

NOVA CENTRAL RINGETTE ASSOCIATION



TEAM FORMATION GUIDELINES

August 2024

This has been produced as a guideline for families and players following the Nova Central Ringette Association Operating Manual and operational requirements of the Central Region Ringette League (CRRL) and Ringette Nova Scotia (RNS).

The Team Formation Guidelines is a live document, subject to amendments, additions and deletions as necessary. Please visit the NCRA website at www.ncringette.ca for most current version.

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1. Purpose and Philosophy of Team Formation

The objective of these Team Formation Guidelines is to facilitate the placement of Nova Central Ringette Association (NCRA) players on the team which they are best suited, in a manner that is standardized, fair, transparent and provides meaningful competition.

This document outlines the Nova Central Ringette Association guidelines used to form teams. This process is aligned with Ringette Canada/Ringette Nova Scotia player evaluation and selection processes.

NCRA follows the policies of Ringette Nova Scotia (RNS) and the Central Region Ringette League (CRRL) in determining what age categories and tiers of play are offered at NCRA.

The evaluation process is the most difficult task for any ringette association. There are a considerable number of factors that go into organizing and evaluating over 250 athletes in a three-week period. NCRA understands that try-outs/evaluations can be very stressful for players and their families. The purpose of this document is to outline guidelines and procedures used throughout the evaluation process.

This document outlines the U10 and above Evaluation and Try-out guidelines, please refer to NCRA's Policies and Procedures Appendix V - Children's Ringette Program for U9 assessment information.

2. General Information

2.1. Evaluation Software

NCRA will use the TeamGenius Evaluation Software. Multiple Minor Sporting Associations across Nova Scotia are now using the TeamGenius platform. Since NCRA started using this software in 2021, it has been a "game changer" in both expediting the process and the overall management of it.

2.2. Athlete Development Pathway

In partnership with RNS and the CRRL, Nova Central's goal is to provide a Long-Term Development (LTD) stage-appropriate Athlete Pathway for participants in all divisions:

- Players in Active Start, FUN1 and FUN2 develop skills in a fun way.
- Players in FUN3 (U10) learn the game in an engaging environment.
- Players in U12 advance and consolidate their skills on balanced association teams.
- Players in U14 that are interested in an introduction to the competitive stream can choose to evaluate for placement on a Tier 1 team, or can play on a Tier 2 team (or Tier 3 when available).
- Players in U16 can choose to evaluate for placement on a Tier 1 competitive team, or can play on a Tier 2 team (or Tier 3 when available).
- NEW! Players in U19 can choose to "single card" and play only with Ringette NS if they are named to the U19AA team. These players have the option to play at the Association level as well if they choose. Any player named to U19A RNS team must play with an Association. Association teams will be balanced.

2.3. Roles & Responsibilities

The roles and responsibilities of NCRA Support Staff for Team Formation are outlined below:

NCRA Coaching Coordinator – Responsible for the planning and running of all try-outs and evaluations. Will have full administrative access to the TeamGenius App. Chairs the Team Selection Committee.

NCRA Athlete Development Coordinator – Responsible for work in coordination with the Coaching Coordinator for the planning and running for all try-outs and evaluations. Will have access to the TeamGenius App. Part of the Team Selection Committee.

NCRA President – Will assist in the planning and running of all try-outs and evaluations. Will provide support and oversight to the tryout and evaluations ensuring all processes are followed as laid out in these guidelines as well and NCRA’s Operating Manual. Will have access to the TeamGenius App. Assists the Team Selection Committee as required.

NCRA Registrar – Responsible for ensuring all players participants are registered within NCRA. Assist with administration of any applicable player transfers or those attending try-outs from outside NCRA. Responsible for providing registration lists to Team Selection Committee for upload into TeamGenius.

NCRA Communication Coordinator – Responsible for sending/posting all information regarding NCRA try-outs/evaluations to members via email, socials and website.

Evaluator Coordinator -Responsible for ensuring evaluators are prepared for sessions, have read and understand the NCRA Evaluator Guidelines and NCRA Evaluation Matrix and to field any questions. Will be onsite, in rink during sessions. Will ensure that all evaluators have the TeamGenius App, “How to” docs, logins, Evaluator sign-in code and can use the App efficiently.

Check-in Desk – Responsible for checking in players and assigning jerseys. These individuals require access to the Team Genius App. However, they will not have access to see or affect evaluation scores.

