



PERFORMANCE EVALUATION

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Anatoli Bogdanov, Vesa Viitakoski

“It doesn’t matter, what coach knows, if the athlete doesn’t know and understand it”



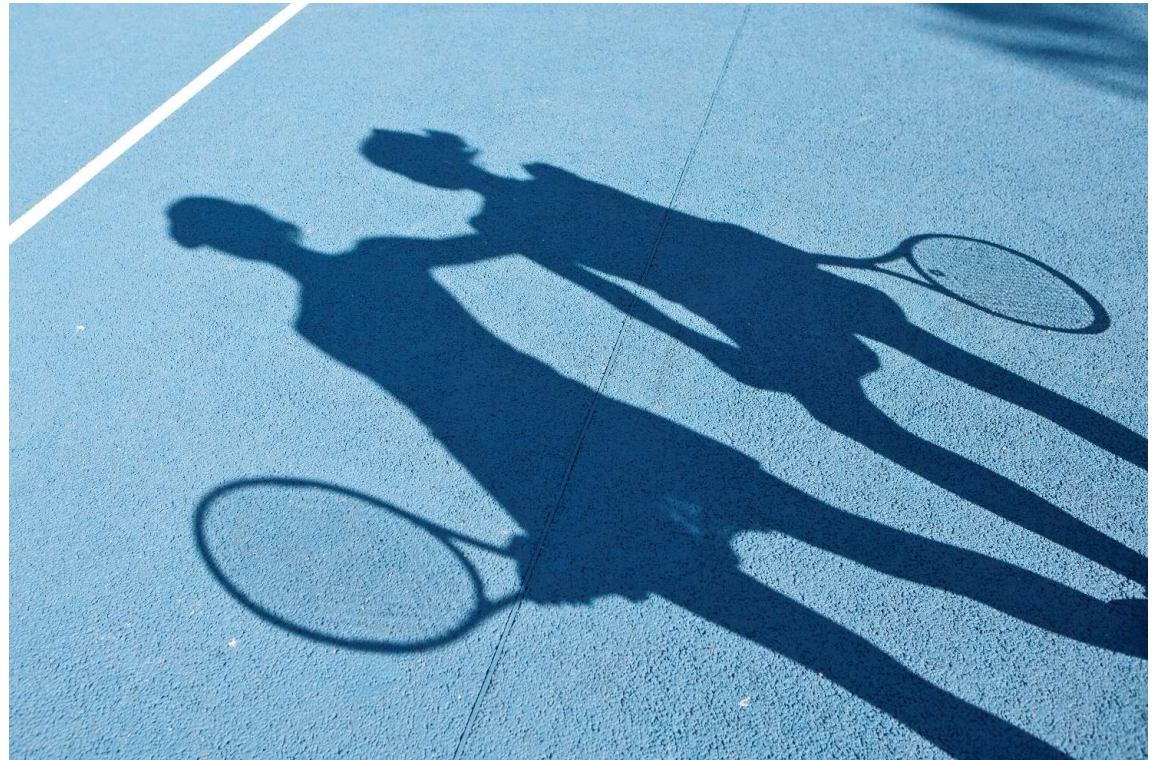
”Good relationship between coach and athlete is like friendly tennis match”

1. MUTUAL UNDERSTANDING of

- What?
- Why?
- How?

2. TRUST → CO-WORK (DIALOGUE) & COMMITMENT

3. PLAYER makes HIS fortune and fullfills his dreams, WITH help & support of coach



WHAT IS YOUR LEVEL NOW? WHERE ARE YOU GOING?

