

Skills Matrix Evaluation U12

Association/Club:

L A Y E R																				
S K I L L S																				
Carrying the ring																				
Protecting the ring																				
Forehand pass																				
Flip pass																				
Lead pass																				
Board pass																				
Back Hand pass																				
Drop pass																				
Spearing the ring																				
Receiving pass off board																				
Body position for checking																				
Sweep checking																				
Stick checking																				
Back checking																				
Sweep shots																				
Fore Hand Wrist shot																				
V-start																				
T-start																				
Backward start																				
Edge control stop (inside/outside edges, parallel stops)																				
Backward v-stop																				
Basic pivot turn (front to back)																				
Basic pivot turn (back to front)																				
Forward Skating (Assessed on skills below)	#DIV/0!	#####	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
Proper forward stride technique																				
Forward Acceleration																				
Sharp turns																				
Forward Crossover																				
Backward Skating (Assessed on skills below)				#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
Proper backward stride technique																				
Backward Acceleration																				
Sharp turns																				
Total	#DIV/0!	#####	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!

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

Team Composite Score

#DIV/0!