



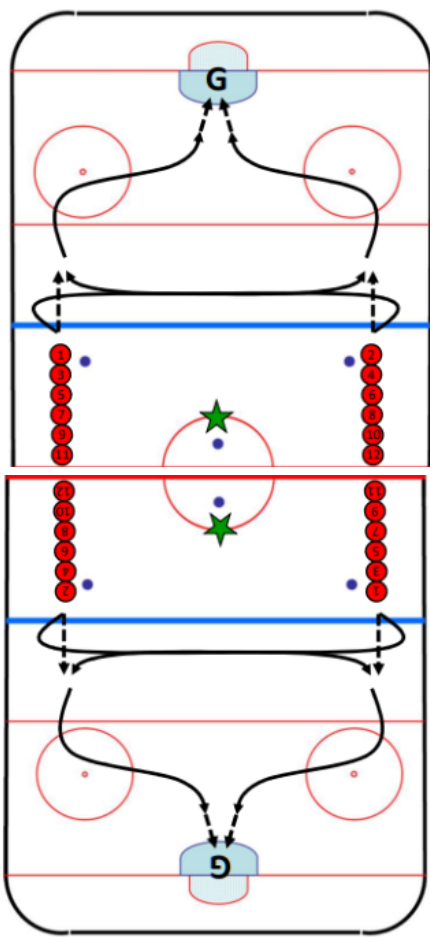
Metcalf and District Ringette Association

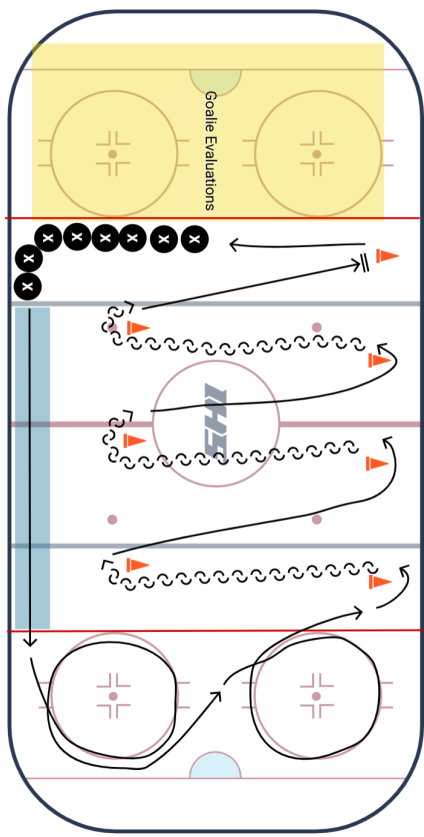
2025-2026 Competitive Evaluation Tryout Plan

