



U16AA Tryout 1 Assessment

Barrie and District Ringette Association Competitive Tryout - U16AA

Agenda:

1. Seven (7) minute warm-up as follows:
 - a. Partner passing
 - b. Two-line passing with shot
2. Drills for skaters will follow in order and will be completed by all skaters prior to the next drill commencing. Drills are as follows:
 - a) Drill 1 – 7 Pass with shot
 - b) Drill 2 – Pivoting
 - c) Drill 3 – Forwards to backwards skating
 - d) Drill 4 - 2 v 1
3. Drills for goalkeepers will follow in order and will be completed by all goalkeepers prior to the next drill commencing.

Equipment needed to complete assessment:

- a) Two (2) whistles
- b) Eight (8) pylons
- c) Twenty-five (25) rings minimum



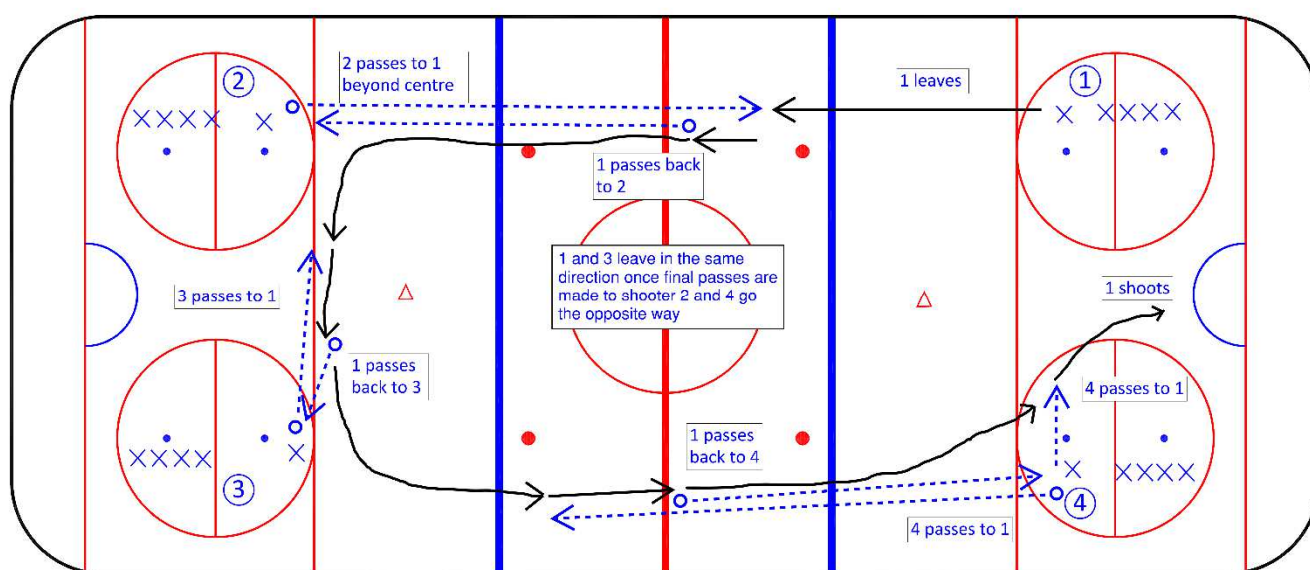
Drill 1 – Seven (7) Pass with Shot (skaters and goalkeepers)

Equipment: pylons, rings

Purpose: to evaluate the skating, passing and receiving the ring

Instructions: **On-ice helpers will run one demonstration if needed**

1. Break players into four equal groups. Each group lines up in their circle with starting players close to free-play line.
2. Players 1 and 3 leave first without a ring, players 2 and 4 will go the opposite way once they make the final pass to the shooter.



