



Church Athletic League
P.O. Box 21088
R.P.O. Princess St, Kingston ON K7L 5P5
(613) 542-1362
admin@calkingston.com

U9 TO U18 PRE-SEASON PLAYER ASSESSMENTS

- References: A. [CAL Website](#)
B. [CAL Constitution](#)
C. [CAL Policies](#)
D. [OHF Dressing Room Policy](#)
E. [Hockey Canada Minor Hockey Development Guide: Player Evaluation and Selection](#)

Dear players and families,

Thank you for your registration and subsequent confirmation that you will be playing in the Church Athletic League (CAL) this season.

This letter is aimed at U9 to U18 regular season players as the teams in the U7/IP and U21 Divisions will be formed by a different process. Informed by the results of the league-wide feedback from the 23/24 year-end survey, and with a view to creating more balanced teams, teams in the U9 to U18 Division will be formed following a Player Assessment (PA) phase, scheduled to occur between 14 to 22 September 2024 at various rinks around Kingston. Unlike Pre-Season (PS) hockey and Player Development (PD) evaluations, the **PA activities are included in your registration for regular season hockey.**

At this time, the planned PA phase will consist of two on-ice sessions **for each registered CAL player in the U9 to U18 Divisions**. The overall concept is age-appropriate, is guided by the Hockey Canada Player Evaluation and Selection process (reference E) and will be conducted by league administrative and volunteer coaching staff.

The final decision regarding team placements is guided by the CAL constitution and policies (references B and C), with input from coaching staffs. Please refer to the enclosed 'Criteria for Player Evaluation. All coaching staff will be instructed to evaluate players based on these criteria.

The league administrator will contact each of you to confirm your respective time and place for all PA activities that will also be published on the CAL website at reference A. You are requested to arrive in advance of your scheduled ice time to check in at the CAL PA registration desk to receive your dressing room assignment and numbered pinnie.



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I have also enclosed the player evaluation criteria and will promulgate survey in the coming weeks to gather your feedback on the PA process so as to inform our continuous improvement. Your constructive input matters so thank you in advance for your feedback.

All PA and CAL hockey information can be found at <https://calkingston.com/> but should you have any questions, please reach out to CAL administration at admin@calkingston.com or (613) 542-1362.

Good luck in your preparation. I look forward to seeing you in September!

Yours truly,

Dan Shaver
Player Assessment Coordinator
Head Coach (U11 Player Development, U11 Holy Name Hurricanes)
CAL Board Member

Enclosure (1): Evaluation criteria for players and goalie

EVALUATION CRITERIA

The following will be provided to evaluators prior to the player assessment process. Reference E will be used to ensure age-specific skills.

General Overview of the Skills to Play the Game

Players

Skating. Acceleration, speed, mobility, agility, balance, stride, crossovers, pivots, acceleration out of turns, quick feet, controlled skating, change of pace.

- ◆ Can the players perform the basic forward and backward stride?
- ◆ Are the players knees well bent with the back slightly forward and the head up, or is the player hunched over, bending at the waist with little knee bend?
- ◆ Good skaters will use long strides with a complete recovery of the stride leg before striding with the other leg. Their strides will look very smooth and appear not to require much effort to move around the ice?
- ◆ Does the player look smooth when they skate or do they appear off balance?
- ◆ Can the player turn in both directions with little trouble or do they struggle to turn in one or both directions?
- ◆ Can the player stop in both directions? Younger players will often have trouble stopping in one direction?
- ◆ Can the player keep up with the play or do they struggle to stay with the other players on the ice?

Passing. Passing, receiving, passing choices, on backhand, unselfish with the puck, presents a good target, receives and retains with control, touch passing.

- ◆ Can the player pass the puck to its intended target with minimal effort?
- ◆ Can the player make an accurate pass to a moving target?
- ◆ Can the player receive a pass on their backhand or do they tend to shift their body to receive the pass on the forehand?
- ◆ Can the player pass the puck off of the backhand with some speed and accuracy?
- ◆ Does the player call for the puck vs. banging their stick on the ice or saying nothing at all?
- ◆ Does the player passing the puck make eye contact with the intended receiver or do they just pass the puck blindly?
- ◆ Can the player execute a saucer pass over sticks and other obstacles?
- ◆ Can the player pass the puck off of the boards to another player?

Puck Control. Head up, smooth and quiet, good hands, protection, in small spaces, in traffic.

- ◆ Does the player have the basic skills to execute a forehand pass?
- ◆ When the player passes the puck do they slap at it or is the motion smooth with the player following through to the intended target?
- ◆ Does the player appear to be comfortable handling the puck while skating or do they appear to fight the puck and have trouble skating with some speed while handling it?
- ◆ Can the player keep his/her head up while carrying the puck?