Bench Volunteers and Minor Officials (scrimmages) - Volunteers and minor officials during tryouts will consist of the coaching staff and/or parents from the group of athletes. Bench volunteers cannot be on the same bench as a family member, and will limit conversation with athletes to safety and specific game-related questions (no strategy). Minor officials will only be allowed to communicate with the on-ice officials. These volunteers do not have access to TeamGenius.

On-Ice Coaches/Helpers (UAA portion) – For the skill/technical sessions there shall be a lead coach and 4-6 assistant coaches to time the UAA drills. These individuals will have evaluator access to the Team Genius App and cannot see previous scores or overall player scores. Coaches are responsible to:

- Ensure all drills are set up correctly
- Ensure all drills finish within the allotted time
- Ensure player understand the drill
- Should a player have their performance affected by items outside of their control, it is the coach’s discretion to allow the player to perform the skill again.
- Coaches can encourage players to perform to the best of their ability
- Coaches are not permitted to discuss strategy or coach.

Evaluators (Scrimmages) – Responsible for game play evaluations. These individuals will have evaluator access to the Team Genius App and cannot see previous scores or overall player scores.

The Coaching Coordinator is responsible for arranging the qualified and independent evaluators for tryouts.

Evaluators will attend a meeting prior to evaluations starting to review expectations, scoring matrix etc.

To be an evaluator for U10/U12 divisions, volunteers must be at least 17 years old, must be at least two age divisions older than the division being evaluated and must NOT be a family member of any of the athletes being evaluated.

To be an evaluator for U14 and above volunteers must NOT be a family member of any of the athletes being evaluated and must meet one or more of the following criteria:

- Coach with minimum of 3 years coaching experience and CSI or CI ringette-specific training; or
- Level II B certified referee; or
- Ringette athlete with a minimum of 2 years playing on a competitive ringette team.

When an evaluator is also an athlete, they cannot evaluate their own age group, a group older than them or any other division that the Coaching Coordinator deems a conflict.

In general, Evaluators should:

- Review evaluation criteria to ensure they are evaluating with the same intent.
- Stay separate from other evaluators in rinks while evaluating
- Confirm they have the correct group/jersey #'s to evaluate. This will be assigned through the Team Genius App.
- Not share comments or opinions with parents/players or other interested parties.
- Refer questions, comments or complaints to the Coaching Coordinator or NCRA Executive without engaging or commenting on topic.

2.4. Team Selection Committee

- The role of the Committee in FUN3 (U10), U12 & U19 is to conduct the formation of balanced team in accordance with these guidelines.
- The role of the Committee in tiered divisions is to oversee the selection of athletes to teams in accordance with the processes laid out in these guidelines as well as NCRA's Operating Manual and any direction from the NCRA Board about the number of athletes that may be selected to the team. Head Coaches do not form part of the Selection Committee at this level.
- The Selection Committee includes but is not limited to: the NCRA Coaching Coordinator as Chair, the NCRA Athlete Development Coordinator and President as outlined in NCRA's Operating Manual. Additional Board Members will be asked to assist as required.
- The Selection Committee will not evaluate in any capacity at any division level.
- Once teams are selected and have received NCRA Board approval the Committee is no longer required.

2.5. Critical Path / Timeline

August

- Release/Post NCRA Team Formation Guidelines to website & communicate with members
- Team Genius sign-up/prep
- Call for Try-out volunteers
- Coach selection interviews (if required)
- Tier 1 Coach announcements
- Slice the Ice (pre-season development)
- Release Try-out Schedule
- Competitive Try-out Registration ends Aug 28th.

September

- Try-out process review (Evaluators, volunteers, exec. Members etc.)
- Post Try-out groups
- Try-out process begins (**after the September long weekend**)
- Team selection & naming of full team staff

October

- Team selection & naming of full team staff (continued, if required)
- League game play starts after Thanksgiving weekend

2.6. Friend Requests

Players can submit a friend request in their first year (U12 and below) in the association, which will be considered when balancing teams. All other friend requests will be at the discretion of the Team Selection Committee and NCRA Executive with balancing of teams taking absolute priority.

2.7. Evaluation/Try-Out Attendance

- Should an athlete be unable to attend one or more sessions due to illness, injury or for compassionate reasons or a competing sports commitment, the athlete will be scored for the sessions that they attended and the Coach Coordinator will attempt to acquire additional information based on past performance to assist in making an appropriate ranking for the missed session(s).
- In extraordinary circumstances, if an athlete is unable to attend any of the tryout sessions, the athlete may be ranked according to background information obtained by the Coaching Coordinator. This may include where the athlete played in the previous season, information from the previous season coach about skill/development, qualitative feedback from coaches, and their rank compared to other athletes in the previous season.
- In all cases the Coaching Coordinator must be notified in advance of an absence. Failure to contact the Coaching Coordinator regarding missed tryouts could result in a score of zero for the missed session(s).
- In all cases, the scoring decision of NCRA for any missed session(s) is final.