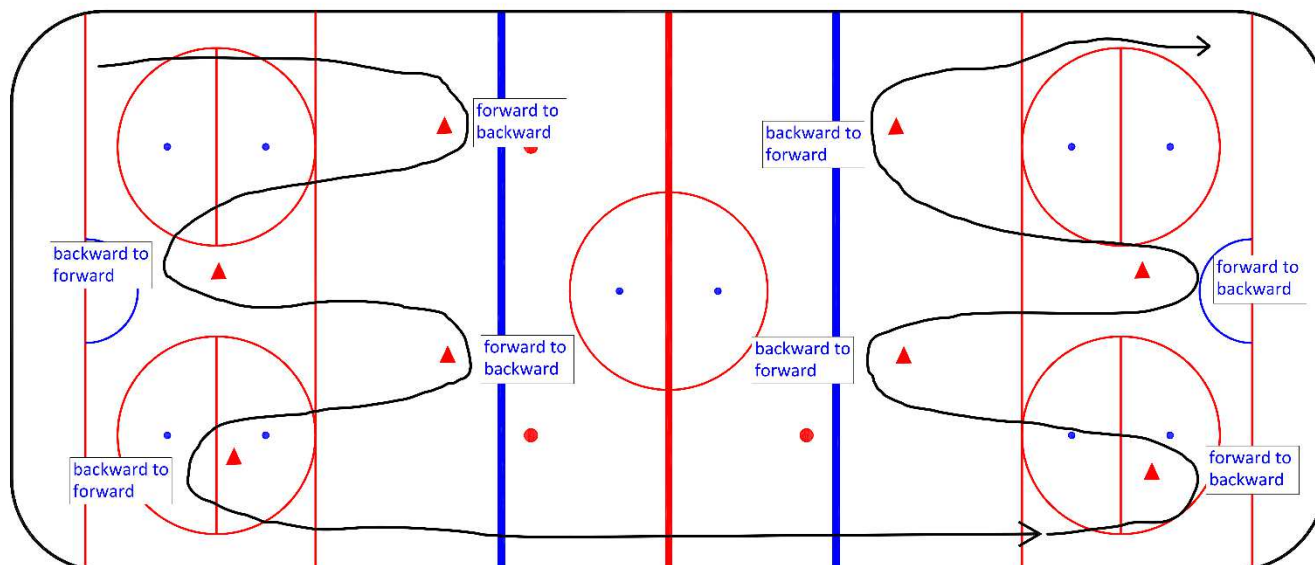
Drill 2 – Pivoting (skaters only)

Equipment: eight (8) pylons

Purpose: to evaluate the ability of a skater to transition from front to back and back to front

Instructions: **On-ice helpers will run one demonstration if needed**

1. Start all skaters in one corner. First skater leaves and when they get to the second pylon the next skater goes. Enough space must be given to allow for different speeds of players.



