



Barrie and District Ringette Association Competitive Tryout - U16AA

Tryout Session 1 Outline - 10%

Drill 1 - Skating with Stopping

- players line up in five lines along the goal line. On a whistle players will skate until they hear a second whistle where they have to full stop and start on a third whistle finishing at the far goal line. This will be done forwards twice and backwards twice.- 5min

Drill 2 - Circles with Pivots

- Two groups of players starting in opposite corners will skate around the first free pass circle and then center free pass and then the far free pass circle. At the beginning the one corner won't start till the first player from the opposite corner reaches the top of the first circle. This will be done twice. - 5min

Drill 3 - Goalie Warmup

- Key Point: This is a goalie warm up drill, shots should be chest and below, no shooting at the head or aiming for the corners.
- Three lines in both ends along the blue line. In sequence, F1 cuts over the blue line and gets a pass from the player behind them. They skate in and take a shot. Then F2 does the same, and F3 as well before reverting back to F1 line. - 2min

Drill 4 - 2v0

- Groups of players in each corner. A player in one corner, skates out and takes a shot on the goalie. That player then continues across and receives a breakout pass from a player in the opposite corner. That first player then passes up to a player over the far blue line and then receives the pass back from that player and proceeds to shot on goal while the last passer follows to the net. - 12min

Drill 5 - 2v1 Breakout

- Four groups of players, one group behind each net (Defence) and the other two groups line up at the blueline on opposite boards (Forwards). One of the forwards drives the net, takes a shot and then doubles back as the defence skates a ring out. A second forward cuts up ice and the defence passes to either forward as they head down ice. That defence now defends two forwards coming from the other end of the rink. - 12min

Drill 6 - 2v1 Partner Pass

- Three lines inside the zone next to the boards at either end. The three lines are two forwards(F1,F2) and a defence(D2). There is also a defence(D1) at center by the boards. D1 skates backwards and receives a pass from F1. D1 then passes to D2 on the opposite boards as F1 and F2 skate around the center ice free pass circle. D2 then passes back to either F1 or F2 as they then attack the opposite D1 in a 2v1. D2 takes D1 position at center. - 12min

Link to Tryout diagrams and explanation:

<https://www.icehockeysystems.com/share/practice/4331901>



Tryout Session 2 Outline - 20%

Drill 1 - Skating with Pivots

- Skate and pivot at blue to backwards and pivot at 2nd blue back to forwards. Pivot facing the same direction each time. This will be done twice - 2min

Drill 2 - Russian Goalie Warmup

- Half of the players start in each corner with rings. Three players go at a time and take a shot on net from 3 different angles. Delay each play by 2-3 strides to give the goalie a chance to set. Once the goalie has recovered from those three shooters the next three go. - 2min

Drill 3 - Four Corners 1v1

- Players in each corner in two lines (Forwards and Defence). Both players leave at the same time as forwards carry the ring out and curl around by the blue line giving a pass to the Coach in the middle who then gives a pass back. Forward then attacks the net as the defender attempts to stop them. - 4min

Drill 4 - Channeling drill

- Two lines of players line up on left boards. One line on the goal line and other at the hash marks. The player on the goal line skates behind the net and the goalie throws the player a ring as they come around the net. The hash mark player cuts across the front of the net and engages/channels the ring carrier towards the boards. Player with rings skates down to shoot on goalie with the defender continues pressure or inside positioning. The player with the ring passes to a coach in the neutral zone of the first blue line and receives a pass back over the second blue line. - 10 min

Drill 5 - Intersquad scrimmage

- 25-35min make even teams based on 1st tryout rankings

Link to Tryout diagrams and explanation:

<https://www.icehockeysystems.com/share/practice/4331966>

Tryout Session 3 Outline - 35% (invite only)

Exhibition Game - Players will be evaluated on their game play

Tryout Session 4 Outline - 35% (invite only)

Exhibition Game - Players will be evaluated on their game play



Evaluations and Ranking

Each tryout is worth a percentage of the whole tryout.

Tryout 1 - 10%

Tryout 2 - 20%

Tryout 3 - 35%

Tryout 4 - 35%

Total - 100%

If a player misses a tryout then their tryout total is rated percentage wise out of the ones they attended. For example if they miss tryout 2 they are then rated out of 80 (10+35+35) instead of 100.

For evaluation criteria refer to the link below.

<http://www.ringettebc.ca/wp-content/uploads/2018/08/Performance-Criteria-chart-for-U16-U19-Evaluation-Form-with-Goalie-Evaluation.pdf>