2.8. Who can Participate

Only players who have registered with NCRA and are considered to be in good standing can participate in evaluations/try-outs.

Out of Area Players – If a player wishes to try out from outside NCRA they must first register with their home association and if a team is not offered at their local association, then they can be considered. This must be approved PRIOR to tryouts starting by both Association Presidents. These players are required to fill the Commitment requirement outlined in section 3.5 of this document.

3. Evaluation Procedure

Players will be evaluated in both skill and game environment. At the younger age level, a greater emphasis will be placed on skills. As the players get older, the scrimmage sessions will have greater overall impact on the players evaluation score/placement.

3.1. Player Check-in & Jersey Assignment

Players are required to check-in at the table set up at the rink prior to their try-out session. Players will be provided a jersey and assigned a number for that session. Jersey numbers are then added to the TeamGenius app at that time. Players must return their jersey at the end of the try-out session. A new jersey will be provided to players at each try-out session.

This can be a slow process. Especially the first session. Please come early enough to ensure the players have enough time to get ready and be on the ice on time.

3.2. Overview of Skill Evaluation Procedures

The following outlines what is involved with the skill evaluations:

- FUN3(U10), U12, U14 & U16 skills are evaluated using the Universal Athlete Assessment (UAA) system. Each player will complete each station twice and their best score will be used towards their skill score. The UAA drills are timed drills. If ice allocations allow the U10 & U12 divisions will be provided an on-ice practice session to run through the UAA drills, this will not be evaluated.
 - FUN3(U10) will run 4 UAA drills (Agility, Stop & Start, Forward skating, and Backwards skating)

- U12, U14 & U16 will run 5 UAA drills (Agility, Stop & Start, Forward skating, Backwards skating and Butterfly)
- The U19 division is not evaluated on UAA's.
- Goalies in U14 and above will complete an on ice technical skills session with evaluators during the UAA portion of evaluations.
 - Depending on the level of play and the age and development of the goaltender the Technical Skills evaluation for goaltenders will include these areas:
 - Mobility:
 - Skating skills
 - Lateral movement
 - Forward/backward movement
 - Net movement
 - Ring Skills and Stick Work

3.3. Overview of Game Play Evaluation Procedures

The following outlines what is involved with the game play evaluations:

- Ice times will be scrimmages to simulate game play.
- Players will be rotated to mix up the lines and allow play in all positions during scrimmages. Allowing players to show their ringette game, knowledge, experience, compete level, attitude and skill.
- The games will consist of a three-minute warm up and two 17-minute periods with officials and shot clocks.
 - U12 and above players will shift on whistles, follow a call-off from bench staff and/or shift on the fly depending on division. U10 will shift at buzzer.
 - Penalty calls will be avoided in order to keep play moving but any unsafe play will be penalized.
 - Shot Clocks used at U12 and above.
 - Goalies will switch ends between periods (U14 and above).
- All efforts will be made to have a ratio of 1 qualified evaluator to every 5 athletes at each competitive tryout. It is strongly preferred that the same evaluators work every tryout for a particular age division.
- Players maybe moved between groups.
- All players and goalies will be scored in each scrimmage session using a 1-5 scale. Only whole numbers are used.
- Each player will be assessed in the following categories during the scrimmage sessions:
 - Skating
 - Passing & Receiving
 - Checking & Ring Handling
 - Game Skills – Offensive
 - Game Skills – Defensive
 - Work Ethic
- Goalies in U14 and above will be assessed in the following categories during the scrimmage sessions:
 - Mobility
 - Ring Skills and Stick Work
 - Game Skills:
 - Save Execution
 - Position
 - Recovery
 - Work Ethic
- Please refer to NCRA Evaluator Guidelines and NCRA Evaluation Matrix for more information about what evaluators are assessing during tryouts.
- U14 & U16 - After the first two sessions are complete (UAA & scrimmage #1); The Association reserves the right to advise the top players that they no longer need further evaluations, thereby allowing bubble skaters great opportunities for evaluation.

3.4. Overview of Head Coach Input Procedures

Head Coaches of teams will be in attendance for all game play evaluations for their corresponding divisions. They will sit in the stands and observe. They do not form part of the evaluator group for the game play evaluations. For the U14, U16 & U19 divisions, in addition to skills and game evaluations, Head Coaches provide input on players Coachability, Work Ethic and Game Impact which also forms a small portion of the overall evaluation.

