



Metcalf and District Ringette Association

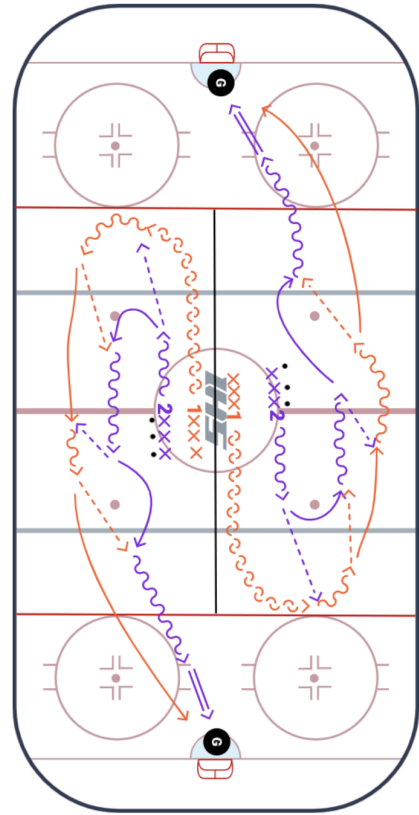
2026-2027 Competitive Skills Evaluation Plan

U14A / U16A

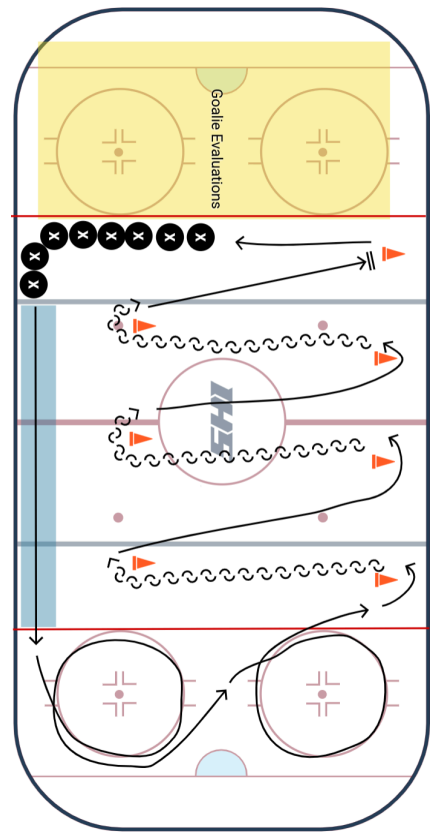
- This Skills Evaluation Plan has 4 sections, and is planned around a **50 minute ice time**
- Please note the following plan allows for a **15 minute buffer** (if drills run over time)
- Goalie evaluations will take place in one end of the ice while the player evaluations are happening

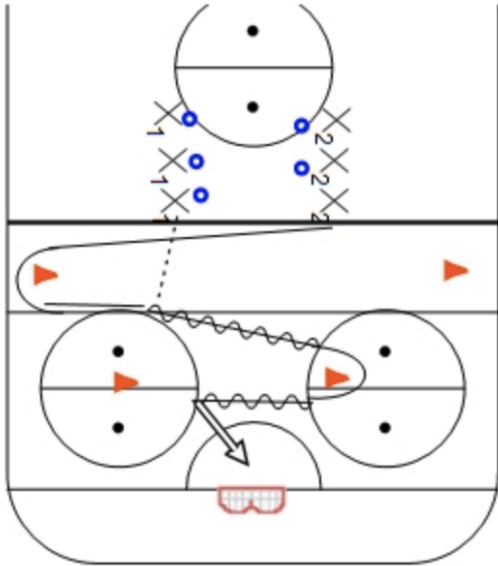
Everyone	Players	Goalies
Pg. 2: Finland Drill (Warmup) full ice (7 minutes)		
	Pg. 3: Overall Skating Assessment - ¾ ice (7.5 minutes)	Pg. 5: Rebound Control and Recovery Drill - ¼ ice (5 minutes)
	Pg. 4: Passing, Receiving and Shooting: S Drill ½ ice (7.5 minutes)	Pg.6 : Iron Cross Drill ½ ice (5 minutes) <hr/> Pg. 7: Ring Distribution Drill ½ ice (5 minutes)
Pg. 8: 1v1 circle, 2v2 race (10 minutes)		

