



## U9 - U11 KNIGHTS SKATERS OVERALL CUE CARD

		5 - Stand-out skills: Above the group	4 - Above Average: Fits in Group to slightly above group	3 - Average: Fits in Group	2 - Below Average: Skill is below group	1 - Needs Improvement – struggles to keep up with group
Speed	Skating	<p>Exceptional at all skating skills.</p> <ol style="list-style-type: none"> <li>1. Powerful acceleration in a straight line and out of turns; has great agility.</li> <li>2. Explosive skater, great knee bend and base.</li> <li>3. Change of speed, great starts and purposeful skating.</li> </ol>	<p>Strong at most skating skills.</p> <ol style="list-style-type: none"> <li>1. Good acceleration in straight lines and out of turns; has good agility.</li> <li>2. Strong skater, good base allows him/her to move with ease.</li> <li>3. Change of pace is evident</li> </ol>	<p>Average at most skating skills.</p> <ol style="list-style-type: none"> <li>1. Average acceleration in straight line and out of turns.</li> <li>2. Direction changes lack punch.</li> <li>3. Skates mostly with one gear but fairly steady.</li> </ol>	<p>Below average at most skating skills.</p> <ol style="list-style-type: none"> <li>1. Base of support is more narrow with a more upright posture.</li> <li>2. Lower level of acceleration, lags behind in drills.</li> <li>3. Cannot skate with sound balance, agility or speed.</li> </ol>	<p>Skating need significant work.</p> <ol style="list-style-type: none"> <li>1. Base of support is narrow with an upright posture.</li> <li>2. Little to no acceleration, falls behind in drills.</li> <li>3. Clearly shows a lack of balance, agility and speed.</li> </ol>
Puck Possession	Puck Skills	<p>Dominant at all three skills.</p> <ol style="list-style-type: none"> <li>1. Puck Control: Consistently maintains full control of the puck while skating with it in straight lines and in direction changes. Anticipates where the puck has to be to maintain control when presented obstacles.</li> <li>2. Hand Speed: Possesses very fast hands when controlling and stick handling the puck when in tight, and can quickly widen the puck control field when required to be evasive.</li> <li>3. Vision: Can maintain puck control at speed without needing to check where it is in both straight lines and through obstacles - greater than 75% "eyes up:puck check ratio".</li> </ol>	<p>Strong at all three skills.</p> <ol style="list-style-type: none"> <li>1. Puck Control: Consistently maintains full control of the puck while skating with it in straight lines and in direction changes. Anticipates where the puck has to be to maintain control when presented obstacles.</li> <li>2. Hand Speed: Possesses fast hands when controlling and stick handling the puck when in tight, and can quickly widen the puck control field when required to be evasive.</li> <li>3. Vision: Can maintain puck control at speed without needing to check where it is in both straight lines and through obstacles - 75:25 "eyes up:puck check ratio".</li> </ol>	<p>Average at all three skills.</p> <ol style="list-style-type: none"> <li>1. Puck Control: Maintains control of the puck while skating with it in straight lines and in direction changes.</li> <li>2. Hand Speed: Possesses average hand speed when controlling and stick handling the puck when in tight, and can widen the puck control field when required to be evasive.</li> <li>3. Vision: Can maintain puck control at speed without needing to check where it is in both straight lines and through obstacles - 50:50 "eyes up:puck check ratio".</li> </ol>	<p>Below average at all three skills.</p> <ol style="list-style-type: none"> <li>1. Puck Control: Prone to losing the puck while progressing through different puck control scenarios</li> <li>2. Hand Speed: Possesses below-average hand speed when controlling and stick handling the puck and can only really stick handle in the "comfort zone".</li> <li>3. Vision: Can rarely maintain puck control at speed without needing to check where it is in both straight lines and through obstacles - 25:75 "eyes up:puck check ratio".</li> </ol>	<p>Needs work on all three skills.</p> <ol style="list-style-type: none"> <li>1. Puck Control: Prone to losing the puck while progressing through different puck control scenarios</li> <li>2. Hand Speed: Has slow hands when stick handling or prefers to push the puck vs stick handling the puck in order to maintain possession in drills.</li> <li>3. Vision: Can't maintain puck control at speed without needing to check where it is in both straight lines and through obstacles - greater than 75% "eyes up:puck check ratio" (usually always looking down at the puck).</li> </ol>
