

BVHS GOALIES SELF EVALUATION GAME

Date: _____ **Game Time:** _____ **Vs:** _____ **Location:** _____

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

Physical Characteristics							
Balance	Retains ready position after blocking shots	1	2	3	4	5	
	Holds ready position in movement	1	2	3	4	5	
	Recovery (regains position after leaving the net)	1	2	3	4	5	
Mobility:	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							
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	Passing/clearing	1	2	3	4	5	
	Poke check	1	2	3	4	5	
Situational Tactic Characteristics							
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 deflectors	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	

Summary Notes: List Three Things that You Did Well and Three Things to Do Better