



Film and Skill Evaluation

Purpose:

Development in anything comes from understanding, for the purpose of our film and skill evaluation that comes in the form of understanding where you need to improve, and understanding what it is you need to do to improve. One cannot take place without the other and that's why this is such an important part of development. What the film and skill evaluation program will help you do is understand where it is that you need to improve and provide you with quality strategies for how to do so.

Steps to complete the program:

Step 1: Submit video to our staff for evaluation

Step 2: Our staff will watch the submitted video and provide feedback

Step 3: ASK QUESTIONS

Step 1: Submit video to staff for evaluation

What to send:

- Send video of yourself to our staff in all situations (not just where you are strongest).
 - D-Zone Play
 - Scoring Chances
 - Offensive Zone Play
 - Neutral Zone Play
 - Breakouts
- *The more information you send us via video the more feedback we can provide you with*

How to send video:

- Because we are just starting this company the best method we currently have for receiving video from clients is via YouTube.
- Steps to create and send video via YouTube
 - Create a video of clips you would like to use in a video editing software. All computers should have some form of free video editing software.
 - Export the file as an MP4 file, this is the best format for uploading videos
 - Create a YouTube account (if you don't already have one)
 - Upload your created video to your YouTube account
 - Send the link with us via email so we can send you an evaluation



Step 2: Our staff will watch the submitted video and provide feedback

The evaluation process should take anywhere from 3-5 business days and will provide you with an in depth analysis one where you need to improve your game and how to do so. Our staff is made up of NCAA coaches and takes pride in developing athletes games at every level. The feedback will typically fall into one of the following categories:

- Skating and stride development
- Shooting mechanics
- Puck control and protection
- Positioning
- How to create space

Step 3: ASK QUESTIONS

Asking questions is an extremely important part of understanding what you are learning. When you need to bridge the gap between where you are and where you want to be reach out to us and we will help you. We want to do everything we can to help you develop and this is a big part of that.