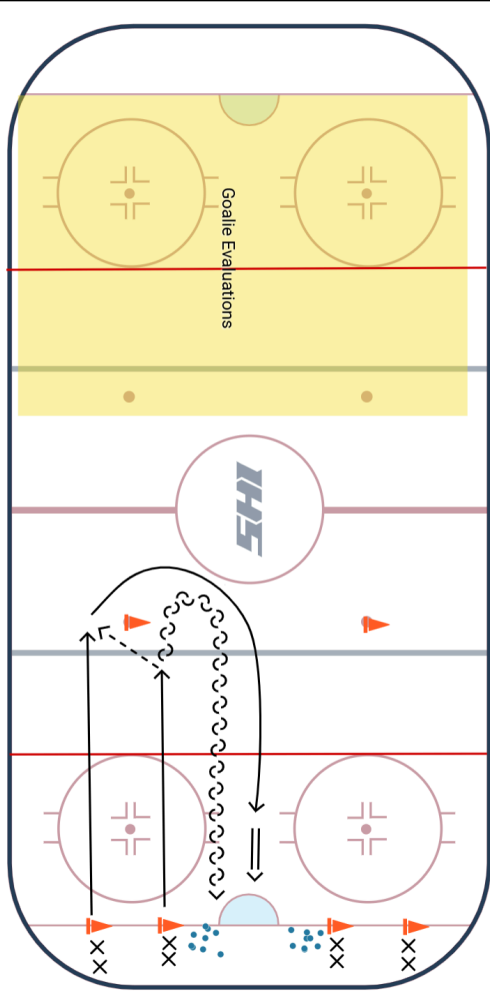
U14A / U16A

- This Evaluation Tryout 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: Warmup Drill - Half ice (both ends) (7 minutes)		
	Pg. 3: Overall Skating Assessment - $\frac{3}{4}$ ice (7.5 minutes)	Pg. 5: Rebound Control and Recovery Drill - $\frac{1}{4}$ ice (5 minutes)
	Pg. 4: Channeling Drill $\frac{1}{2}$ ice (7.5 minutes)	Pg. 6 : Iron Cross Drill $\frac{1}{2}$ ice (5 minutes) <hr/> Pg. 7: Ring Distribution Drill $\frac{1}{2}$ ice (5 minutes)
Pg. 8: 5 on 0, and 3 on 2 Drill - Half ice (both ends) (10 minutes)		

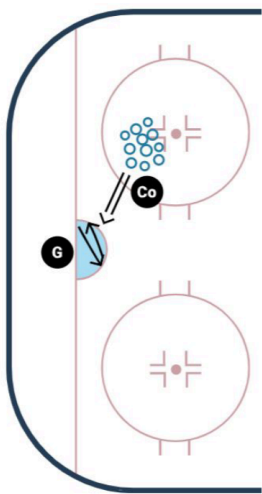
Warmup Drill (7 minutes) Player and Goalie Evaluation		
Equipment	Rings	
Description & Adaptations	<ul style="list-style-type: none"> • Players line up in two lines as shown on the diagram • Goaltender in the net if available • Rings are at the front of both lines • Player 1 skates to the blue line, makes a sharp cut just over the blue line and skates across for a pass from player 2 • Player 1 receives the pass and goes in for a shot on the goalie • Player 2 waits, then skates to the blue line, makes a sharp cut just over the blue line and skates across for a pass from player 3 • Player 2 receives the pass and goes in for a shot on the goalie • The drill continues in the pattern • Players return to the opposite line by skating along the boards • Run this drill at both ends • Instruct players to vary their shooting (high, low, glove, blocker, 5 hole) • Next player waits for previous shot before starting 	
Key Teaching Points	<p>Players:</p> <ul style="list-style-type: none"> • Focus on quick feet, present a target for passes, time your skate to meet the pass, keep your head up, 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, Game Sense <p>Goalies</p> <ul style="list-style-type: none"> • Saves, Positioning, Mobility, Rebound Control, Recovery 	

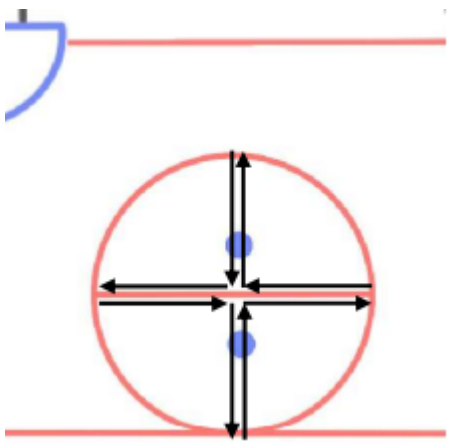
Overall Skating Assessment (7.5 minutes) Player Evaluation	
Equipment	Cones
Description & Adaptations	<div> <ul style="list-style-type: none"> • Players line up, going down along the free play line • Players will start by skating full speed through the skating lane • Players skate two full circles, one 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. </div> <div>  </div>
Key Teaching Points	<p>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.</p>
Key Evaluation Areas	<p>Players</p> <ul style="list-style-type: none"> • Skating


