



Name:		Age:	
-------	--	------	--

Playing position:	
-------------------	--

Assessed by:		Date:	
--------------	--	-------	--

Individuals in 'Elite Training' will be reviewed every 5-week block, with movement in and out of the sessions. The scores will be used as a basis for decisions, however, coach's discretion can be applied.

1 – 4: basic skill, execution and understanding, working below expected standard.

5 – 7: good skill, execution and understanding, meeting the expected standard.

8 – 10: outstanding skill, execution and understanding, working beyond expected standard.

A total score of 45 is the standard we expect individuals to achieve in 'Elite Training'.

Skills are based on the 5 coaching principles, definitions of each skill and requirements are found in **Annex A**.

Ball & body:	1	2	3	4	5	6	7	8	9	10
Open side pick-up:	1	2	3	4	5	6	7	8	9	10
Reverse side pick-up:	1	2	3	4	5	6	7	8	9	10
Hitting:	1	2	3	4	5	6	7	8	9	10
1 v 1 attack:	1	2	3	4	5	6	7	8	9	10
1 v 1 defence:	1	2	3	4	5	6	7	8	9	10
Push pass:	1	2	3	4	5	6	7	8	9	10
Speed:	1	2	3	4	5	6	7	8	9	10
Mentality:	1	2	3	4	5	6	7	8	9	10
Coaching a core skill:	1	2	3	4	5	6	7	8	9	10

Total:	
--------	--

Areas of strength:

Areas of further development:

Other comments:





## Annex A:

Skill	1 – 4	5 – 7	8 – 10
<b>Ball &amp; body:</b> <i>'Left to right' and 'right to left' movement of ball and body.</i>	Limited execution of technique required.	Good execution of skill in both directions.	Outstanding execution of skill in both directions at pace. Ability to understand use of skill and direction to move in.
<b>Open side pick-up:</b>	Basic open side static stopping in upright position.	Good execution and picking-up on the move – coming off the line. Executing the pick-up in different contexts.	Outstanding execution of skill, picking up on the move and coming off the line. Flexibility and understanding to execute skill in any situation.
<b>Reverse side pick-up:</b>	Basic reverse side static stopping in upright position.	Good execution and picking-up on the move – coming off the line. Executing the pick-up in different contexts.	Outstanding execution of skill, picking up on the move and coming off the line. Flexibility and understanding to execute skill in any situation.
<b>Hitting:</b>	Limited execution of open side hitting technique.	Good execution of open side hitting technique and developing reverse hit.	Outstanding execution of open side hitting technique. Flexibility and understanding to execute skill in any situation. Ability to execute a reverse hit.
<b>1 v 1 attack:</b> <ul style="list-style-type: none"> <li>• <i>Understand and use of elimination skills in 1v1 context including: 3D skills, Ball &amp; Body, 7&amp;5, coming off the line etc.</i></li> <li>• <i>Ball carrying position.</i></li> <li>• <i>Reaction to turnover.</i></li> </ul>	Correct ball carrying position with limited execution of 1v1 elimination skills.	Correct ball carrying position with good execution of 1v1 elimination skills and consistent application.	Outstanding ball carrying and execution of 1v1 elimination skills with an excellent understanding, adapting to any situation.
<b>1 v 1 defence:</b> <ul style="list-style-type: none"> <li>• <i>Understand and implement correct body position and 'Ball Body Goal' line.</i></li> <li>• <i>Ability to execute a range of tackles including: open, reverse, block, jab etc.</i></li> <li>• <i>Understand when and how to close down space.</i></li> <li>• <i>Understand marking.</i></li> <li>• <i>Reaction to turnover.</i></li> </ul>	Limited execution of tackling and defensive skills in 1v1 situations.	Good execution of tackling skills and understanding the application of defensive body position in 1v1 situations.	Outstanding execution of tackles, reacting to each situation and applying correct defensive body position consistently.
<b>Push pass:</b>	Running push pass with accuracy through a gate.	Running push pass with accuracy through a gate and ability to adapt to different situations.	Outstanding execution of running push pass whilst coming of the line and changing direction. Ability to make decisions and adapt to situations.
<b>Speed:</b> <i>Time to complete 6 shuttles over 25m.</i>	<i>X Time</i>	<i>X Time</i>	<i>X Time</i>
<b>Mentality:</b>	Needs to more actively participate and apply themselves throughout sessions.	Positive attitude and willingness to learn. Enjoys hockey and trains well with desire to improve. Responds well to feedback.	Outstanding attitude and coachability. Passion for hockey and high ambition – enjoys new challenges. Confident in ability and responds well to feedback.
<b>Coaching a core skill:</b>	Basic understanding and knowledge of a chosen core skill.	Good understanding of a chosen core skill and ability to coach others – able to demonstrate and explain skill.	Excellent understanding of a chosen core skill with good coaching of others – able to demonstrate and explain skill, noticing where others can improve and communicating effectively.