

## NCWHL - RED SKILLS CRITERIA

Requirement	Definition
<b>Skating</b>	
Skates entire surface unchallenged, quickly, without falling	<ul style="list-style-type: none"> <li>• Skater should be in control of body and stick demonstrating hockey form [see Maneuvering, Good Body Posture].</li> <li>• Quickly means at benchmark speed</li> </ul>
Accelerates into play or to cover another player	Minimal coasting, moves feet to get into play or cover player and succeeds.
Keeps pace with the game at Red Level	<ul style="list-style-type: none"> <li>• Able to stay with play including speed and stamina.</li> <li>• Minimal coasting, no standing watching play</li> </ul>
<b>Stopping</b>	
Use 'lots' of ice to stop	Begins stop 1-2' from point designated.
Does not use boards or people to stop	Self-explanatory
Mastered stopping well on one side, other side is weaker but functional	Hockey stop on one side, not a snow plow stop with both feet. Weaker still means a hockey stop though shaky, it does not mean "no stop" such as gliding through a turn or a power turn
Able to step out in new direction, though not rapidly	<ul style="list-style-type: none"> <li>• Steps out with lead foot or crosses over stationary foot in new direction</li> <li>• No glide or power turn</li> </ul>
<b>Maneuvering</b>	
Good body posture and position, remains in control and in balance	8 Basic Skating Skills <ul style="list-style-type: none"> <li>• Relaxed posture</li> <li>• Flexible ankle bends</li> <li>• Flexible knee bends – 2" over toes</li> <li>• Body Lean Forward – Shoulders even with the toes</li> <li>• Back Straight</li> <li>• Chest Up</li> <li>• Stomach in</li> <li>• Head up</li> </ul>
Wide slow turns – may not use crossovers consistently	Can complete crossover on at least on one side, not stepping by foot or just ahead of the foot, but full step over balancing foot
Able to skate backwards, smoothly and without falling	At benchmark speed with good posture, not just slow c-cuts
Changes in direction are accomplished, although not smoothly and quickly	Able to turn both directions on transitions maintaining speed and direction without stopping
<b>Hustle</b>	
Chase loose pucks	Doesn't wait for puck to come to them. Feet moving. Leaning while gliding is not chasing
Able to ice puck out of zone	Self explanatory
Dumps puck into zone and chases	Keeps feet moving, minimal coasting while shooting puck into zone

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<b>Stickwork</b>		
<b>Passing/Receiving</b>		
	Two hands on stick, stick on ice consistently	Hands should be a forearm's distance apart not on top of one another
	Able to puck-handle entire ice surface unchallenged	Proper form [See Maneuvering, Good Body Posture] not pinched and over skating puck
	Able to receive forehand pass on the move	Skating forward to catch puck on stick without it ricocheting off or stopping movement
	Able to pass and receive the puck unchallenged, without falling	While skating can catch puck on stick or make clean pass to another skater without it ricocheting off or stopping movement
<b>Shooting</b>		
	Mastered one forehand shot using proper technique – can aim shot	Aim is required
	Still lacks strength on shot	Can be slightly weaker than benchmark strength but should be close
<b>Game Knowledge and Experience</b>		
<b>Positioning</b>		
	Knows correct position of all players in offensive and defensive zones	Including faceoff lineup
	Able to play defense at blue line	Attempts to keep puck in
	Skates to open pass	
<b>Off-sides</b>		
	Understands rule and concept of off-sides	See <a href="http://www.ncwhl.com/rules/usa.shtml">http://www.ncwhl.com/rules/usa.shtml</a> for rule
	Waits at blue line for puck to enter zone	Self explanatory
	Knows when to clear the zone	Should be able to know when to clear with minimal prompting from teammates
<b>Line changes</b>		
	Changes with help from coaches	Self explanatory
	Comes directly to bench to change quickly	May glide last 5 feet but should attempt to skate all the way to the bench
<b>Teamwork</b>		
	Communicates respectfully with coach, players and line-mates	On ice and on the bench, call for changes and call for puck on ice if open