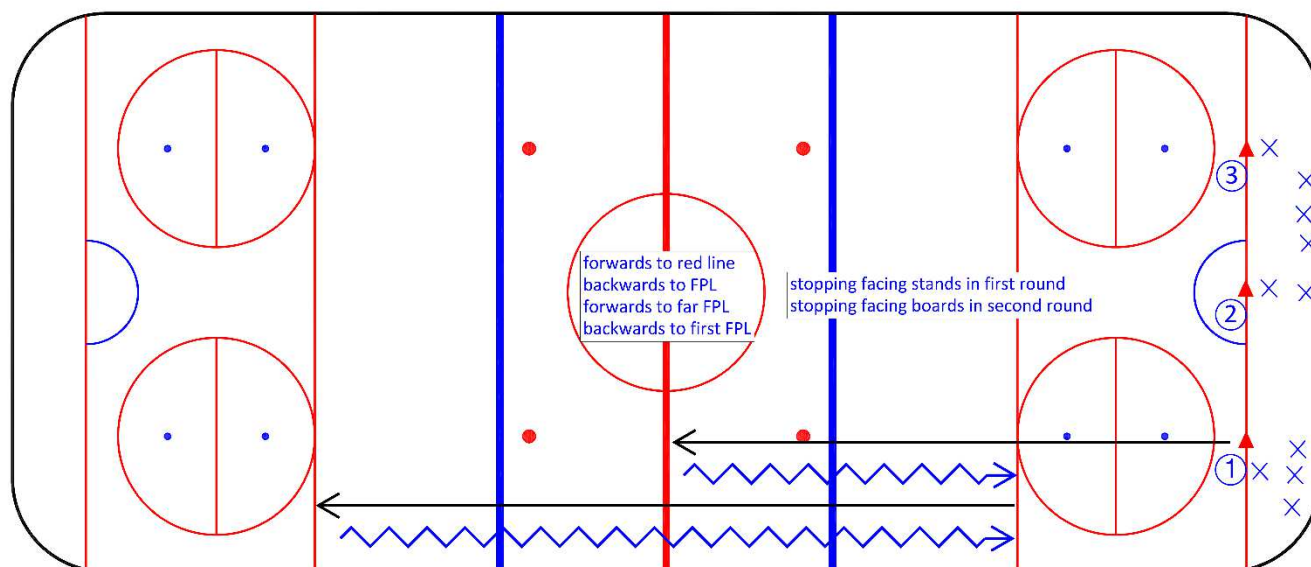
Drill 3 – Forwards to Backwards Skating

Equipment: whistle, three (3) to four (4) pylons

Purpose: to evaluate the ability of a player to skate both forwards and backwards and stop facing both directions.

Instructions: **Drill will be repeated twice**

1. Break skaters into three or four groups depending on numbers. Place pylon for each group on the goal line to mark their starting position. Pylons should be spaced evenly along the goal line. Skaters waiting must wait by the end boards so as not to interfere with the drill.
2. Remind all skaters that they must stop on the line and face the stands for round one and then face the benches for round two.



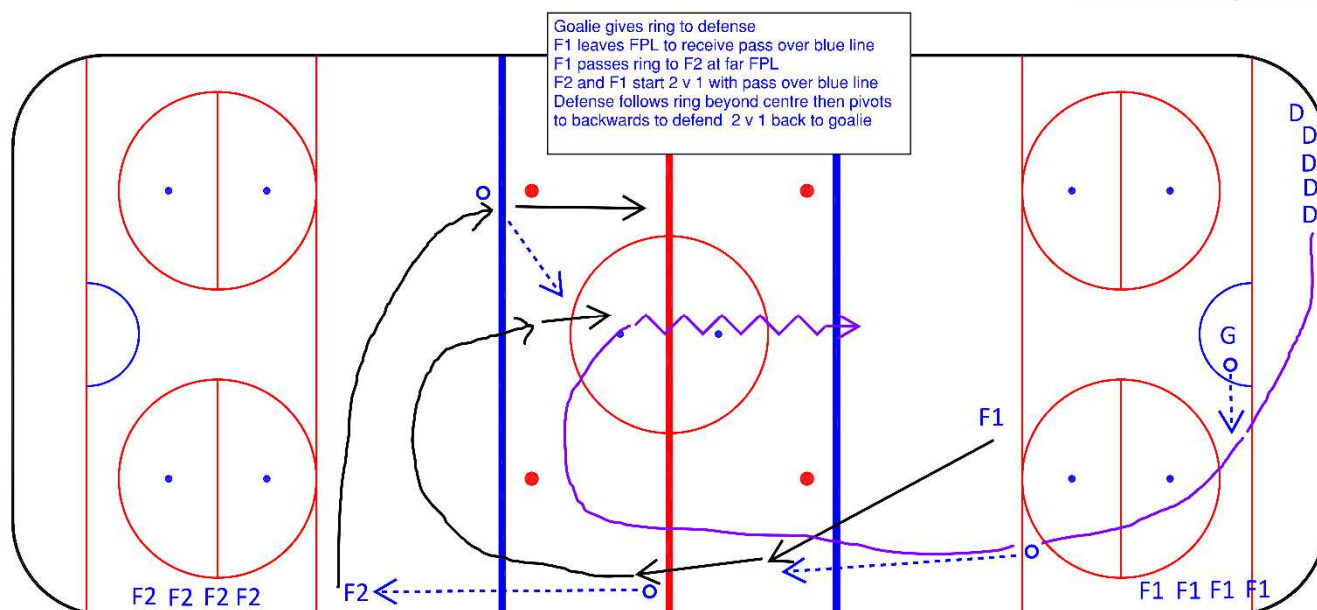
Drill 4 – 2 v 1

Equipment: none

Purpose: to evaluate general offensive and defensive skills

Instructions: **Each player will perform this a minimum of two times**

1. Split forwards/centres in two groups, one in the close corner and one along the boards at the far circle down the ice. Defense will be positioned in the opposite corner from the close group of forwards.
2. When coach blows whistle defense leaves and goalie gives her the ring. F1 leaves FPL and defense passes to F1 over blue line. F1 passes to F2 over far blue line to start 2 v 1.