Channelling Drill (7.5 minutes) Player Evaluation		
Equipment	Rings, cones (if required)	
Description & Adaptations	<ul style="list-style-type: none"> Have 4 lines of players (two on each side of the net) <ul style="list-style-type: none"> Players in line closest to the net will be playing defence (and will have rings) On the whistle, both players start skating - the defence is carrying a ring Once the players reach the blue line the defence passes to the forward The forward stabs the ring and turns to attack the net and shoot The defence tries to check the ring from the forward The drill ends when a shot is taken or the ring is checked Players should alternate lines Ensure players alternate roles and maintain pacing throughout the drill 	
Key Teaching Points	Focus on positioning for both defense and offense in 1 vs. 1 play. Defense should channel the player and push them out of the triangle, checking if possible. Offense should deke out the defense, move fast, and keep feet moving to open the triangle.	
Key Evaluation Areas	Players <ul style="list-style-type: none"> Skating, Ring Control, Tactics, Game Sense 	

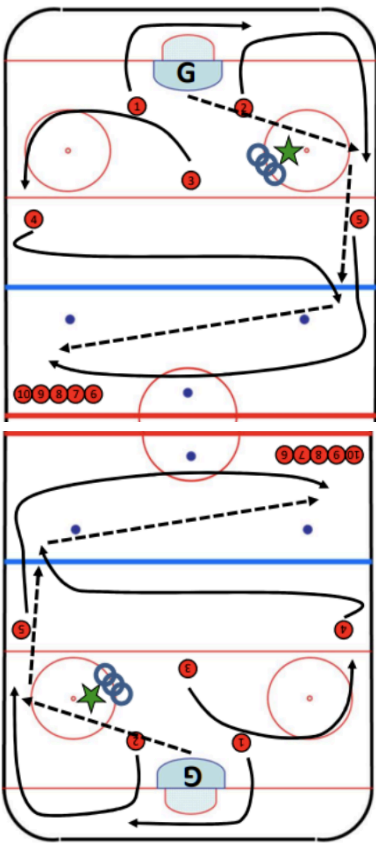
GOALIE SKILLS

To be done after the *Warm Up Drill*. Goalies will return to the group at the *5 on 0, 3 on 2 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. ○ 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. ○ 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. ○ 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 	

Iron Cross (5 minutes) Goalie Evaluation		
Equipment	N/A	
Description & Adaptations	<p>(Done while <i>Channelling Drill</i> drill is happening)</p> <ul style="list-style-type: none"> • Goalie starts at the centre of the circle, skates (in goalie position) forward to top of the circle • C-cuts backwards to the centre of the circle • T-pushes/shuffles/butterfly to one side of circle then back to center • C-cuts backwards to the bottom of the circle, then forwards back to the centre • T-pushes/shuffles/butterfly to other side of circle and back • Repeat to ensure all three lateral moves are evaluated 	
Key Teaching Points	Touch every line with a skate. Maintain control and proper stance throughout. Keeping my head up.	
Key Evaluation Areas	<p>Goalies</p> <ul style="list-style-type: none"> • Positioning, Mobility 	

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	Goalies <ul style="list-style-type: none"> • Positioning, Mobility, Ring Distribution 	

5 on 0, and 3 on 2 (10 minutes) Player and Goalie Evaluation	
Equipment	Rings
Description & Adaptations	<ul style="list-style-type: none"> • Players line up in preparation for a breakout (power left modified for half ice as shown in diagram) • Remaining players out near centre • Coach is in the circle with rings • Goalies at both ends • The coach starts the breakout by shooting on the goalie • The goalie tosses the ring and the team breaks out 5-0 to half ice • Once the ring is passed across blue line, centre and forwards all leave the zone and attack 3 on 2 back into the zone • Play continues until stopped by coach • The next set of 5 players comes and repeat the drill 
Key Teaching Points	<p>Players</p> <ul style="list-style-type: none"> • Keep your head up and feet moving. Defense should move to open ice and communicate with the goalie. Offense should position correctly for passes. When breaking back in, defense takes away time and space, while offense moves quickly to get the defense and goalie to react. <p>Goalies</p> <ul style="list-style-type: none"> • Rotate and locate players. Aim throws where players will be. 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