



## ON ICE SKILLS EVALUATION – DAY 1

\*Please note – anytime you split them into 2 or more groups, always split into colors and have them line up in order of numbers (ex. 1-15 or 15-1) if possible

**\*\*Always begin with a 3-5 minute warm up\*\***

### 1) Forward Skating – 4 Lines

- a. Have 4 single file lines across the ice in alignment with center dots / hashmarks
- b. On whistle, first player in each line skates forwards to far end and stays there – once they reach the end the next 4 can go, this will allow evaluators sufficient time to evaluate all 4 skaters. Goalies do this as well.
- c. Repeat this 2-3 times (there and back is twice)

### 2) Backward Skating – 4 Lines

- a. Repeat same as forward skating but skate backwards instead
- b. Goalies do this as well
- c. Repeat this 2-3 times

### 3) Transitions – Blue lines only

- a. Have each team line up in single file at ringette line, somewhat in alignment with the hash marks
- b. On whistle, first player in each line starts skating forwards and transitions at each blue line, skate around the bottom circle and do same thing coming back along boards \*always transition facing the same direction, ex. always turn towards the stands – allow sufficient time between whistles or have next player in line leave when previous player is at red line.
- c. Goalies transition at each blue line as well, but instead of skating with forward and backward strides, they telescope (forward and backward bubbles)
- d. Repeat this 2 times

### 4) Shooting – Figure 8, then a shot

- a. Set a pylon near each dot in neutral zone
- b. Have each team line up behind ringette line single file, in opposite ends
- c. First player in each line skated to far pylon, tight turn back to other pylon, tight turn up towards far goalie, pick up a ring or receive ring from a coach and shoot on goalie then line up in next line
- d. Ensure goalies are getting sufficient rest time



## ON ICE SKILLS EVALUATION – DAY 2

\*Please note: anytime you split players into two or more groups, always split into colors and have them line up in order of numbers.

\*\*Begin with a 3-5 minutes warm up

### 1) Starts and Stops - Lines

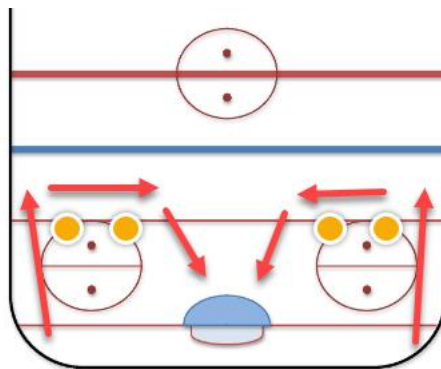
- Place a pylon in center ice at each ringette line and red line
- Have each team line up in either corner, opposite ends of the ice
- They skate from one end to the other, stopping at each line (either at boards or at pylon), stopping at center ringette line, boards blue line, center red line, boards blue line, center ringette line then go to other line and repeat
- Goalies do same as previous drill, have them T-Glide to red line facing one direction, and then face the other direction and T-Glide pushing with other foot, then second time through have them do same thing but shuffle instead of T-Glide

### 2) Forward and Backward Crossovers – Circles

- All players line up in one corner, in their teams
- 1 at a time, full circles, 5 circles allow skater to do two full circles before getting the next skater to start
- Forwards once or twice and backwards once or twice
- Goalies do not do this – they can be stretching, getting ready for shots

### 3) Shooting

- Set four pylons on the ringette line as shown in the picture below
- Have each group line up behind the goal line, one group on each side of the net
- Players in each line skates to the closest pylon, tight turn to the other pylon, tight turn towards the goalie, pick up a ring near the ringette line, shoot on goalie
- Players to repeat the exercise on both sides, shooting **forehand** and **backhand**  
**Make sure goalies are getting sufficient rest time in between shots**



### 4) 3 x 3 play