Goalie Drills

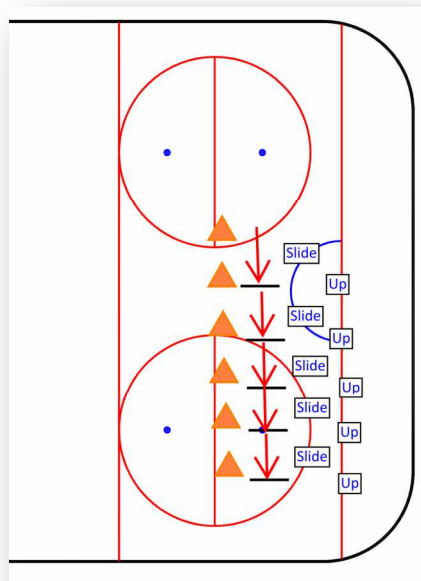
Equipment: Pylons, rings

Purpose: To evaluate the mobility and basic skills of the goaltender

Instructions: **Inform goaltenders that these drills are evaluated based on ability**

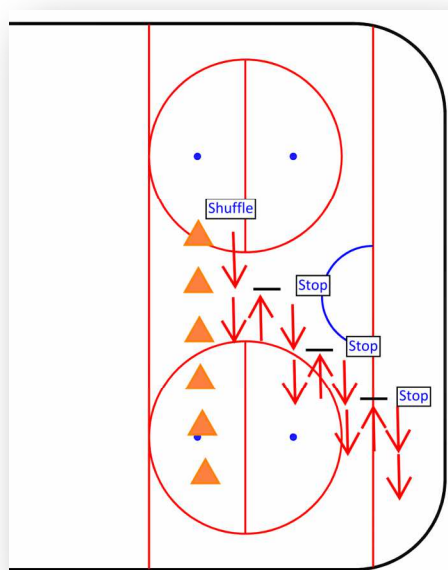
1. Six Pylon Butterfly Slide

- Set six pylons three to four feet apart
- Goalie starts at left pylon and butterfly slides to next pylon then gets back to basic standing position then continues the same at each pylon. Switch goalies.
- Do the same starting at the right pylon going left.



2. Six Pylon Shuffle

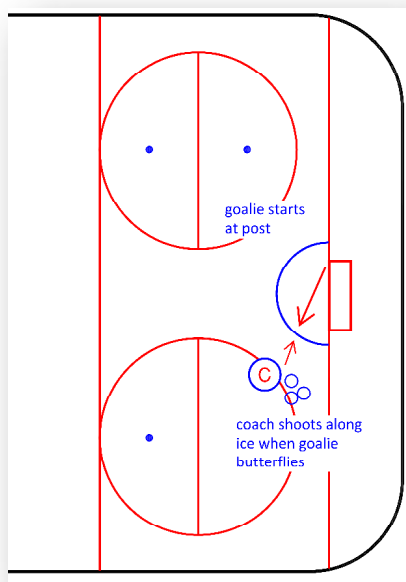
- Set six pylons two to three feet apart
- Goalie starts at left pylon and shuffles two pylons to the right then back one pylon and stops in basic standing position, then does the same two right one back to the end of the pylons. Switch goalies.
- Do the same starting at the right pylon going left.





3. Cross-crease One Timers

- Goalie starts at left post.
- Coach / shooter starts with ring on right side of crease
- Coach says "go" and goalie must push from post to butterfly to stop shot. Coach will shoot when goalie is set in butterfly. Do three times. Switch goalies.
- Do from other side



4. Optional: Slide and shot

- Goalie starts at top of crease and butterfly slides to right then power slides back to centre as coach / shooter takes shot. Do five times. Switch goalies.
- Do again going to goalies left.

