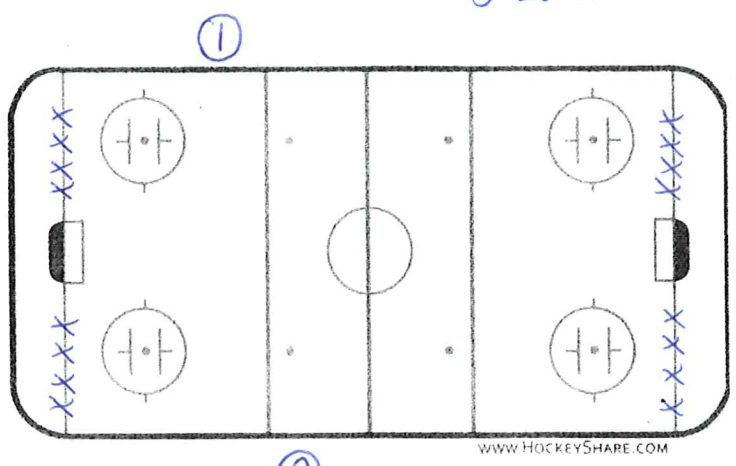


* Split into 3-4 Groups (based on # of Evaluators).

4 Corners
OR
3 zones

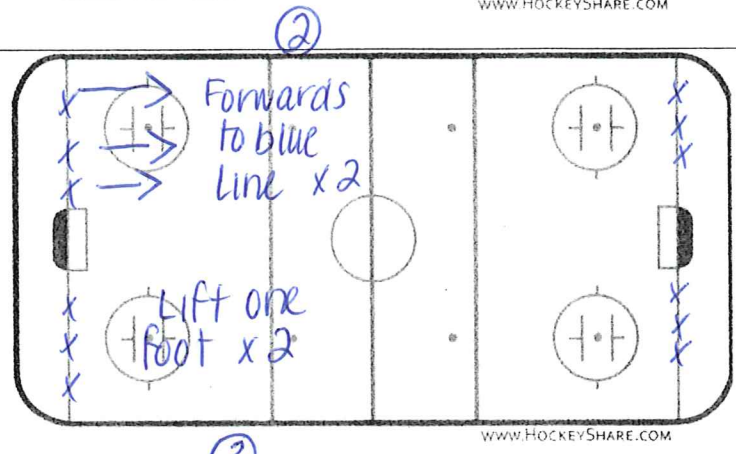
Drill: _____ Length: _____

- Assess:
- ① Basic Ringette Stance
 - ① Fall + get up
 - ② Basic forward stride
 - ② Glide on 1 foot
 - ② Basic Ability to move backwards
 - ② Basic backwards stride
- Players Stand on goal line



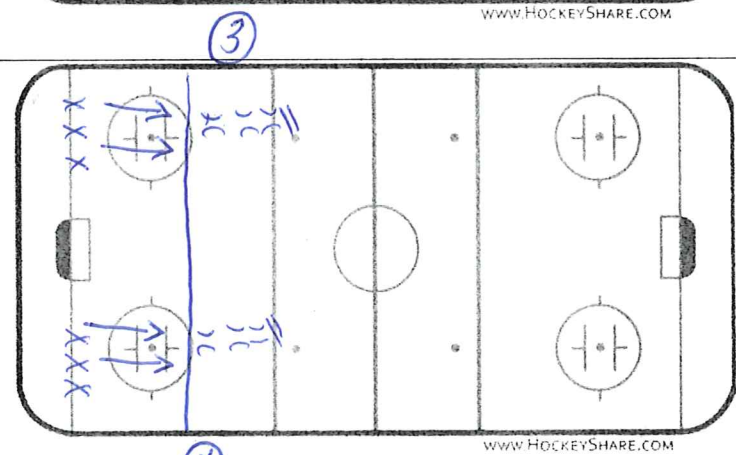
Drill: _____ Length: _____

- ③ transitions
- ③ backwards to forwards
- ③ forwards to backwards



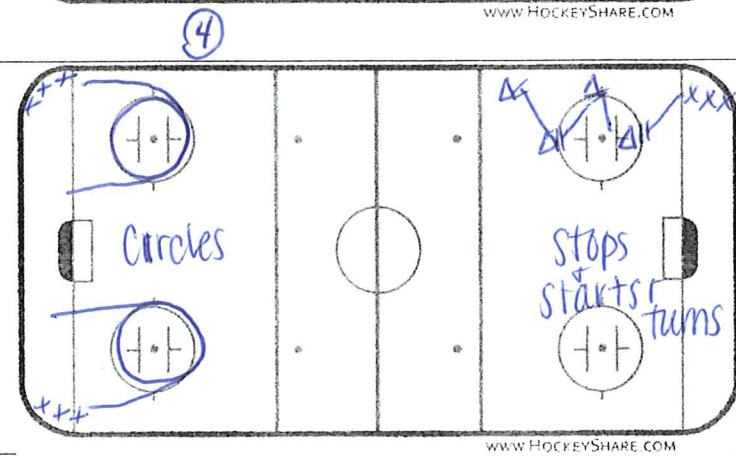
Drill: _____ Length: _____

- Skate to Ringette line
- + transition from forward to backwards x2
- + backwards to forward x2