In cases where the Head Coach is also a family member of an athlete trying out or in extraordinary circumstances where the Head Coach cannot be named prior to evaluations, the Coaching Coordinator will be in attendance for the evaluations and will assign the Coach Input score, with input from the athlete's previous year's coach, where possible.

3.5. Commitment

As outlined in NCRA's Policies & Procedures (#5.B), in addition to the above-mentioned evaluation process, a U14, U16 players commitment to a competitive team will be a major determining factor in player selection, regardless of their skill rating. NCRA defines commitment as requirement to attend team functions such as:

- Practices;
- Off-Ice sessions;
- Tournaments;
- Provincials and;
- Additional events determined by the team

This will be determined at the discretion of the Tryout Committee/ NCRA Board.

4. Team Formation

The following section will outline team size, tiering and team formation procedures.

4.1. Team Size

The size of team will be based on the following guideline and will depend on the number of players registered in each division and evaluation outcomes:

- FUN3(U10) & U12: 12 to 15 player per team
- U14, U16 & U19: approx. 15 skaters and one goalie

4.2. Team Selection

4.2.1. Team Formation at FUN3(U10), U12 and U19

The goal of team selection in the FUN3(U10), U12 and U19 divisions is to balance the teams as much as possible prior to the start of the season and any league play. Ideally, all games played between these teams should end in a tie however a difference as the season progresses is to be expected due to player growth, development and team chemistry, which cannot be predicted at the start of the season but may come into play later in the season.

- Once all balancing sessions are complete the Team Selection Committee will meet and work together to assign players to teams with an approximate balance of athletes of similar score to each team.
- Some of the other considerations that will form part of the balanced team selection process include:
 - Distribution of goaltenders or goalie prospects (U12)
 - Equality of teams based on level of skill
 - Equality regarding the number of new players to the division
- When the Committee has completed the initial team selections the rosters will be presented to the Head Coaches for review to ensure teams are balanced. This process will be overseen by the Team Selection Committee with ultimate discretion on individual placements falling to that committee. Once confirmed, teams are provided to the NCRA Board for approval.
- Roster will be communicated to membership within 48 hours of Board approval.

4.2.2. Team Formation at U14 and U16

The team formation at U14 and U16 divisions happen in two phases: Initial Competitive Try-outs and then Balancing of Tier 2 teams if required.

- Things taken into consideration in team formation, but not necessarily limited to or constrained by, are:
 - Team viability
 - Competitive expectation at the various levels
 - Long term development (LTD)
 - Availability of Coaches
 - Availability of Ice
 - Goaltender allocation
- Once the evaluations are complete the Team Selection Committee will meet and review player rankings. As long as there are no extenuating circumstances and they meet the commitment requirements, the players who scored the highest will be placed on the Tier 1 team.
- The Team Selection Committee will meet to select the appropriate number of top scoring athletes and goaltenders for the team in accordance with player commitment and any direction given from the NCRA Executive Board related to roster size.
- There is no guarantee that returning Tier 1 players will be selected.
- When the Committee has reviewed and the players selected the Rosters will be provided to the Head Coaches for final review. Teams are then submitted to the NCRA Board for approval.
- Rosters will be communicated to membership within 48 hours of Board approval.

After the Tier 1 teams have been named then Phase 2 of balancing Tier 2 teams can start for these divisions, as required.

- Following the competitive team(s) selection, the Selection Committee will assess the remaining players to determine the collective skill level and the appropriate next steps in terms of team declaration (further tiering or balancing).
- Declaration of Tier 2 and Tier 3 teams will be subject to CRRL policy and how many divisions of play are being hosted by the league.
- If further evaluation is needed, all remaining players will be evaluated in one or two additional scrimmages to assist in determining further tiering or balancing as required.

5. Conflict of Interest

- All association activities including Team Formation are subject to NCRA's Code of Conduct.
- If a parent/guardian or other family member is the Head Coach, Selection Committee Member or NCRA Board Member- they will not evaluate their own family members, nor participate in team selection discussions associated with their family member. If there is a conflict, additional Board Members will be asked to step in.
- Spectators are not permitted in the arena during balancing evaluations and/or competitive tryouts, and under no circumstance will family members of the athletes be in the presence of any Evaluators.
- Evaluators for competitive teams will not be related to the athletes they are evaluating.
- Evaluators will respect the confidentiality of the process, will not be given athletes' names, and will not be provided the other evaluators scores.
- Scores are inputted in the TeamGenius App by the Evaluators only – there is no second-hand data input required.

