

Skill Explanations and Criteria

Skill	Success Criteria (Can they do it?)	Technical Skill Criteria (Does it look right?)
1. Fall and Stand (Static and Dynamic)	Fall safely without hitting head, stands up in one attempt	Stands up without support or help, with less than a 3 second pause in the dynamic fall between falling and standing back up
2. Marching Forwards	Can march forward from goal line to ringette line.	Picks up both feet, alternating left and right. Knees bent, head up and looking in direction of travel. Marches forward from goal line to ringette line without falling, and with feet constantly moving.
3. Snowplow stops (2foot)	Stops moving completely using 2 feet	2 foot stop – both feet scrape outwards with toes pointing slightly in, even weight on both feet
4. Skate & Glide with Basic Stance (stride to a 3 meter glide)	Can skate 3-4 meters, then glide 3-4 metres, (Use a free pass circle, start glide at centre)	Skates 3-4 metres, alternating feet. Glides 3-4 metres with both feet on the ice and in a basic ringette stance; knees bent, head up looking forward, holds stick with top hand facing downwards and bottom hand facing up, hands are approx. one glove width apart with both on top half of stick
5. Marching Backwards	Can march backward from goal line to ringette line.	Picks up both feet, alternating left and right. Knees bent, head up and looking over shoulder. Marches backwards from goal line to ringette line without falling, and with feet constantly moving.
6. Carry Ring on Stick	Can march or skate from goal line to ringette line with the ring on their stick	Marches with 2 feet alternating, 2 hands on stick with proper grip, knees bent and head up looking forward in direction of travel
7. Safe Checking & Stick Safety	Can check a partner, stationary, maintaining stick and body safety.	Can explain why we keep our sticks low. Uses a rainbow check or a sweep check to check their partner, without pushing their partner over or using unsafe bodies, keeping the stick below waist height, and checking from underneath the stick rather than over the top
8. Forehand Pass & On-ice shot	Can pass the ring to a partner that is approx..5 feet away. Can shoot the ring on the ice into the net.	With the correct stick grip, and stick safety, pass the ring within a stick reach of their partner approx. 5 feet away, with less force than a shot (partner is able to stab the ring) With the correct stick grip and stick safety, shoot the ring on the ice into the net from 5-7 feet away, with more force than a pass.