Finland Drill - Warmup (7 minutes) Player and Goalie Evaluation	
Equipment	Rings
Description & Adaptations	<ul style="list-style-type: none"> 4 lines of players at centre ice, 2 per half (vertically divided) Player 2 (purple) starts with the ring Player 1 (orange) starts skating backwards into the defensive zone and gets a pass from player 2 over the blue line Player 1 transitions to forwards and passes back to player 2 over the blue line Both player 1 and 2 skate up the ice. Player 2 passes up to player 1. Player 2 drives the o-zone getting onto their strong side and receives a pass from player 1 over the blue line Player 2 drives the next and shoots Player 1 follows to the net looking for a rebound
Key Teaching Points	<p>Players:</p> <ul style="list-style-type: none"> Focus on quick feet, present a target for passes and make accurate passes, time your skate to meet the pass, keep your head up, communicate loudly for passes and get moving to skate ahead of your partner for the next pass, and shoot with power and accuracy, always being a threat. <p>Goalies:</p> <ul style="list-style-type: none"> Track the player on breakaways, use appropriate positions, direct rebounds with pad/stick, absorb low shots, and quickly return to basic stance and positioning.
Key Evaluation Areas	<p>Players</p> <ul style="list-style-type: none"> Skating, Ring Control, Tactics <p>Goalies</p> <ul style="list-style-type: none"> Saves, Positioning, Mobility, Rebound Control, Recovery



Overall Skating Assessment (7.5 minutes) Player Evaluation	
Equipment	Cones
Description & Adaptations	<ul style="list-style-type: none"> Players line up, going down along the free play line Players will start by skating full speed through the skating lane Players skate two full circles, one in each direction Players skate through W course, always facing right boards, pivoting around cones to skate backwards and back to forwards When players reach the end of W, they will make a full stop at the last pylon by the free play line Goalies will not participate, they will conduct their goalie assessment in the net area of the same end the players are starting in.
Key Teaching Points	Players should keep their head up, skate hard and fast, and keep moving. Focus on staying low and using crossovers around circles. Stay low and pivot hard around pylons into backward skating. Make a full hard stop at the final cone.
Key Evaluation Areas	Players <ul style="list-style-type: none"> Skating

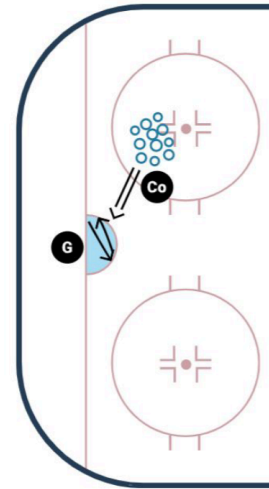


Passing, Receiving, Shooting: S Drill (7.5 minutes) Player Evaluation	
Equipment	Rings, cones
Description & Adaptations	<ul style="list-style-type: none"> ● Have players line up in two lines at the top of the blue line ● On the coach's whistle, the first player in line will: <ul style="list-style-type: none"> ○ Skate hard to the cone on the opposite side ○ Tight turn around the first cone and open up and call for a pass ○ First player in the opposite line pass to the player skating ○ The skater will stab the pass, and continue to the second cone on other side of the ice and do a final tight turn around it ○ Around the final turn, she will open up and make a shot close to the crease ● On the whistle, the next player goes <div style="text-align: right; margin-top: 10px;"> *Goalie evaluation happening on other half  </div>
Key Teaching Points	<p>Focus on keeping your head up and rotating when making tight turns. Using your stick to drive around cones and be ready for passing out of tight turns - call for pass with voice (be loud!). Use your body to protect the ring around the second cone, and skate hard. Make shots accurately and close to the crease (completely skate around the cone and shoot between the hashmarks).</p> <p>For passers, stay focused and pass to where the player is going to be - focus on accuracy.</p>
Key Evaluation Areas	<p>Players</p> <ul style="list-style-type: none"> ● Skating, Ring Control, Tactics

GOALIE SKILLS

To be done after the *Finland Drill*. Goalies will return to the group at the *1v1/2v2 drill*.