6. Appeals Process

- There will be no appeals of team selection results.

Nova Central Evaluator Guidelines

Ratings

Excellent – Athlete is dominate and is considered one of the best prospects in the pool. This athlete is at the top of the pool and is a strong candidate for the Tier 1 team if in U14 or U16 divisions. Strongest candidate(s) should be ranked 5.

Above Average – Athlete is above average in comparison to their peers on the ice. This athlete has the potential to be in the top of the pool but lacks consistently in play and level of compete. With development and small improvements, they could be a candidate for the Tier 1 team if in U14 or U16 divisions. Strongest candidate(s) should be ranked 4.

Average – Athlete possesses the basic skills and abilities for competing at this level versus their peers. They do not have specific strength or weakness. They are average in comparison to other prospects. This athlete cannot compete with the top pool and is not consistent enough to maintain a competitive position (if in U14 or U16 divisions) with the top competitors identified in the top ranked group. These candidates should be ranked 3.

Below Average – Athlete is still learning and further development is required. Ranked at 2.

New Player – Athlete maybe new and is still learning. Ranked at 1.

Note- the expectation as to how well athletes can complete the skills in the Evaluation Matrix will be based upon the division being evaluated.

New Player	Below Average	Average	Above Average	Excellent
New athlete, would be on the Tier 2 team if in U14 or U16 divisions	Below average athlete, would be on the Tier 2 team if in U14 or U16 divisions	Average athlete, would be on the Tier 2 team if in U14 or U16 divisions	Strong athlete, would be considered a “bubble” Tier 1 athlete if in U14 or U16 divisions	Amongst top athletes on the ice, should be considered for Tier 1 if in U14 or U16 divisions.
1	2	3	4	5

On Ice Physical Presence (Competitiveness & Work Ethic)

Does the athlete compete every shift? Do they work hard, or do they put forward the effort every shift? Do they engage in ring battles and win 1v1 and 50/50 ring battles consistently? Does their hard work create opportunities? Are they disciplined in their shift and length of shift? Do they compete for the entire duration of the shift that they are on the ice?

1 (20% effort)	2 (40% effort)	3 (60% effort)	4 (80% effort)	5 (100% effort)
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Nova Central Evaluation Matrix

