



Competitive Edge Hockey, LLC  
Private Ice Hockey Lessons  
Skills Evaluation Form

**Skills Evaluation Items**

1. Skating
  - a. Edges – Fwd & Bwd
    - i. 1-Foot Glides
    - ii. Lemons
    - iii. Heel/Toe Pushes
    - iv. C-Cuts (inside)
    - v. C-Cuts (outside)
  - b. Starts – Strides – Stops
  - c. Power Turns
  - d. Crossovers – Fwd & Bwd
  - e. Transitions
    - i. Straight Line
    - ii. “W”
    - iii. Around Circle
2. Stick-Handling
  - a. Stationary
  - b. Moving (5-Cones)
3. Passing
  - a. Stationary
  - b. Moving (5-Cones)
4. Shooting (All Stationary)
  - a. Wrist Shot
  - b. Snap Shot
  - c. Slap Shot
  - d. Backhand
5. Drill: Receiving a Variety of Passes & Shooting while Moving
  - a. Skate Around Cone, Receive Pass, & Shoot
  - b. (Optional) Pass to Instructor, Get into good Rebound Position