Drill: _____ Length: _____

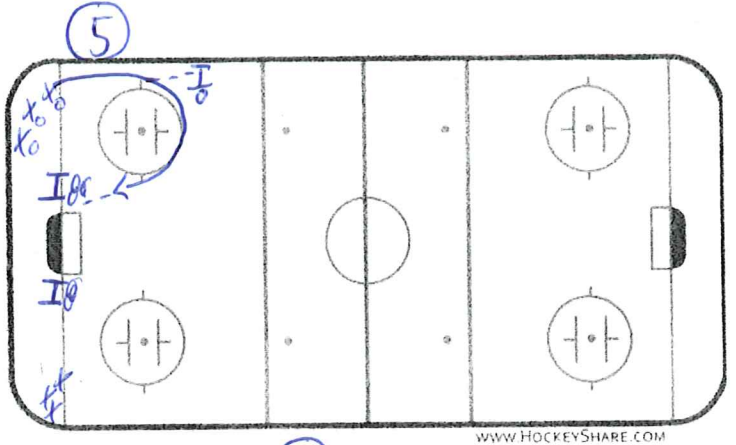
- Stops + Starts + turns
- ④ Circles x2 Each way *crossovers
- ④ turns + stops + starts using pylons x2 Each
- *turns using rings*



Drill : _____ Length: _____

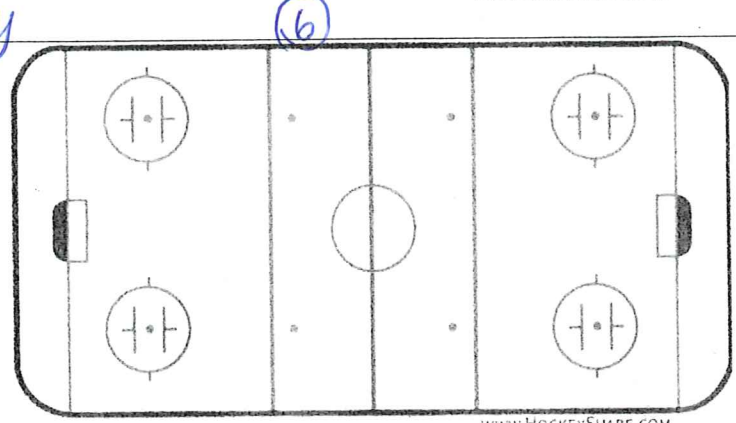
⑤ Passing + shooting

L 'player' starts w/ Ring + skates up to go around the Circle + passes to a coach, receives pass back from instructor beside the net + shoots demo backhand + try



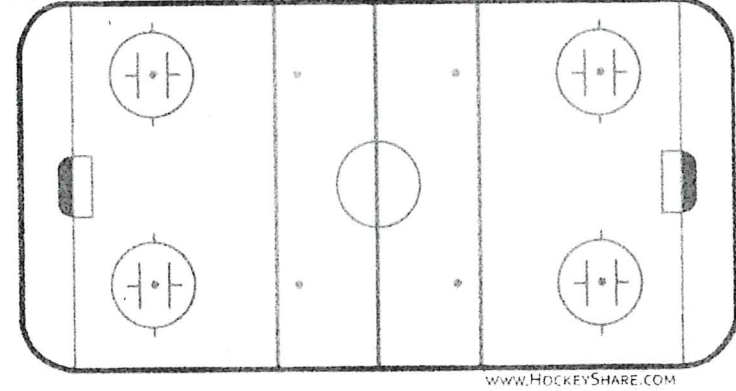
Drill : _____ Length: _____

Checking demonstrate both types + sharks r fish.