Players

Skill	Excellent (5)	Above Average (4)	Average (3)	Below Average (2)	New Player (1)
Forward/ Backwards Skating	<ul style="list-style-type: none"> Forward- Consistently in proper stance & balance. Has consolidated stride skills. Displays smooth efficient strides with full leg extensions. Strides are always powerful. Able to change speed in motion. Accelerates with strides. Uses sharp turns to maintain speed and change direction quickly. Crossovers- consistently lift leg over the other. Smooth & consistent crossovers. Backwards- consistently maintains proper form with good center of gravity. Head & chest are up. Consistently displays full & smooth c-cuts. Consistently able to maintain momentum and gains speed through c-cut. Crossovers- Has consolidated good backward crossovers used in motion to increase speed. 	<ul style="list-style-type: none"> Forward- Maintains proper stance & balance. Has acquired a good stride & leg extension. Strides are smooth and generally powerful. Understands basics of acceleration. Sometimes uses sharp turns to maintain speed and change direction quickly. Crossovers- consistently lifts leg over the other. Generally able to maintain balance and speed. Backwards- consistently displays proper form with good center of gravity. Head & chest are skating. Generally displays full & smooth c-cuts. Able to maintain momentum & gains speed. Crossovers- Has acquired good backward crossovers. Generally, maintains proper form & able to keep momentum & maintain speed. 	<ul style="list-style-type: none"> Forward- Generally maintains proper stance & balance. Has acquired good stride & is showing consistent leg extensions. Inconsistently uses sharp turns to maintain speed and change direction quickly. Crossovers- most often lifts leg over the other. Sometimes able to maintain balance and speed Backwards- Generally displays proper form with good center of gravity. Head & chest are skating. Generally displays full C-cuts. Starting to maintain momentum. Inconsistently gains speed. Crossovers – Has acquired average backward crossovers. Generally maintains proper form. 	<ul style="list-style-type: none"> Forward- Still acquiring proper stance & balance Has acquired a good foundation of stride but still acquiring consistent stride & full leg extension. Crossovers- lifts leg over the other. Sometimes able to maintain balance & speed. Sometimes has to balance check. Backwards- Sometimes in proper form & balance. Rarely uses stick for balance check. Keeps head up. Still acquiring proper stance & balance. Sometime uses stick for balance. Attempts c-cuts but cannot make complete C. Struggles to maintain momentum. Crossovers- Has acquired the basics of backwards crossovers. Sometimes able to proper form & able to maintain momentum. 	<ul style="list-style-type: none"> Forward- Still acquiring proper stance & balance Acquired some basics of stride, may lose balance, head is not up when in motion. Crossovers- Cannot fully lift leg over the other, struggles to maintain balance & speed. Often has to balance check. Backwards- Still acquiring proper stance & balance. Sometime uses stick for balance. Attempts c-cuts but cannot make complete C. Struggles to maintain momentum. Crossovers- Still acquiring the basics of backwards crossovers. Can only do a couple without breaking form & momentum.
Passing & Receiving	<p>Consistently displays proper form & stick grip. Always points stick passing/receiving.</p> <ul style="list-style-type: none"> Consistently makes accurate forehand passes while static & moving. Generally makes accurate lead passes while static & moving. Generally accurate backhand passes. Often able to stab ring when static & moving. Attempts drop passes & board passes. 	<p>Consistently displays proper form & stick grip. Consistently points stick passing/receiving.</p> <ul style="list-style-type: none"> Generally makes accurate forehand passes while static & moving. Sometimes accurate backhand passes. Generally makes accurate lead passes while static & moving. Often able to stab ring when static & moving. 	<p>Most often displays proper form & stick grip. Often points stick passing/receiving.</p> <ul style="list-style-type: none"> Generally makes accurate forehand passes while static & sometimes while moving. Sometimes uses backhand passes. Sometimes makes accurate lead passes while static. Inconsistent when moving. Often able to stab ring when static & most often when moving. 	<p>Sometimes displays proper form & stick grip. Sometimes points stick passing/receiving.</p> <ul style="list-style-type: none"> Sometimes makes accurate forehand passes while static. Rarely uses backhand passes. Attempts to make accurate lead passes while static & sometimes while moving. Not always able to stab ring when static. Sometimes able to stab ring when moving. 	<p>Occasionally displays proper form & stick grip.</p> <ul style="list-style-type: none"> Sometimes makes accurate passes while static. Struggles to make accurate passes while moving. Sometimes able to stab ring when static. Generally not able to stab ring when in motion.
Checking & Ring Handling	<p>Consistently checks hard with two hands on stick, & generally maintains control of body while skating.</p> <ul style="list-style-type: none"> Often reads ring carrier to cut off & often gains possession of the ring. Consistently checks in the corners & along boards 	<p>Most often checks hard with two hands on stick, & sometimes maintains control of body. Performs sweep check.</p> <ul style="list-style-type: none"> Generally tries to check in motion. Generally reads ring carrier to cut off & gains possession of ring. 	<p>Generally checks hard with two hands on stick, & sometimes maintains control of body. Sometimes performs sweep check.</p> <ul style="list-style-type: none"> Sometimes tries to check in motion. Sometimes reads ring carrier to cut off & sometime gains possession of ring. 	<p>Sometimes checks hard with two hands on stick</p> <ul style="list-style-type: none"> Rarely reads ring carrier to cut off & sometimes gains possession of the ring. Hesitant to check in corners/boards Sometimes ring handles & attempts to use body to protect 	<p>Typically does not check with two hands on stick.</p> <ul style="list-style-type: none"> Rarely reads ring carrier to cut off, does not gain possession of the ring from the opposition. In motion loses control of body & falls. Hesitant to check in corner/boards