- ◆ Can they execute dekes and fakes with the puck?
- ◆ Can't they stop quickly or change directions while handling the puck?
- ◆ Can the player continue to handle the puck while in traffic and under pressure?
- ◆ Does the player get pushed or checked off the puck easily?

Shooting. Power, accuracy, quick release, can shoot in motion, goal scorer, rebound control, variety of shots.

- ◆ Can the player execute the technique of a wrist shot and backhand?
- ◆ Does the player follow through to the target on all shots?
- ◆ Can the player raise the puck?
- ◆ Is the puck shot with some velocity?
- ◆ Does the puck sit flat in the air or does it wobble?
- ◆ Can the player execute a one-time shot?
- ◆ Is the player accurate when shooting?

Positional Play. Ability to see the play developing both offensively and defensively and moves to support, judgment, anticipation, understands systems, disciplined.

- ◆ Does the player seem to understand where he/she are to play on the ice?
- ◆ Do they support the puck in defensive and offensive situations?
- ◆ Does the player show patience or do they tend to panic when pressured?
- ◆ Do they protect the mid lane and force opposing players inside out?
- ◆ Can the player angle another player off of the puck?
- ◆ Does the player force the play or do they wait too long?

Checking Concept. Angling, good body position with balance and control, defensive side position, aggressive checker, strength, taking checks.

- ◆ Can the player execute basic stick and body checks?
- ◆ Does the player check properly with their hands down or do they get their arms up to give a check?
- ◆ Can the player receive a check properly, not turning their back and staying close to the boards?
- ◆ Can the player check and opposing player and pin them on the boards?
- ◆ Does the player shy away from other players?



DETAILED PLAYER EVALUATION FOR FORWARDS/DEFENCEMEN

Player's Name: _____

Position: _____

	1 = Poor 2 = Below Average 3 = Average 4 = Above Average 5 = Outstanding
Skating <i>Comments</i>	Acceleration, speed, mobility, agility, balance, stride, crossovers, pivots, acceleration out of turns, quick feet, controlled skating, change of pace. 1 2 3 4 5
Passing <i>Comments</i>	Passing, receiving, passing choices, on backhand, unselfish with the puck, presents a good target, receives and retains with control, touch passing. 1 2 3 4 5
Puckhandling <i>Comments</i>	Head ups, smooth and quiet, good hands, protection, in small spaces, in traffic. 1 2 3 4 5
Shooting <i>Comments</i>	Power, accuracy, quick release, can shoot in motion, goal scorer, rebounder, variety of shots. 1 2 3 4 5
Checking Skills <i>Comments</i>	Concept of angling, good body position with balance and control, defensive side position, aggressive checker, strength, taking checks. 1 2 3 4 5
Thinking Skills <i>Comments</i>	Ability to see the play developing both offensively and defensively and moves to support, judgment, anticipation, understands systems, disciplined. 1 2 3 4 5
1 vs 1 Offensive <i>Comments</i>	Deception, change of pace, creativity, determination, going to the net. 1 2 3 4 5
1 vs 1 Defensive <i>Comments</i>	Gap control, angling, finishing checks, positioning, play at offensive blue line, play at defensive blue line, front of the net, in small spaces. 1 2 3 4 5
Face-Offs <i>Comments</i>	Win-lose draw, ability to tie up, takes charge, breaks through picks, know responsibilities. 1 2 3 4 5

Completed by: _____

Date: _____





MINOR HOCKEY ASSOCIATIONS
Associations de hockey mineur

Player's Name: _____ Position: _____

	1 = Poor	2 = Below Average	3 = Average	4 = Above Average	5 = Outstanding
Fitness Level	Physically fit, physically tough, not prone to injuries.				
	1	2	3	4	5
Determination/Drive/Intensity/Worth Ethic	Constant desire to excel in all situations, constant work ethic in practices and games, never gives up, fire in his eyes.				
	1	2	3	4	5
Coachability	Listens to instructions and executes to the best of his ability, takes tips and advice, asks questions, admits errors, show that he wants to learn.				
	1	2	3	4	5
Concentration	Ability to remain focused on the task at hand, not distracted by fans, referees, external circumstances.				
	1	2	3	4	5
Mental Toughness	Not easily discouraged, rebounds from errors, performs well under pressure				
	1	2	3	4	5
Discipline	Controls temper, follows team rules, sticks to game plan.				
	1	2	3	4	5
Positive Team Player	Unselfish, puts team before self, remains positive, will accept role.				
	1	2	3	4	5
Leadership	Leads by example, encourages others, respected by teammates.				
	1	2	3	4	5

Comments:

Completed by: _____ Date: _____



Goalies

1. Basic Skating Skill
2. Position-Specific movement skills
3. Positional/Save movement skills
4. Rebound – Control/Recovery/Tactical
5. Transitional Play
6. Advanced Positioning



1. GOALTENDERS INDIVIDUAL SKILLS ADVANCED EVALUATION FORM

Player's Name: _____

Position: _____

1 = Poor 2 = Below Average 3 = Average 4 = Above Average 5 = Outstanding

Physical Characteristics		1	2	3	4	5	
Balance	Retains ready position after blocking shots	1	2	3	4	5	
	Holds ready position in movement	1	2	3	4	5	
Mobility:	Recovery (regains position after leaving the net)	1	2	3	4	5	
	Skating ability	1	2	3	4	5	
	Remains on feet	1	2	3	4	5	
	Moves with speed & in control in ready position	1	2	3	4	5	
	Reacts well to puck movement in zone	1	2	3	4	5	
	Ability to recover from knees, side	1	2	3	4	5	
Quickness:	Reacts well to quick untelegraphed shots	1	2	3	4	5	
	Effective in close	1	2	3	4	5	
	Relaxative movements and reaction time	1	2	3	4	5	
Fitness Level	Physically fit	1	2	3	4	5	
	Not prone to injury	1	2	3	4	5	
Technical Characteristics		1	2	3	4	5	
Low Shots	Use of skates	1	2	3	4	5	
	Use of Stick	1	2	3	4	5	
	Rebound control:	off stick	1	2	3	4	5
		off pads	1	2	3	4	5
	Ability to butterfly at appropriate time	1	2	3	4	5	
	Ability to maintain balance	1	2	3	4	5	
High Shots	Quickness of gloves:	blocker	1	2	3	4	5
		catcher	1	2	3	4	5
	Position:	blocker	1	2	3	4	5
		catcher	1	2	3	4	5
	Rebound control:	blocker	1	2	3	4	5
		catcher	1	2	3	4	5
Use of Stick	chest	1	2	3	4	5	
	Passing/clearing	1	2	3	4	5	
	Poke check	1	2	3	4	5	
Situational Tactic Characteristics		1	2	3	4	5	
Positioning & Angles	Knows position at all times	1	2	3	4	5	
	Assumes neutral position at top edge of crease	1	2	3	4	5	
	Positions self properly prior to shot	1	2	3	4	5	
	Ability to orient self instantly	1	2	3	4	5	
	Lines up properly on puck	1	2	3	4	5	
	Knowledge of shooter's options	1	2	3	4	5	
Face-Offs:	Looks for potential shooter	1	2	3	4	5	
	Position for left and center	1	2	3	4	5	
Deflections & Screen Shots	Ability to locate potential shooters	1	2	3	4	5	
	Position with respect to potential defectors	1	2	3	4	5	
	Works hard to find puck	1	2	3	4	5	
	Use of body	1	2	3	4	5	
	Reaction to change of direction	1	2	3	4	5	
	Control of rebounds	1	2	3	4	5	
Play at Posts	Position self properly (play behind net, corner)	1	2	3	4	5	
	Lateral mobility	1	2	3	4	5	
	Use of stick to decrease scoring opportunities	1	2	3	4	5	
	Ability to challenge slot pass	1	2	3	4	5	





MINOR HOCKEY ASSOCIATIONS
Associations de hockey mineur

1 = Poor 2 = Below Average 3 = Average 4 = Above Average 5 = Outstanding

Mental Characteristics		1	2	3	4	5
Concentration	Alert at all times	1	2	3	4	5
	Follows puck at all times	1	2	3	4	5
	Maintains conc. despite bad plays/early goals	1	2	3	4	5
Anticipation	Understands offensive team play options	1	2	3	4	5
	Able to pick up open man	1	2	3	4	5
	Able to read shooter	1	2	3	4	5
Consistency	Finds puck in scramble	1	2	3	4	5
	Able to make key saves	1	2	3	4	5
Confidence	Able to perform in pressure situations	1	2	3	4	5
	Displays an 'in charge' attitude	1	2	3	4	5
	Positive mental attitude at all times	1	2	3	4	5
Desire	Size of heart	1	2	3	4	5
	Constant desire to excel in all situations	1	2	3	4	5
	Constant work ethic in practices	1	2	3	4	5
	Never gives up	1	2	3	4	5
Discipline	Controls temper	1	2	3	4	5
	On time and organized	1	2	3	4	5
Communication		1	2	3	4	5
Coachability		1	2	3	4	5

<u>Comments:</u>	

Can this goaltender play? YES NO MAYBE

Would you want this goaltender on your team? YES NO MAYBE

Completed by: _____ Date: _____

