

2022-2023
High School Hockey Program

SPORTS
St. Albert
ACADEMY

High School
Hockey Program
2022 - 2023

Program Logistics

St. Albert High School Sports Academy runs in the first semester. Athletes are able to earn 5 Physical Education credits and 2 Sports Performance credits.

Athletes are on the ice Tuesday, Wednesday and Friday mornings from 8:00 A.M. – 8:55 A.M. Athletes are dropped off at the rink in the morning and bussed back to SACHS after the ice time.

Monday and Thursday mornings are sports performance classes at SACHS.

High School Academy Athlete Check List

Rubric:

4 - Excellent

3 - Proficient

2 - Adequate

1 - Limited

Athlete Name: _____

Demonstrates Leadership

1 2 3 4

Positive Attitude

1 2 3 4

Cooperation

1 2 3 4

Participation/Effort

1 2 3 4

Listening and Application

1 2 3 4

Efficient Use of Time

1 2 3 4

Personal Challenge

1 2 3 4

Safety

1 2 3 4

St. Albert Sports Academy
“Athletics are a Dress Rehearsal for Life”
High School Hockey Skills Player Rubric

Athlete Name: _____

	Skating	Puck Control	Passing	Shooting
5	Player demonstrates excellent balance and stride length. Player has excellent edge control and is very agile. Player is able to perform crossovers at high speed in all directions. Player is able to transition and pivot at high speed. Player has quick feet and accelerates very quickly. Player is able to change pace fluently.	Player is able to handle puck smoothly on both sides of his or her body. Player handles puck with his/her head up. Player is creative and does an excellent job of protecting the puck. Player has quick hands that allow him or her to be very deceptive. Player can handle the puck at high speed.	Player is able to give and receive a pass smoothly on his/her forehand and backhand. Player releases the puck heel to toe and is able to pass the puck accurately and hard. Player is able to do the same when performing a saucer pass. Player is able to perform a touch pass accurately and at high speed.	Player is accurate; releases the puck quickly, can shoot in stride and is able to use a variety of shots. Player is able to execute a 1 - timer and has good power on his/her shot.
4	Player Demonstrates good balance and good stride length. Player has good edge control and is agile. Player is able to perform crossovers at good speed in all directions. Player is able to transition and pivot losing little speed. Player has quick feet and accelerates quickly. Player is able to change pace with little hesitation.	Player is able to handle puck smoothly on both sides of his or her body. Player handles puck with his/her head up. Player is creative and does a good job of protecting the puck. Player has quick hands that allow him or her to be deceptive. Player is inconsistent when handling the puck at high speed.	Player is able to give and receive a pass smoothly on his/her forehand and backhand. Player releases the puck heel to toe and is able to pass the puck accurately. Player is able to do the same when performing a saucer pass. Player is able to perform a touch pass accurately and at good speed.	Player is accurate; releases the puck quickly, can shoot in stride and is able to use a majority of shots. Player is able to execute a 1 - timer and has good power on his/her shot.
3	Player meets requirements in most areas. He/she is inconsistent on 1 -2 tasks. Or only able to perform 1 -2 tasks in one direction.	Player can handle puck smoothly on one side of his/her body. Player is inconsistent when it comes to having his/her head up. Player is inconsistent protecting the puck. Player is inconsistent handling the puck at high speed.	Player is able to give and receive a pass smoothly on his/her forehand. Player is able to give and receive a forehand saucer pass. Player can execute a touch pass standing still.	Player is accurate most of the time; releases the puck quickly, can shoot in stride and is able to use a majority of shots. Player is able to execute a 1 - timer and has some power on his/her shot.
2	Player favors one side on a majority of skating skills. Player is unable to transition or pivot without losing a significant amount of speed.	Player cannot handle puck smoothly. Player is inconsistent when puck is on his/her tape. Players head is consistently down.	Player is inconsistent when passing the puck. Player does not release the puck heel to toe and does not cushion the puck.	Player is inconsistent with his/her accuracy. Sometimes has a quick release and cannot use a majority of shots.
1	Player has very little balance and an inconsistent stride. Player is unable to change directions without losing balance.	Player consistently turns over the puck and cannot maintain any speed with puck on his/her tape.	Player can not pass the puck accurately and player is unable to pass or receive puck in stride	Player has very little power on his/her shot. Player shot is not accurate. Player is limited to only one shot.