"Hobby –player":

- (Maybe) waits, that coach will tell, what to improve
- Waits for instructions and commands
 - No-brain-execution
- Closed for feedback (scared?)
- "Another brick in the wall"
 - No competitiveness



Ambitious player:

- (Clear) self-image (strengths / dev. keypoints)
 - Pro-activity
- Practice focus & creativity
- Open for learning and feedback
- Commitment and ownership of the process
 - Competitiveness

EVALUATION & FEEDBACK

DIALOGUE /
MIRROR



- Coach: Post-game evaluation
- Player: Post-game self-evaluation
 - Statistics
- Team / personal video
 - **Conversation**

MEANINGVALUE

- Motivation & Confidence
- Self-knowledge
 - Steps for development
 - **Learning!**



“FEHA19 way”

- **COACH post-game evaluation (TalentX)**
- **Player post-game self-evaluation (Google Forms)**
- **Statistics**
- **Video feedback (individual / team)**

1-5 EVALUATION

5 = International level

4 = Top national level

3 = Solid/good level

2 = Challenges

1 = Problems, struggle



Player's post-game self-evaluation: 1-5

- Preparation for the game (mental, physic.)
- Condition during the game
- How hard did you play tonight?
- Excecuting gameplan
- Injuries during the game
- Overall evaluation



How hard did you play tonight?

A. DEFENSIVE HARD

- Nearest player 100% energy (quick forecheck, reaction time)
- Hit/battle
- Block shots
- Stop and start, quick reaction on transition
- Forecheck 5
- Backcheck 5

B. OFFENSIVE HARD

With puck:

- Drive the net
- Take hit/secure the puck

Without puck:

- Drive the net (Rushes, OZP)
- Support/Stretch
- D join the rush



Executing gameplan: Player ABC's + Team gameplan

DEFENCEMEN

1. Secure the puck
2. Co-work with d-pair
3. Get open & join the rush
4. Off. Game between dots
5. Blue line threat

6. Correct posit. in OZ
7. NZ Gap control
8. Protect def. Blueline
9. Fast pin in DZ
10. Box out

FORWARDS

1. Get open & moving
2. Help & support puck carrier
3. 60m rushes & drive the net
4. Secure the puck
5. Get in the slot & ready to shoot
6. React quickly – loose pucks, turnovers
7. Recover & Backcheck
8. DZ coverage between dots
9. Cover shooting lanes & slot
10. Ready for transition

OFFENSIVE GAME

DEFENSIVE GAME

OFFENSIVE GAME

DEFENSIVE GAME



HOW PLAYER EVALUATES HIS PERFORMANCE?

2001-02	 Ilves "A"	SM-liiga	56	34	26	60	12	10		Playoffs	3	0	0	0	0	-3
2001-2002		<ul style="list-style-type: none">• SM-liiga Gentleman of the Year• SM-liiga Most Goals (Aarne Honkavaara Trophy) (34)														

56 PLAYED GAMES → 34 SCORED GOALS

1 game → 3 goals / game
9 games → 2 goals / game
13 games → 1 goal / game

= 23 games → 34 goals

→ 33 games → 0 goals

**What did I leave on
the ice to help my
team?**



HOW U18 PLAYER EVALUATES HIS PERFORMANCE?

FEHA19 – KAC, 2-3, Jan. 8 . 23

G; 0 - 2, 1 - 1, 1 - 0

SOG; 3 - 22, 8 - 20, 5 - 21 = 16 - 63

SCH; 1 - 10 (0 - 4), 5 - 11 (2 - 4), 1 - 12 (0 - 1) = 7 - 33 (2 - 9)

		+/-	SCH +/-	(PP - PK)	Self evaluation
D	0+0	-1,	0-5	(0-1)	5, 4, 5, 4
W	0+0	-2	1-5	(0-2)	5, 5, 5, 4
W	0+1	1	2-4	(0-0)	5, 4, 5, 4
D	0+0	-2	0-11	(0-4)	5, 5, 5, 4
W	0+1	-2	1-3	(1-1)	4, 3, 3, 1
D	0+0	1	2-9	(1-2)	3, 1, 3, 2



HOW U21/ERSTE PLAYER EVALUATES HIS PERFORMANCE? – Player A, defenceman

GAME #1:

28.10.2022 FEHA19 vs. SCC 3:4 (L)

Basic stats: 0+0, -1, 4 PIM, 4 SOG

5vs5 game scoring chances: 0-1 (+1 goal against, no part.)