Competitive Spirit	Checking	<p>Player Consistently uses controlled skating to accomplish 1 or more of the following</p> <ol style="list-style-type: none"> <li>1. Angling opponents to outside by saving ice, timing is great.</li> <li>2. Establishing body position on puck carrier and uses active stick to block shots, passes or lane to the net</li> <li>3. Using stick or body to separate opponents from the puck and keep position</li> <li>4. While taking a check also gives and initiates, mindful of rolling and slipping off checks to effectively win battles for the puck.</li> </ol>	<p>Player frequently uses</p> <ol style="list-style-type: none"> <li>1. Concepts of angling, saving ice, quick feet and an active stick to pursue the puck or attacker.</li> <li>2. Once body position is established player initiates body contact and stick checks to separate player from the puck but timing is sometime off causing the player to be slightly out of position.</li> <li>3. Involved in physical play, initiates and can receive.</li> </ol>	<p>Player engages in play but without quick feet or a quick stick. Late decisions causing the player to look like they are almost getting there.</p>	<p>Below average in engaging in play, without quick feet or quick still. Late or slow decisions causing the player to look like there are missing the check</p>	<p>Because player lacks fundamental skating skills he is not an effective checker and makes very little attempt to get engaged in the play to cause a turnover.</p>
Competitive Spirit	Compete (Puck Pursuits and Battles	<p>Work Ethic: Constant Desire to excel in all situations, constant work ethic in practice and games, never gives up, fire in their eyes. Willingness to compete. Aggressive - hard nosed by disciplined. Strong puck pursuit skills. Plays hard. Wins the 1 on 1 battles.</p>	<p>Work Ethic: Constant Desire to excel in all situations, constant work ethic in practice and games, never gives up, fire in their eyes. Willingness to compete. Aggressive - hard nosed by disciplined. Strong puck pursuit skills. Plays hard. Wins the 1 on 1 battles.</p>	<p>Cannot maintain work ethic (in shifts, periods, games - especially early and late, poor line changes. Negative verbal exchanges with opponents, teammates and officials. Soft</p>	<p>Cannot maintain work ethic (in shifts, periods, games - especially early and late, poor line changes. Negative verbal exchanges with opponents, teammates and officials. Soft</p>	<p>Need significant work on maintaining work ethic, seems disinterested</p>
Functional Intelligence	Overall sense	<p>Outstanding read and react skills. 1. Right play at the right time, great judgement and discipline, good vision (sees the ice). 2. Player understands positional play, understanding systems and concepts. 3. Player away from puck supports the puck on both the defensive and offensive side of the puck. 4. Decisive actions - able to move quickly to position and adjust to developing or transitioning play.</p>	<p>Player frequently 1. uses reading and reacting skills, good anticipation. 2. Understanding of game is strong and plays position. 3. Supports the puck but gets too far ahead sometimes. 4. Frequently in the right position as play transitions</p>	<p>Player lacking some 1. focus, sometimes engaged in play. 2. shows uncertainty about position, lacks some understanding, not too involved defensively. 3. Player occasionally supports away from the puck but limited in anticipation so finds themselves arriving late or almost getting there.</p>	<p>Poor 1. read and react abilities - slow or incorrect decisions, repeat mistakes. 2. Player plays mostly on the perimeter never really getting engaged in the play offensively or defensively.</p>	<p>Extremely Poor 1. read and react abilities - slow or incorrect decisions, repeat mistakes. 2. Player plays mostly on the perimeter never really getting engaged in the play offensively or defensively.</p>

