

Global Hockey DNA Card & Assessment Index



Player Name: _____ **All data pertains to the league level you are presently playing at **

5: Elite - Top 5%

4: Highly Proficient - Top 25%

3: Foundational and Effective- Top 35%

2: Mid-Range - Top 50%

1: Significant Improvement Focus Required - Top 70%

Human Index:

Ultra Compete and Undeniable Commit Rating: 1-2-3-4-5

Growth Potential and Ceiling Trajectory: 1-2-3-4-5

Lifestyle, Diet and Living Habits: 1-2-3-4-5

Ultimate Teammate and Leadership Rating: 1-2-3-4-5

Mental Index:

Emotional Intelligence and Coping Rating: 1-2-3-4-5

Mental Confidence Rating: 1-2-3-4-5

On-Ice Learning Trajectory and Mental Capacity: 1-2-3-4-5

Mental Intensity Meter Rating "In the "Shift" : 1-2-3-4-5

Game & Practice Preparation Rating: 1-2-3-4-5

Physical Index:

Athletic Base - Aerobic On-Ice Conditioning and Endurance: 1-2-3-4-5

Athletic Base - Strength, Power and Anaerobic Capacity: 1-2-3-4-5

Physical Intensity Meter Rating "With Puck vs Without Puck % Variance: 1-2-3-4-5

On-Ice Skill Index:

Stick Skills Offensively/Defensively and Stick IQ Rating: 1-2-3-4-5

Shooting and Scoring Proficiency: 1-2-3-4-5

Skating - Vertical Speed, Glide Ratios, Acceleration: 1-2-3-4-5

Skating - Multi-Directional, Phone Booth Ability, Multi-Edge Balance: 1-2-3-4-5

On-Ice IQ and Game Sense Index:

Panic Scale & Turnover Meter Rating: 1-2-3-4-5

Hockey IQ & Decision Making Rating - Offensively: 1-2-3-4-5

Hockey IQ & Decision Making Rating - Defensively: 1-2-3-4-5

Turnover vs Takeaway Ratio 1-2-3-4-5

Puck Distribution Ability - "Keep Plays Alive" vs "Dead Ending" 1-2-3-4-5

Creativity and Innovation Rating: 1-2-3-4-5

Puck Touches, Royal Roads & Scoring Chance Creation 1-2-3-4-5

"We strive to be **High Value** and **Low Maintenance** Players"