	<ul style="list-style-type: none"> • Sometimes back checks • Strong ring handling: uses body positioning to protect ring from other players & maintains possession. 	<ul style="list-style-type: none"> • Checks in corners & along boards • Generally ring handles & uses body positioning to protect ring & Sometimes maintains possession. 	<ul style="list-style-type: none"> • Sometimes checks in corners & along boards • Sometimes ring handles & uses body positioning to protect ring. 	ring. Often easy to check.	Sometimes ring handles & rarely protects ring. Easy to check.
Game Skills – Offensive	<p>Excellent player, Player is in constant motion</p> <ul style="list-style-type: none"> • Effectively does a breakout following coach instructions. Adjusts to defense • Consistently has possession of the ring. Highly involved in play. Generally does not create turnovers. • Reads play well & open for passes. Always follows the play. • Consistently creates offensive shooting & passing opportunities. • Shows strong knowledge of rules & displays good decision-making skills. 	<p>Above average player, Player is generally in motion</p> <ul style="list-style-type: none"> • Able to perform a breakout following coach instructions • Often has possession of the ring/involved in play. Does not create a lot of turnovers. • Reads play well & often gets open for passes when not carrying the ring. Usually follows the play. • Often creates offensive shooting & passing opportunities. Shows good knowledge of rules & displays good decision-making skills. 	<p>Average player, Player is most often in motion</p> <ul style="list-style-type: none"> • Able to perform parts of a breakout following coach instructions • Sometimes has possession of the ring/involved in play. • Starting to reads play well & often sometimes gets open for passes when not carrying the ring. • Sometimes creates offensive shooting & passing opportunities. • Shows an average knowledge of rules & displays good decision-making skills. 	<p>Below average player, Player often in motion</p> <ul style="list-style-type: none"> • Somewhat able to perform a breakout following coach instructions • Sometimes gains possession of the ring. Usually able to maintain possession. • Sometimes able to get open for passes & sometimes able to keep up with the pace of game. • Sometimes creates offensive shooting & passing opportunities. • Shows good understanding of rules & sometimes displays good decision-making skills. 	<p>New player</p> <ul style="list-style-type: none"> • Struggles to gain & maintain possession of the ring. • Rarely gets open for passes out to the zone. • Sometimes able to keep up with the pace of game. • Not often able to create offensive shooting & passing opportunities. • Player is rarely in motion stationary.
Game Skills – Defensive	<p>Excellent player, Aggressive & successful checker</p> <ul style="list-style-type: none"> • Strong Understanding of defensive triangle. • Consistently reads the play to create turnovers. • Consistently able to move ring out of defensive zone. • Consistently pressures offense & “steps up” in the triangle & in neutral zone. • intercepts ring in neutral or offensive zone. • Takes offensive opportunities. • Consistently Supports Goalie for goalie ring. 	<p>Above average player, Generally Aggressive & strong checker</p> <ul style="list-style-type: none"> • Good Understanding of defensive triangle formation. • Often reads the play to create turnovers • Generally in the play. • Generally pressures offense & “steps up” in the triangle & in neutral zone. • Sometimes will enter offensive zone. • Generally Supports Goalie for goalie ring breakout. 	<p>Average player, Generally Aggressive & strong checker</p> <ul style="list-style-type: none"> • Average understanding of defensive triangle formation. • Sometimes reads the play to create turnovers. • Involved in the play approx. 50% of the time. • Inconsistently puts pressure on offense. • Sometimes will enter offensive zone. • Sometimes Supports Goalie for goalie ring breakout. 	<p>Below average player, Average checker sometimes able to gain possession</p> <ul style="list-style-type: none"> • Shows knowledge of triangle; but sometimes breaks formation • Sometimes reads the play to create turnovers • Sometimes able to move ring out of defensive zone. Sometimes keep feet moving. • Does not typically support the Goalie for goalie ring breakout. 	<p>New player, rarely aggressive & weak checker</p> <ul style="list-style-type: none"> • Player tries to maintain a triangle but consistently breaks position • Attempts to block passes, struggles to read play • Rarely keeps up with the play • Player “dumps” ring on occasion • Does not support Goalie for goalie ring breakout.

