

Position Evaluation Expectations

Centres:

1. *Triangle Positioning (pushes out, aligns with ring side Defender; able to move between one and two hands on stick).*
2. *Follows break out pattern; tells Goalie on goalie ring possible options; delays to take break out pass from goalie.*
3. *Supports ring carrier whether Defender or Forward and can avoid getting "contained" on boards by checking opponents.*
4. *Manages the 3 v 3 attack and either picks, screens or supports ring carrier and can make passes to open forwards on attack; can shoot or attack triangle to create scoring opportunities.*
5. *Lets forwards forecheck and backs up to take neutral zone coverage when opponent has ring.*

Position Evaluation Expectations

Forwards:

1. *Performs the Break Out pattern for forwards.*
2. *Picks up passes consistently.*
3. *Wins 1 v 1 battles for ring.*
4. *Able to forecheck and shows body position to beat defender to loose ring.*
5. *Performs Free Pass Play.*
6. *Able to gain possession of ring over blue lines;*
7. *Manages the 3 v 3 attack, as above, like the Centre.*
8. *Shows forehand and backhand shots.*
9. *Uses the shot clock effectively, and can get resets to bring team advantage.*

Position Evaluation Expectations

Defenders:

1. *Triangle Positioning (aligns with Centre on ring side while ring carrier is moving around triangle; able to move between 1 and 2 hands on stick in triangle).*
2. *Follows the break out pattern and works in sync with goalie to avoid being out of position; can support the goalie, when the first choice of break out fails.*
3. *Gets loose rings and beats opponents to rings in corner.*
4. *Supports D partner for a support pass in the event that partner is pressured by multiple forecheckers.*
5. *Covers man on man style in neutral zone;*
6. *Pressures at blue line and avoids moving to the triangle too fast and giving up the blue line.*

Position Evaluation Expectations

Goal Keepers

1. **Saves:** *Makes many saves with blocker, catcher, pads, stick and stops most to all shots; does not let in "weak" goals, as a result of poor readiness, reaction and poor positioning.*
2. **Ring Distribution** - *Throw low and flat passes to safe zones on ice (goal line by side of net; not in front). Makes stick passes with accuracy and timing. Communicates with team mates to signal where and when to start break out.*
3. **Positioning** - *Staying square to the shooter; pushes out to manage angles to reduce amount of net showing to shooter; hugging post as ring is behind net and close to goal line. Backs into net on break aways.*
4. **Mobility** - *Basic stance - feet shoulder width apart, weight on inside edges; hands out; head up; back arched; hips low, but NOT crouching so low as to show too much net; performs butterfly, sliding butterfly and power push to move side to side; keep stick flat on ice during movement; NO bobbing up and down while moving laterally; can do T push and shuffle step.*
5. **Rebound Control** - *controls direction of rebounds with pads or stick; absorbs / cushions ring with stick on low shots.*
6. **Recovery** - *Returns to basic stance and proper positioning after being down on ice.*

