



**SCORING
CONCEPTS**

TEACHING. TRAINING. TRANSFORMING.

THE HOCKEY DECISION SYSTEM

**STOP GUESSING
YOUR PATH.
START DEVELOPING
THE RIGHT WAY.**



EVALUATE
YOURSELF



FIND YOUR
RIGHT LEVEL



MAKE SMARTER
DECISIONS



IMPROVE
FASTER



UNLOCK YOUR
POTENTIAL

BY ANDREW TRIMBLE
SCORING CONCEPTS

THE RIGHT ENVIRONMENT.
THE RIGHT DEVELOPMENT.
THE RIGHT FUTURE.



THE HOCKEY DECISION SYSTEM

Stop Guessing Your Path. Start Developing the Right Way.

Chapter 1

THE HOCKEY DECISION SYSTEM

Stop Guessing Your Path

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Scoring Concepts

Chapter 2 — INTRO

The Problem

Most hockey players are in the wrong situation.

- Wrong level
- Wrong expectations
- Wrong development path

And it costs them years of progress.

The Truth

Development is not about:

- Playing the highest level possible
- Chasing teams
- Following the crowd

It's about:

 Being in the **right environment for your current ability**

What This System Does

This guide will help you:

- Evaluate where you actually are
 - Identify if you're too high or too low
 - Make smarter decisions moving forward
-

Chapter 3 — SELF EVALUATION SCORECARD

Rate Yourself (1–5)

Category	1 (Low)	3 (Average)	5 (Elite)	Your Score
Skating Speed	Slow	Average	Explosive	
Puck Control	Loose	Controlled	Elite	
Hockey IQ	Reactive	Reads Plays	Anticipates	
Compete Level	Inconsisten t	Steady	Relentless	
Confidence	Hesitant	Neutral	Assertive	

Total Score:

- **5–10** → Development Level (Need foundation work)
 - **11–18** → Competitive Level
 - **19–25** → High Performance Level
-

Chapter 4 — WARNING SIGNS (CRITICAL)

You're Playing TOO HIGH If:

- You panic with the puck
- You rarely make plays under pressure

- You get minimal touches per game
 - You avoid key situations
 - Confidence is dropping
-

You're Playing TOO LOW If:

- You dominate every shift
 - You're not challenged physically or mentally
 - You control pace easily
 - You're bored or disengaged
-

SWEET SPOT:

You should:

- Be challenged
 - Make mistakes
 - Still impact the game
-

Chapter 5 — LEVEL BREAKDOWN

Youth Levels

Level	Description	Development Impact
AAA	Highest competition	Fast pace, high pressure
AA	Strong competitive	Balanced development
A	Development-focused	Skill building

Junior Levels (Simplified)

League Tier	Example Leagues	Purpose
Tier 1	USHL	Elite/NCAA D1

Tier 2	NAHL	NCAA D1 pipeline
Tier 3	NCDC, EHL, USPHL	Development + exposure

KEY INSIGHT:

- 👉 Level does NOT equal development
 - 👉 Fit = development
-

Chapter 6 — PERFORMANCE TRACKER

Game Evaluation Sheet

Category **Rating (1–5)**

Puck

Decisions

Compete Level

Positioning

Confidence

Impact

Weekly Reflection:

- Did I improve this week?
 - Am I comfortable or challenged?
 - What situations am I avoiding?
-

Chapter 7 — DECISION TREE

Use This Logic:

START



Am I struggling every shift?

→ YES → Move down or adjust role

→ NO →



Am I dominating consistently?

→ YES → Move up or seek higher competition

→ NO →



Am I improving weekly?

→ YES → Stay

→ NO → Change training or environment

PAGE 8 — FINAL STEP

Stop Guessing. Get a Real Answer.

This system gives you a framework.

But your situation is unique.



Get Personalized Guidance:

👉 Ask the AI Hockey Advisor- www.aihockeyadvisor.com

Get answers on:

- What level you should play
 - How to improve faster
 - What your next move should be
-




Or Take the Next Step:

- Training Programs
 - Practice Plans
 - Video Breakdown Feedback
-

BONUS

Common Mistakes Players Make:


- Playing for status instead of development
- Avoiding discomfort
- Following what others are doing
- Not evaluating themselves honestly



MAKE SMARTER DECISIONS. **BUILD YOUR FUTURE.**

You now have the system to evaluate, adjust, and put yourself in the right situation to grow.
DON'T GUESS. HAVE A PLAN.

TAKE THE NEXT STEP:



AI HOCKEY ADVISOR

Get instant, personalized answers about your development, playing level, training, and next steps.

GET ANSWERS NOW



TRAINING & TOOLS

Programs, practice plans, and resources designed to help you improve every day.

START TRAINING




RECRUITING HELP

Get the tools, contacts, and strategy you need to get noticed and reach your goals.

GET RECRUITING HELP

“THE RIGHT DECISIONS TODAY CREATE THE OPPORTUNITIES TOMORROW.”

*Keep Working.
The Game Rewards Those Who Do.*



QUESTIONS? WE'RE HERE TO HELP.
Reach out anytime. We're in your corner.



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