Goalies

Skill	Excellent (5)	Above Average (4)	Average (3)	Below Average (2)	New Player (1)
Mobility	<p>Strong lateral pushes from side to side.</p> <ul style="list-style-type: none"> • Demonstrates strong understanding of T-push & glide • Strong understanding of power pushes & glides • Strong, consistent backwards C-Cuts • Strong, consistent forward & backward skating & transitions • Able to read play well [shows strong understanding of Telescoping] • Able to consistently perform Butterfly slides from side to side smoothly 	<p>Strong lateral pushes from side to side</p> <ul style="list-style-type: none"> • Demonstrates strong understanding of T-push & glide • Strong understanding of power pushes & glides • Strong, consistent backwards C-Cuts • Strong, consistent forward & backward skating & transitions • Able to read play [shows general understanding of Telescoping] • Able to generally perform Butterfly slides from side to side smoothly 	<p>Generally smooth lateral pushes from side to side</p> <ul style="list-style-type: none"> • Demonstrates some skill in T-pushes & glide • Some understanding of power pushes & glides • Backwards C-Cuts are smooth but not consistent • Generally smooth forward & backward skating & transitions • Able to read play most of the time [shows some skill with Telescoping] • Able to generally perform Butterfly slides from side to side smoothly. 	<p>Somewhat smooth lateral pushes from side to side</p> <ul style="list-style-type: none"> • Still learning skill in T-pushes & glide • Acquiring coordination of power pushes & glides • Backwards C-Cuts are somewhat smooth • Generally smooth forward skating with weak transitions to backwards • Somewhat read play most of the time [little skill with Telescoping] • Sometimes able perform Butterfly slides from side to side smoothly. 	<p>Unable to perform smooth lateral pushes from side to side</p> <ul style="list-style-type: none"> • Still learning skill in T-pushes & glide • Acquiring coordination of power pushes & glides • Backwards C-cuts are weak • Forward skating is weak with weak transitions to backwards • Rarely reads play most of the time (no skill of telescoping) • Unable perform Butterfly slides from side to side smoothly.
Game Skills	<ul style="list-style-type: none"> • Strong understanding & use of Stand-up style of play • Consistently showing refinement in Butterfly and inverted V • Strong understanding of crouch & one-knee drop • Consistently hugs the post & finds the post • Understands positional play in the triangle & free passes. • Consistently shows understanding of playing the angles • Consistently successfully adjusts to teammates positioning in the triangle • Consistently adjusts to offensive players positions & passes made 	<ul style="list-style-type: none"> • Consolidated skill to show Strong understanding & use of Stand-up style of play • Strong understanding of crouch & one-knee drop • Generally showing refinement in Butterfly and inverted V • Generally able to hug & finds the post • Understands positional play in the triangle & free passes. • Consistently shows understanding of playing the angles • Consistently successfully adjusts to teammates positioning in the triangle • Consistently adjusts to offensive players positions & passes made 	<ul style="list-style-type: none"> • Consolidated skill to show Strong understanding & use of Stand-up style of play • Strong understanding of crouch & one-knee drop • Consistently showing consolidation in Butterfly & inverted V • Usually able to hug & finds the post; sometimes slow to tighten to post • Usually in position for the triangle & free passes. • Sometimes shows understanding of playing the angles • Generally adjusts correctly to teammates positions in the triangle • Generally adjusts to offensive players positions & passes made 	<ul style="list-style-type: none"> • Still learning stand-up style of play • Displays knowledge of the crouch & one-knee drop but is not consistent • Sometimes shows Butterfly & inverted V but rarely. • Sometimes able to hug & finds the post; often slow to tighten to post • Sometimes in position for triangle & free passes. • Sometimes shows understanding of playing the angles • Sometimes adjusts correctly to teammates positions in the triangle • Sometimes adjusts to offensive players positions & passes made 	<ul style="list-style-type: none"> • Still learning stand-up style of play • Displays some skill of crouch & one knee drop but is not consistent. • Rarely does Butterfly & inverted V. • Rarely finds the post; often slow to tighten to post • Sometimes in position for triangle & free passes. • Shows weak understanding of playing the angles • Rarely adjusts correctly to teammates positions in the triangle • Rarely adjusts to offensive players positions & passes made
Ring Skills & Stick Work	<ul style="list-style-type: none"> • Consistently throws lead passes to teammates & throws to open ice • Consistently controls rebounds • Consistently Able to redirect ring successfully towards boards • Can redirect ring when passed ring by teammates to move play forward • Consistently blocks shots & reacts to shooter • Stick Handling: Consistently keeps stick flat on the ice. • Stick handling: Able to make accurate lead passes with goalie stick. 	<ul style="list-style-type: none"> • Consistently throws lead passes to teammates & throws to open ice • Typically controls rebounds • Able to redirect ring successfully towards boards • Can redirect ring when passed ring by teammates to move play forward • Consistently blocks shots & reacts to shooter • Stick Handling: Typically keeps stick flat on the ice. • Stick handling: Generally makes accurate lead passes with goalie stick. 	<ul style="list-style-type: none"> • Generally throws lead passes to teammates & to open ice • Attempts to control rebounds • Generally, able to redirect ring towards boards • Can redirect ring when passed ring by teammates • Generally blocks shots & reacts to shooter • Stick Handling: Keeps stick flat on the ice. • Stick handling: Generally makes lead passes with goalie stick. 	<ul style="list-style-type: none"> • Sometimes throws lead passes to teammates & open ice • Attempts to control rebounds • Sometimes able to redirect ring towards boards • Can redirect ring when passed ring by teammates • Attempts blocks shots & reacts to shooter • Stick Handling: Sometimes has stick flat on the ice. • Stick handling: sometimes makes lead passes with goalie stick. 	<ul style="list-style-type: none"> • Rarely throws lead passes to teammates & open ice • Unable to redirect ring towards boards • Attempt block shots & reacts to shooter • Stick handling: Sometimes has stick flat on the ice. • Stick handling: sometimes make lead passes with goalie stick.