PP GSC for: 1 (+1 PP-goal, on ice) / **PK GSC ag.:** 1 (+1 goal ag., no part.)

Coach game-evaluation overall: **3.00**



28.10.2022 FEHA19 vs. SCC 3:4 (L)

2022.10.28 vs.
SCC
3-4 L

Post-Game Self-
Evaluation
Results

Select Your Name:

Felkészültségi szinted a mérkőzés előtt. (Mentális, fizikális) <i>Preparation for the game. (Mental, physical)</i>	Fizikális állapotod a mérkőzés során. <i>Condition during the Game.</i>	Mennyire játszottál keményen a mérkőzésen? <i>How hard did you play during the game</i>	Stratégia, taktika betartása. <i>Executing the Game Plan.</i>	Mérkőzésed értékelése. <i>Overall Self-evaluation.</i>	Mérkőzés közben elszenvedett sérüléseid. <i>Injuries during the game.</i>
5	4	4	4	4	



HOW U21/ERSTE PLAYER EVALUATES HIS PERFORMANCE? – Player A, defenceman

GAME #2:

30.10.2022 FEHA19 vs. DEAC 4:2 (W)

Basic stats: 0+0, -1, 4 PIM, 2 SOG

5vs5 game scoring chances: 4-4 (1 goal guilty + 3 GSC ag.)

PP GSC for: 1 (+1 PP-goal, on ice) / **PK GSC ag.:** 2

Coach game-evaluation overall: **2.67**



30.10.2023 FEHA19 vs. DEAC 4:2 (W)

2022.10.30 vs. DEAC 4-2 W Post-Game Self-Evaluation Results		Felkészültségi szinted a mérkőzés előtt. (Mentális, fizikális) <i>Preparation for the game. (Mental, physical)</i>	Fizikális állapotod a mérkőzés során. <i>Condition during the Game.</i>	Mennyire játszottál <u>keményen</u> a mérkőzésen? <i>How <u>hard</u> did you play during the game</i>	Stratégia, taktika betartása. <i>Executing the Game Plan.</i>	Mérkőzésed értékelése. <i>Overall Self-evaluation.</i>	Mérkőzés közben elszenvedett sérüléseid. <i>Injuries during the game.</i>	TOTAL
		4	4	2	2	2		2.8



HOW U21/ERSTE PLAYER EVALUATES HIS PERFORMANCE? – Player A, defenceman

GAME #3:

13.1.2023 FEHA19 vs. DVTK 2:3 (L)

Basic stats: 0+0, 0, 0 PIM, 6 SOG

5vs5 game scoring chances: 3-2 (1 goal for on ice)

PP GSC for: 6 / **PK GSC ag.:** 0

Coach game-evaluation overall: 3,5 (4,0)



13.1.2023 FEHA19 vs. DVTK 2:3 (L)

2023.01.13.
FEHA19 vs.
DVTK
2-3 L

Post-Game Self-
Evaluation
Results

Select Your Name:

Felkészültségi szinted a mérkőzés előtt. (Mentális, fizikális) <i>Preparation for the game. (Mental, physical)</i>	Fizikális állapotod a mérkőzés során. <i>Condition during the Game.</i>	Mennyire játszottál keményen a mérkőzésen? <i>How hard did you play during the game</i>	Stratégia, taktika betartása. <i>Executing the Game Plan.</i>	Mérkőzésed értékelése. <i>Overall Self-evaluation.</i>	Mérkőzés közben elszenvedett sérüléseid. <i>Injuries during the game.</i>
2	3	2	1	1	1.8



