

Authentic Athlete Assessment Sheet

Player Age: 17

Level of Play: Jr's, forward

Ryan's assessment is based on his performance in a game vs. the Jr. Rangers. The feedback provides perspective on how he stacks up against other juniors players and offers insight into how his skills translate to the college level. All grading is relative to the average college player.

Eye Test / Athleticism

1 2 3 4 5

Notes:

Not the biggest player but skates well to make up for lack of size. Has the stature to build mass and be more of a force on the ice. Overall seems like a pure athlete.

Pre-Game / Warm-Ups

1 2 3 4 5

Notes:

Shoots with a purpose. Shoots to score. Could utilize time better to stretch and loosen up. Doesn't get his feet moving enough. Could use the time to mix in some sprints and edge work to get his fast twitch muscles turned on and gain confidence in his edges before puck drop.

Skating (Straight line speed, ability to change directions, foot speed, strength of stride, edge work)

1 2 3 4 5

Notes:

Straight line speed is there. Could be more deceptive when changing directions using head fakes or certain hand movements. Foot speed is really good with the ability to create space away from defender. Strength of stride is really good but that and edge work could get even better with the right workouts in the gym.

Shooting (Power, release, getting shots on net, ability to change angles, ability to get pucks through traffic, shooting with purpose)

1 2 3 4 5

Notes:

Great accuracy and knows when to use the correct power to place a shot in a corner or power it through the goalie. Ability to get pucks to the net and through traffic is great but with his skillset he could use more deception to create better shooting angles and take the goalie off his line to create openings.

Passing (Tape to tape, indirect off the boards, drop passes, does the speed match the need of the receiver of the pass)

1 2 3 4 5

Notes:

Passing is really good when feet are moving but lacks accuracy when slowed down. The speed of the pass is there but tends to put it in skaters feet when they are at speed and he is not.

Puck Control / Possession (Ability to protect the puck, vision with the puck, puck handling, receiving passes, receiving passes on backhand, getting puck off the wall, getting puck off your skates)

1 2 3 4 5

Notes:

When under no pressure the puck possession is good but once a defender is present he tends to play at the end of his stick. Could use body better to protect puck vs trying to get rid of it. Vision around the ice is really good but tries to force plays when under pressure vs holding onto it and waiting to make the smarter play. Receiving passes is not an issue his athleticism shows when handling passes.

Competitiveness / Aggressiveness (Willingness to battle for the puck, willingness to give/take a hit, willingness to block a shot, do you backcheck)

1 2 3 4 5

Notes:

Battle level looks to be high for most of the game especially in high pressure moments. With putting on more mass more battles will be won. Gets himself in shooting lanes but could make more initiative to get the shot blocked. He's definitely willing to give and take hits. Good competitiveness.

Strength (Ability to win puck battles, ability to give/take a hit, ability to box people out, strength on skates)

1 2 3 4 5

Notes:

Strength lacks a bit. The willingness to give and take hits is there but the ability to do so could use some work and that'll come with more mass from being in the gym. Ability to box people out and hold onto pucks longer needs some work but that confidence will come when a few pounds are put on and doing one on one drills in practice.

Defense (Gap control, sticks in lanes, ability to break up plays)

1 2 3 4 5

Notes:

Defensive awareness is very high. Really good stick body placement to deter the other team from creating their own space.

Decision making (dump or carry, shoot or pass, sure play vs risky play, pinching, rushing the puck, joining the play)

1 2 3 4 5

Notes:

Decision making is great when in his own space but like I mentioned earlier once pressure is applied he seems to rush things and throw pucks into feet.

Play / Positioning away from the puck

1 2 3 4 5

Notes:

Play away from puck in the offensive zone is great he is always looking to get to the open areas to be available and when there is not full possession he puts himself in more of a defensive position to get back on defense if the puck goes the other way.

Emotional Control / Attitude

1 2 3 4 5

Notes:

Emotions were under control. When he missed the net high and wide he made it his goal to get the puck back.

Teammate (Protect your teammates, stand up for your teammates, support your teammates, locker room guy)

1 2 3 4 5

Notes:

Seems to be buddy buddy with most of his teammates. Got in a few players faces from the other team between whistles after they had a big hit which I like to see.

Do you play your role

1 2 3 4 5

Notes:

Definitely seems to know his role and plays it well. Looks to be looked upon to produce offensively but also reliable defensively and I saw no lack of being that player.

Coachability

1 2 3 4 5

Notes:

Coachability seems to be good. Being on both the powerplay and penalty kill speaks highly of that. Maybe tried to do his own thing once or twice on the powerplay which didn't seem like it was the right play but other than that no complaints.

Summary:

Ryan isn't the biggest player on the ice, but he compensates with strong skating ability, straight-line speed, and natural athleticism. His shot has purpose—he's confident, accurate, and knows when to pick a corner versus driving the puck through the goalie. He consistently gets pucks through traffic, and with a bit more deception in his releases and directional changes, he could create even better shooting angles and force goalies into tougher reads. His stride strength and foot speed are both assets, and with added lower-body strength and continued edge work, those areas can become true separators in his game.

His puck movement is solid when his feet are active, though accuracy dips when he slows down, especially on passes to teammates who are moving at full speed. Under pressure, he tends to play at the end of his stick instead of using his body to protect the puck, but this will improve as he adds mass. Ryan's vision is very good, and he finds open ice well, though he occasionally forces plays when pressured. Receiving passes is not an issue, and his natural athleticism shows in how cleanly he handles the puck.

Competitiveness is one of Ryan's biggest strengths. He consistently battles, willingly gives and takes hits, gets into shooting lanes, and responds well to mistakes by immediately working to win the puck back. He appears to be a strong teammate and isn't afraid to hold opponents accountable physically. As he continues to build strength, he'll win more battles, hold onto pucks longer, and improve his ability to box out defenders and extend possessions.

Defensively, Ryan's awareness and positioning are both high-level. He takes away space effectively, understands when to support, and adjusts his off-puck routes well in the offensive zone. He can rush plays under pressure, but his decision-making is strong when he has time, and his usage on both the power play and penalty kill reflects his coachability and reliability.

Overall, Ryan has the athletic foundation, competitiveness, and versatility to take a significant step forward as he matures physically and continues refining his play under pressure.