

Skills Matrix Evaluation U9

P L A Y E R																				
S K I L L S																				
Carrying the ring																				
Protecting the ring																				
Forehand pass																				
Board pass																				
Spearing the ring																				
Body position for checking																				
Sweep checking																				
Stick checking																				
Sweep shots																				
Flip shots																				
V-start																				
T-start																				
Backward 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																				
Basic pivot turn (front to back)																				
Total																				