GAME STATS: TEAM

FEHA19

GAMES #22-#24

TEAM STATISTICS



Game #	Opponent	WIN / LOSS				GOALS				SC. CHANCES		SHOTS			HITS		BLOCKS		ODD MAN RUSHES		PENALTY MINUTES		SCORING FIRST		FACEOFFS %
		W	L	OTW	OTL	G+	G-	ev.str.	G+ ev.str.	G- ev.str.	Chances +	Chances -	S for	Taken	S ag.	Hlt+	Hit-	Block+	Block-	For+	Against-	FEHA19	Opponent	G+	
22	@ DAB	1				6	1	3	1	20	17	36	60	34	33	23	2	6	4	2	10	12	1		40 %
23	@ DVTK																								
24	@ UTE																								
TOTAL / AVERAGE		1	0	0	0	6	1	3	1	20,0	17,0	36,0	60,0	34,0	33,0	23,0	2,0	6,0	4,0	2,0	10	12	1	0	40 %
GAMES #13-#18+CUP		2	5	1	0	18	28	14	23	16,1	22,9	28,6	44,9	33,1	34,3	20,1	7,8	10,9	4,1	3,5	7	8	3	5	44 %
SEASON 2022-23		5	14	1	1	39	86	26	70	20,00	17,00	36	60	34	33	23	2	6	4,0	2,0	10,0	12,0	5	15	42 %

START STATS

Game #	Opponent	1st per. WIN / LOSS				1st per. GOALS				1st per. SC. CHANCES		SHOTS	HITS	START TOTAL
		W	L	Tied		G+	G-	ev.str.	G+ ev.str.	G- ev.str.	Chances +	Chances -	1 per.	
22	@ DAB	1				3	1	2	1	7	6	14	11	29
23	@ DVTK													
24	@ UTE													
TOTAL / AVERAGE		1	0	0		3	1	2	1	7,0	6,0	14,0	11	29,0
		1p.	-1p.	0,5p.		+ p.	- p.			+ p.	- p.	+ points	+ p.	Average goal: 30 points



GAME STATS: TEAM

GOALS & SC. CHANCES 2022-2023 – DAB VS. FEHA19 1:6

ALL CHANCES FOR	20	ALL GOALS FOR	6	Ratio %	30				
Goals for on takeaways (OZ/NZ)	0	Goals for on rushes (BO, Regroups)	1	O-Zone setup goals for	2	Goals for on faceoffs	0	PP Goals for	3
Chances for on takeaways	4	Chances for on rushes	3	O-Zone setup chances for	4	Chances for on faceoffs	0	PP Chances for	6
ALL CHANCES AGAINST	17	ALL GOALS AGAINST	1	Ratio %	5,9				
Goals against on turnovers (OZ/NZ / DZ)	1	Goals against on rushes (BO, Regroups)	0	D-zone setup goals against	0	Goals against on faceoffs	0	PP Goals against (PK)	0
Chances against on turnovers	4	Chances against on rushes	1	D-zone setup chances against	7	Chances against on faceoffs	1	PP Chances against (PK)	4



GAME STATS: INDIVIDUAL

2022.10.28. FEHA19 vs. SCC 3-4 L Efficiency Statistics				TITANOK - Goals and scoring chances										OPPONENT - Goals and scoring chances											
Point Values				5 vs. 5 & PK					PP					5 vs. 5 & PP				PK			Minus Total				
Name	Number	Position	RATIO	11	8	6	2		7	4	3	1		Plus Total	8	6	2		4	3		1		PK Total	
				Goal Scorer	Goal Participant	Goal - On Ice	Scoring Chance - Own / Created / Participant	5 vs 5 + PK Total	Goal Scorer	Goal Participant	Goal - On Ice	Scoring Chance - Own / Created / Participant	PP Total	Plus Total	Goal Against - Guilty / Participant	Goal Against - On Ice	Chance Against - Guilty / Participant	5 vs 5 + PP Total	Goal Against - Guilty / Participant	Goal Against - On Ice	Chance Against - Guilty / Participant	PK Total	Minus Total		
		C	0,25				2	4					0	4		2	2	16				0	16		
		W	1,25				2	4			2		6	10			2	4	1			4	8		
		C	1,75		1		1	10		1			4	14			2	4	1			4	8		
		D	0,25					0			1		3	3		1	1	8		1	1	4	12		
		W	1,00				2	4					0	4			2	4				0	4		
		D	0,57				2	4		1			4	8	1		1	10	1			4	14		
		D	0,33				2	4					0	4	1		2	12				0	12		
		W	2,00				4	8		1			4	12		1		6				0	6		
		C	2,50				4	8	1				7	15		1		6				0	6		
		W	0,25				1	2					0	2		1	1	8				0	8		
		W	0,50				3	6					0	6		2		12				0	12		
		W	1,88				6	12			1		3	15		1	1	8				0	8		
		D	1,33		1		2	12					0	12			4	8			1	1	9		
		W	1,50				3	6					0	6			2	4				0	4		
		D	2,40	1			3	17	1				7	24		1	2	10				0	10		
		C	1,50				3	6			1		3	9		1		6				0	6		
		D	0,20				2	4					0	4	2		2	20				0	20		
		W	1,13				3	6			1		3	9		1	1	8				0	8		
		W	3,50				2	4			1		3	7			1	2				0	2		
Averages			1,27											8,8											9,1
Fifth Highest/Lowest														12											12
WINNING PLAYER				Plus Average										Minus Average											
Defenceman	≤ 0,8	0,8 - 1,0	1,0 ≤	≤ 10			10 - 15				15 ≤			≤ 10		10 - 15			15 ≤						
Center forward	≤ 1,3	1,3 - 1,5	1,5 ≤																						
Winger	≤ 1,8	1,8 - 2,0	2,0 ≤																						
Team's Average Ratio	≤ 1,0	1,0 - 1,5	1,5 ≤																						



