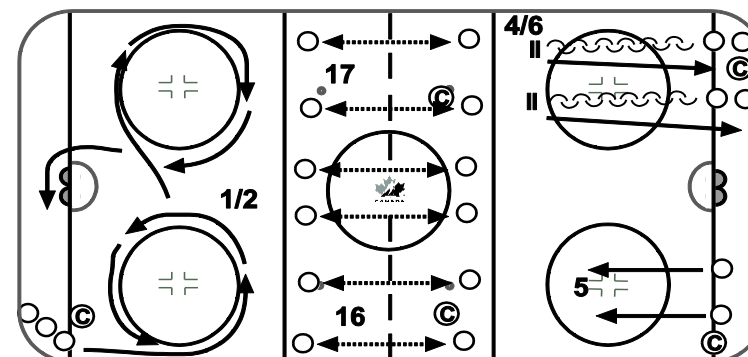
Drills



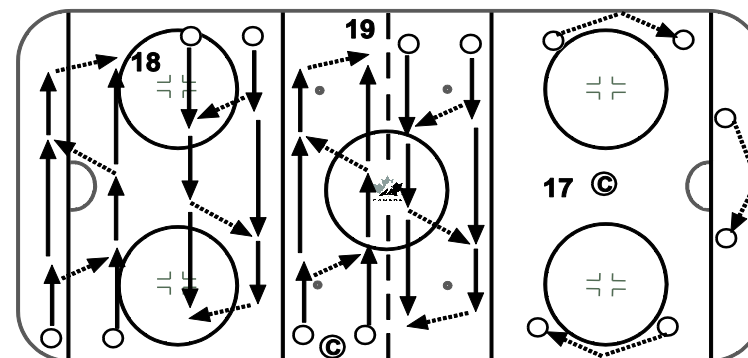
- 3. Crossovers - three quick - left and right
- 12. Open ice carry - forehand
- 13. Open ice carry - backhand
- 14. Stick through legs



- 7. Toe drag - side and front
- 8. Partner on knees - moving stick
- 9. Stick through legs
- 10. Rotation
- 11. Puck through legs from back



- 1. C-cuts - around circle - outside foot
- 2. Crossovers - forward
- 15. Stationary forehand pass
- 16. Stationary backhand pass
- 5. Crossover start
- 4. Backward one-foot stop and t-start
- 6. One-leg backward stop



- 18. Moving forehand pass
- 19. Moving backhand pass
- 17. Stationary bank pass

HOCKEY CANADA

U7 Skills Evaluation Phase 4

INITIATION Evaluation Item 1=weak, 10=strong	Player																													
	Name 1		Name 2		Name 3		Name 4		Name 5		Name 6		Name 7		Name 8		Name 9		Name 10		Name 11		Name 12		Name 13		Name 14		Name 15	
	1	R	2	R	3	R	4	R	5	R	6	R	7	R	8	R	9	R	10	R	11	R	12	R	13	R	14	R	15	R
Starting and Stopping																														
1. Two foot parallel stop	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Turning and Crossovers																														
2. Mohawk on circles - open and reverse	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
3. Pivots - bwd to fwd and fwd to bwd	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
4. Pivots - open and reverse	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
5. Crossovers - backward	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Stationary Puck Control																														
6. Switch hands	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
7. Two pucks	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Moving Puck Control																														
8. Puck dots - skates straddle	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
9. Puck inside pylon - off stick	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
10. Puck in feet	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
11. Toe drag - skates on one side	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
12. Puck through legs from back	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
13. Switch hands	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
14. Toe drag- front and side	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
15. Figure 8's - two pylons	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Stationary Passing and Receiving																														
16. Forehand pass - backhand receive	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
17. Backhand pass - forehand receive	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Moving Passing and Receiving																														
18. Lead pass	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Wrist Shot																														
19. Wrist shot- forehand - low	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
20. Wrist shot - backhand - low	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Flip Shot																														
21. Flip shot - forehand	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
Individual Offensive Tactics																														
22. Body fakes	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
23. Stick fakes	-		-		-		-		-		-		-		-		-		-		-		-		-		-		-	
AVERAGE SCORE																														
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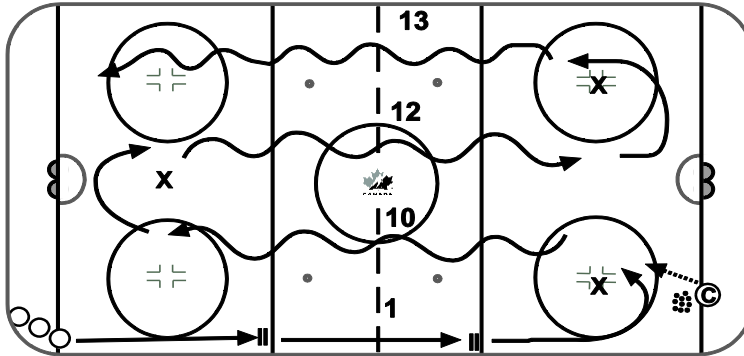
Coach: _____

NOTE: EVALUATE PLAYERS AGAINST PLAYERS ON OWN TEAM

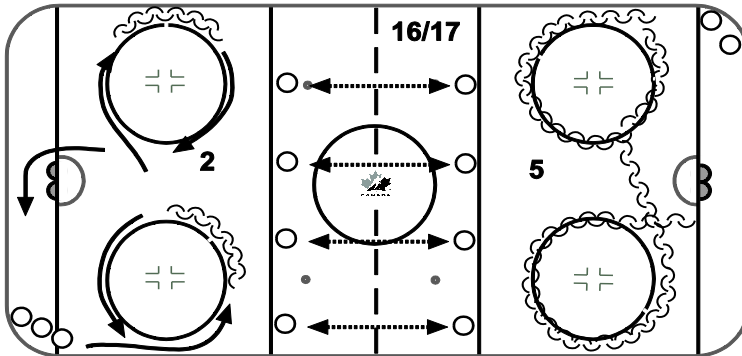
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U7 Skills Evaluation Phase 4

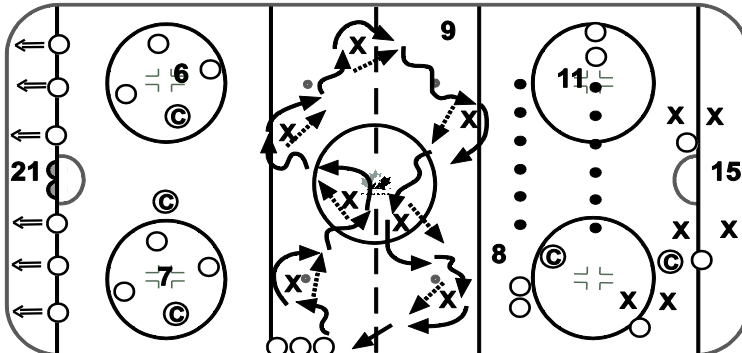
Drills



1. Two foot parallel stop
10. Puck in feet
12. Puck through legs from back
13. Switch hands



2. Mohawk on circles - open and reverse
16. Forehand pass - backhand receive
17. Backhand pass - forehand receive
5. Crossovers - backward



21. Flip shot - forehand
6. Switch hands
7. Two pucks
9. Puck inside pylon - off stick
8. Puck dots - skates straddle
11. Toe drag - skates on one side
15. Figure 8's - two pylons