Rebound Control and Recovery (5 minutes)	
Goalie Evaluation	
Equipment	Rings
Description & Adaptations	<p>(Done while <i>Overall Skating Assessment</i> drill is happening)</p> <ul style="list-style-type: none"> ● Start Position: Goalie starts at the post on the same side as the coach. ● First Round: <ul style="list-style-type: none"> ○ T-push to the top center of the crease. ○ Drop down to simulate a save. ○ Goalie recovers, shuffles to the side of the crease to make the save. ○ The coach takes the first shot. ○ Reset to post position. ● Second Round: <ul style="list-style-type: none"> ○ T-push to the top center of the crease. ○ Drop down to simulate a save. ○ Locate, rotate, and get up. ○ Shuffle to coach to make the save. ○ The coach takes the second shot. ○ Reset to post position. ● Third Round: <ul style="list-style-type: none"> ○ T-push to the top center of the crease. ○ Drop down to simulate a save. ○ Locate, rotate, and T-push while on pads. ○ Move over to make the save. ○ The coach takes the third shot.
Key Teaching Points	Focus on post coverage, efficient T-pushes, simulated saves, quick recovery, shot preparation, resetting, locating and rotating, and precise movement on pads.
Key Evaluation Areas	<p>Goalies</p> <ul style="list-style-type: none"> ● Saves, Positioning, Mobility, Rebound Control, Recovery



Ring Distribution (5 minutes) Goalie Evaluation	
Equipment	Rings, Cones
Description & Adaptations	<p>(Done while Channeling drill is happening)</p> <ul style="list-style-type: none"> • (Done during Partner Passing) • Coach stands in the slot with rings • 6 cones are set up as shown, number the cones 1-6 and inform goalie of assigned numbers • Coach passes/ shoots to goalie and calls out a number 1-6 • Goalie controls rebound, quickly picks up ring, and throws to the cone with the number the coach called out
Key Teaching Points	Focus on accuracy while maintaining speed
Key Evaluation Areas	<p>Goalies</p> <ul style="list-style-type: none"> • Positioning, Mobility, Ring Distribution



Battle Drill: 1 vs 1 circle, and 2 v 2 race (10 minutes) Player and Goalie Evaluation	
Equipment	Rings
Description & Adaptations	<ul style="list-style-type: none"> Players line up in two lines (separated by jersey colour) Goalies are in net Two players start in each circle with a ring On the whistle, they play 1v1 in the circle until coach whistles again On the second whistle, they leave the ring and skate out of the circle up to the centre ice red line The 1v1 players are now on the same team The coach will pass a ring outside the centre circle, first player to the ring is offence (the other two players are defence). They have 10 seconds to make a play and score (while the other team tries to get the ring) If the defending team gets the ring, they skate it out to the coach at centre ice.
Key Teaching Points	<div style="margin-bottom: 10px;"> <p>Players</p> <ul style="list-style-type: none"> ● 1v1 <ul style="list-style-type: none"> ○ The player who doesn't have the ring should be keeping tight man on, and check when she can ○ The player with the ring should use her body to keep the ring protected from the other player and skate to make quick movements ● 2v2 <ul style="list-style-type: none"> ○ The players with possession should move to empty ice and get the defence to skate out of formation, and also set up a 1v1 goalie and player opportunity ○ The players without possession should stay goalside and take away the other players space and preventing scoring opportunities </div> <p>Goalies</p> <ul style="list-style-type: none"> Rotate and locate players. Don't rely heavily on your defence. On break-ins, maintain proper stance, keep head up, and stay ready.
Key Evaluation Areas	<p>Players</p> <ul style="list-style-type: none"> Skating, Ring Control, Tactics, Game Sense <p>Goalies</p> <ul style="list-style-type: none"> Saves, Positioning, Mobility, Rebound Control, Recovery, Ring Distribution