VIDEO FEEDBACK: INDIVIDUAL, "1st level"

- Dartfish –link – game shifts + meeting
- "Highlights" OR "solid performance + possible highlights"?
 - Structure from chaos
 - Tolerate boring moments
- Good/average/bad shift (+/-)
- Big picture = Whole game (+/-), details



VIDEO FEEDBACK: INDIVIDUAL

Far post 17 / 83



1 scene, 23:13
83 events

Auto-Pause

Search events

01:00	Quick breakout	⋮
01:18	Puck line	⋮
01:54	Forecheck	⋮
02:08	Trap F1	⋮
02:27	Breakout	⋮
02:53	Far post	📷 ⋮
03:10	CTRL B0: Get open	⋮
03:18	1-2-2 Forecheck F3	⋮
03:19	1-2-2 Forecheck	⋮
03:28	Breakout	⋮
03:39	Don't turn back with puck	⋮

▶ 1/1 ◀▶ ◀▶▶ 02:53.20 🔊 📺



VIDEO FEEDBACK: INDIVIDUAL, "Next level"

- Dartfish –link – game shifts + meeting → "Discuss the game"
 - Big picture: Player / Details: Coach
- Player starts to **own** (partly) also the feedback process



VIDEO FEEDBACK: INDIVIDUAL, "Next level"

VIDEO SELF-EVALUATION Defencemen			
Game:			Player:
Offensive game	+	-	Result:
1. Secure the puck			
2. Co-work with d-pair			
3. Get open & join the rush			
4. Offensive game between dots			
5. Blue line threat			
Defensive game	+	-	Result:
6. Correct positioning in OZ			
7. NZ Gap control			
8. Protect def. Blueline			
9. Fast pin in DZ			
10. Box out, "ass towards the net"			

VIDEO SELF-EVALUATION Forward			
Game:			Player:
Offensive game	+	-	Result:
1. Get open & moving			
2. Help & support puck carrier			
3. 60m rushes, drive the net			
4. Secure the puck			
5. Get in the slot & ready to shoot			
Defensive game	+	-	Result:
6. React quickly - loose pucks, turnovers			
7. Recover & Backcheck			
8. DZ coverage between the dots			
9. Cover shooting lanes & slot			
10. Ready for transition			



Conclusions

- Weak self-evaluation skills
- Athletes needs guidance, less ready answers (dialogue)
- Teaching methods and data-amount can vary (individual approach)
- Progressive growth of evaluation (age, developement stage, etc)
- Consistancy (timeframe, evaluation points, etc)



—
“YOU HAVEN’T
TAUGHT UNTIL
THEY HAVE
LEARNED”

- John Wooden





Questions?

Köszönjük szépen!

