



## Brampton Hockey – Hockey Skills Rubric

Consider the age level of your child and the number of seasons they have been playing for and assign a value based on the following standards.

- 1 - Not yet developed
- 2 - Developing
- 3 - Proficient – can perform the movement by concentrating
- 4 - Consistently well - appears natural with smooth transitions between movements
- 5 - Creative and Confident – confidently combines skills simultaneously in creative ways

Skating	Balance	Stride	Speed	Crossovers	Turning	Stopping L/R
Forwards						
Backwards						

Passing	Give	Receive	Cradle	Accuracy	Range	Head up
Forehand						
Backhand						

Puck handling	Head up	Turn R.	Turn L.	Balance	Steering	Deaking
Forwards						
Backwards						

Shooting	Power	Precision	Raising	Chipping
Forehand				
Backhand				

Aspects of Play	1	2	3	4	5
Body posture					
Stick on ice					
Puck protection					
Anticipation					
Angling					
Reaction					
Tenacity					