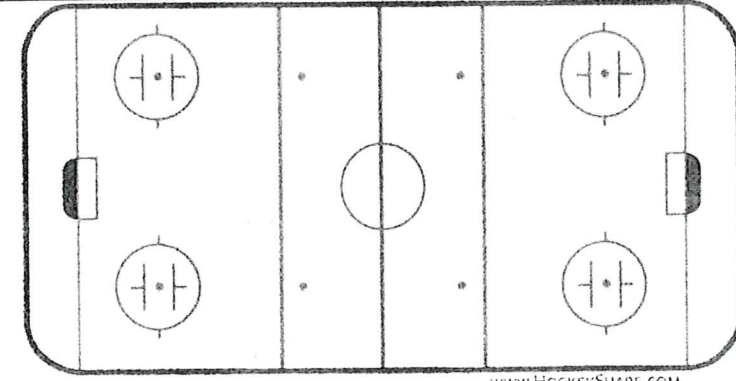


Drill : _____ Length: _____

GAMES



Drill : _____ Length: _____



R4U Assessment Sheet - Skate 1

Pinnie #

Drill 1										
① Demonstrate the basic ringette stance										
① Fully capable of getting back up after falling										
② Have a basic forward stride										
② Basic ability to glide on 1 foot										
Drill 2										
④ Fully capable of stops and starts (snowplow stop and v-start)										
④ Concept of basic parallel stop on both sides										
④ Basic ability of forward crossovers										
Drill 3										
④ Basic ability to skate with the ring										
④ Basic ability to turn on 1 side										
④ Fully capable of carrying the ring while skating through obstacles (ring protection)										
④ Basic ability to turn on both sides										
⑤ Basic ability to shoot the ring (forehand sweep) into the net										
⑤ Fully capable to shoot the ring and hit a target (forehand sweep)										
Drill 4										
② Basic ability to move in a backward direction										
② Have a basic backward stride (both sides (c-cuts)										
③ Fully capable to transition from forward to backward skating										
③ Fully capable to transition from backward to forward skating										
Drill 5										
⑥ Concept of checking										
⑥ Fully capable to check the stick										
Drill 6										
⑤ Fully capable of holding the stick correctly to receive a pass										
⑤ Basic ability to pass the ring to a target										
⑤ Fully capable to pass and receive the ring while skating										
⑤ Basic ability to pass the ring (backhand sweep)										
⑤ Basic Ability to receive a pass from an instructor										
Drill 7										
⑤ Basic ability to shoot the ring (backhand) into the net										

Concept of: Understands the skills and tries to complete it, but doesn't quite have the ability

Basic Ability: Sort of able to complete the skill, but is not fully capable.

Fully Capable: Able to complete the skill without any difficulty

If player can complete a skill clearly put a check mark in the box.

If player cannot complete a skill clearly put an X in the box.

* Be sure all skills are seen by evaluator prior to moving on to the next drill.

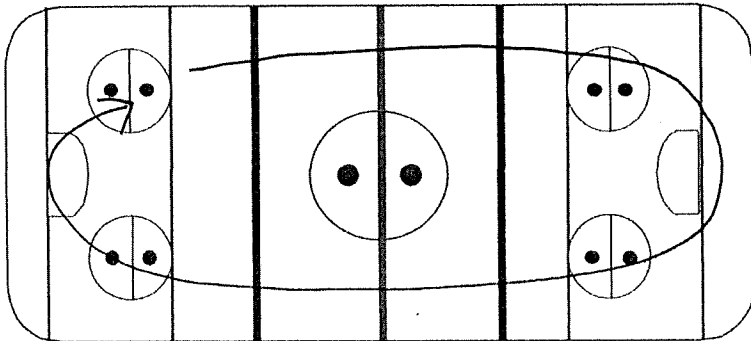
Ringette Practice Plans Worksheet

Date: Assessment scale #1 ice

Full Ice

(Circle One)

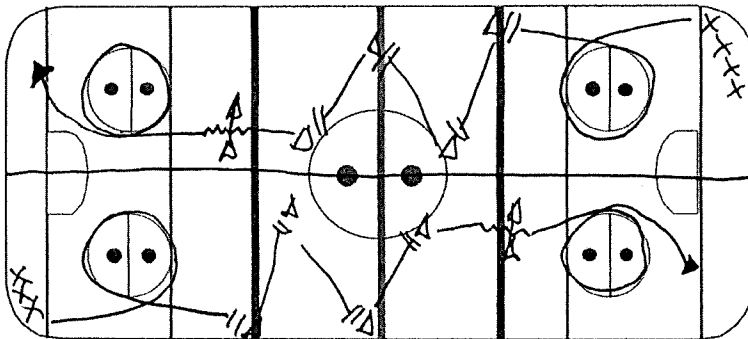
Skating \longrightarrow Passing \dashrightarrow



① Follow the leader/instructor

- Show:
- ringette stance
 - ability to get up after falling
 - forward stride
 - glide on one foot

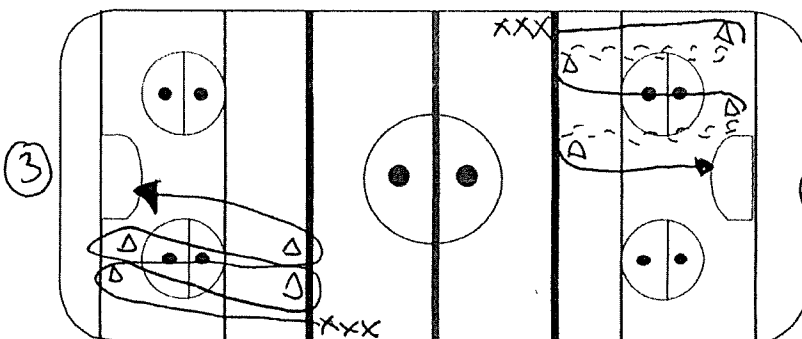
Description: Follow the leader Duration: 5 minutes



② Starts, stops, & cross-overs

- Split group into 2 in accordance with evaluation sheets
- have players show:
- snowplow stop
 - parallel stops
 - starts & stops
 - forward cross-o

Description: _____ Duration: 10 min. - 15 minutes



③ Tight turns & ring protection

- Forehand shot on net at target (COW)

④ Transitions & backwards

Skating

Description: _____ Duration: 10 minutes (15 min)
each (20 minutes)