

FLHA Player Evaluation & Development Plan - U 14's & U16's (Boys & Girls)

Player Name: _____ Level of Play: _____ Period Ending: _____

Evaluation Criteria: 1 = Low 2 = Below Average 3 = Average 4 = Above Average 5 = High NA = Not Applicable

Areas of Performance	Evaluation Criteria						Comments & Suggestions for Improvement
	1	2	3	4	5	NA	
Technical Skills							
1. Skating Forward:							
1.1. Edge Control							
1.2. Ready Position							
1.3. Forward Start (Right & Left)							
1.4. Forward Stride							
1.5. Control Stop							
1.6. One Foot Stop							
1.7. Backward Skating							
1.8. Backward Stop							
1.9. Control Turn							
1.10. Stride							
1.11. Forward Crossover							
1.12. Backward Crossover							
1.13. Mohawk							
1.14. Transitions							
1.15. Backward Cross-Under Start							
1.16. Backward Two-Skate Stop							
1.17. Backward Power Stop (One Skate)							
1.18. Primary Focus All of Above &:							
1.18.1. Quickness							
1.18.2. Speed							
1.18.3. Agility							
1.18.4. Power							
2. Puck Handling Skills:							
2.1. Lateral Side-to-Side Dribble							
2.2. Forward-to-Backward Dribble							
2.3. Diagonal Dribble							
2.4. Attacking the "Triangle"							
2.5. Forehand Shift							
2.6. Backhand Shift							
2.7. Accelerating with the puck							
2.8. Change of Pace							
2.9. Slip Through							
2.10. Slip Across							
2.11. Puck Protection							
2.12. Give & Take							
2.13. Backward Puck Control							
3. Passing & Receiving:							
3.1. Forehand Passing							
3.2. Backhand Passing							
3.3. Forehand Receiving							
3.4. Backhand Receiving							
3.5. Flip – Saucer Pass (FH & BH)							
3.6. Receiving with Skate)							
3.7. Receiving with Hand							
3.8. Indirect Pass (Board)							
3.9. Surround the Puck							

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	1	2	3	4	5	NA	
3.10. One Touch Pass							
3.11. Wrap Around							
3.12. Breakout Pass							
3.13. Alley-Oop							
3.14. Eye Contact							
3.15. Presents a good target							
3.16. Overall Accuracy							
4. Shooting:							
4.1. Wrist Shot							
4.2. Back Hand							
4.3. Flip							
4.4. Snap							
4.5. Slap							
4.6. One-Timer							
4.7. Fake Shot							
4.8. Screen & Deflection							
4.9. Rebounding & Tipping							
4.10. Overall Accuracy							
5. Checking:							
5.1. Angling & Steering							
5.2. Body position & balance							
5.3. Body Checking Methods: 5.3.1. Shoulder Check 5.3.2. Hip Check 5.3.3. Block Check 5.3.4. Roll Check 5.3.5. Body Check							
5.4. Defensive side position							
5.5. Receiving a Check							
5.6. Gap Control Concepts							
5.7. Stick Checking (Poke, Hook, Press & Lift)							
Individual Offensive & Def. Tactics							
6. Basic Dekes & Fakes							
7. Basic Attack 1 vs. 1							
8. Driving Net							
9. Escapes							
10. Puck Protection Along Boards							
11. Closing the Gap							
12. Back-Checking							
Offensive Team Tactics:							
13. Give & Go / Give & Follow							
14. Cross / Headman							
15. Attack Principle 1, 2 , 3							
16. Fore-checking One on One							
17. Support Puck							
18. 2 v 1; 2 v 2; 3 v 2; 3 v 3							
19. Use of Quiet Zones							
20. Cycling							
Defensive Team Tactics							
21. Back-checking							
22. Neutral Zone -							

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	1	2	3	4	5	NA	
23. Inside / Outside Positioning							
Team Play							
24. Offensive Zone							
24.1. Positional Offense							
24.2. Offense in the Off. Zone							
24.3. Offense in the Def. Zone							
24.4. Face-Offs – All Zones / Team Play							
24.5. Triangle Offense							
24.6. Box Offense							
24.7. Entering the Zone							
24.8. Fore-checking Team Play							
24.9. Power Play Team Play							
24.10. Understands the Principles:							
24.10.1. Pressure							
24.10.2. Transition							
24.10.3. Support							
24.10.4. Control							
25. Defensive Zone							
25.1. Territorial Defense							
25.2. One Man Fore-checking							
25.3. Two Man Fore-checking							
25.4. Back-checking Principles							
25.5. Basic Def. Zone Coverage (Center on pt. & Wings on pt.)							
25.6. Penalty Killing							
25.7. Breakout(s)							
25.8. Def. Zone Face-Offs							
25.9. Shot Blocking							
Hockey Knowledge:							
26. Understands basic rules of game play:							
26.1. Off Sides							
26.2. Icing							
26.3. Face Offs							
26.4. Body Checking							
26.5. Checking from behind							
27. Common Infractions							
27.1. Unsportsmanlike conduct							
27.2. Body Checking							
27.3. Cross Checking							
27.4. Charging							
27.5. Elbowing							
27.6. Falling on the puck							
27.7. Holding							
27.8. Kneeing							
27.9. Falling on Puck							
27.10. High Sticking							
27.11. Tripping							
27.12. Interference							
27.13. Understands penalties (Minor vs. Major)							
Character / Attitude							
28. Being a positive contributor to "Team"							

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	1	2	3	4	5	NA	
29. Respect for Teammates, Coaches, Refs...							
30. Abides by Team Rules							
31. Exhibited Self Control & Discipline							
32. Effort – Constant work ethic							
33. Ability to Balance School & Outside Activities							
34. On-time for Games & Practices							
35. Respect for Authority							
36. Understand No to Drugs & Other Harmful substances							
37. Not be influenced by negative behavior of teammates							
38. Ability to cope with peer pressure							
39. Realizes importance of honesty & integrity on & off the ice							
40. Accepts responsibility for their actions & athletic performance							
41. Overall Coach-Ability							
42. General Comments:							
43. Suggestions for Improvement (Provide 3 to 5 Development Goals):							
43.1. _____							
43.2. _____							
43.3. _____							
43.4. _____							
43.5. _____							

Team Roster Size – Forwards & Defensemen: _____

Overall Player Rank Compared to Teammates: _____

Parent Signature: _____

Date: _____

Coach Signature: _____

Date: _____