



Tillsonburg Ringette Association

TRA – 2020 AGM

July 14, 2020

Coaching & Player Development Report

The 2019/2020 season was full of fun and development for the players. We as Bench Staff and Executive members often learn as much from the players as they do from us but in different ways. We teach what we know and they teach us and other teammates drills, skills, and games brought forward from past years. It is truly amazing to see the players grow, learn, and develop each year.

This past season did not end the way we planned. However, we had many months prior to COVID where we included added development like goalie training and power skating. We had allotted funding for each team to utilize for development which was not limited to on ice but also included team gatherings for team bonding and building. Believe it or not this is just as important as the on ice training we provide. It was up to each coach to spend their money where their athletes needed it the most but was based on approval from the executive. Some teams focused a lot on having someone come in and teach power skating, while their goalies trained off to the side or on the mini pad with a goalie trainer. Some teams brought in NRL players to

assist with running drills for added skill support including but not limited to shooting, passing, and the defensive triangle.

Overall, I would say it worked out to be beneficial to have the added funds available to further the development of our TRA athletes. Twice a year coaches are asked to do what is called a skills matrix evaluation which is broken down into skills the athletes learn and develop over time. When you see improvement across the board for all teams between evaluations, you know you are on the right track. These tools help us see where our athletes need more assistance and also aid in determining team placements based on skill and safety.

Moving forward, we have been investigating more options around more scheduled on ice development but of course we all have to be fluid in order to flow with the changing times of our current pandemic.

I personally have enjoyed working with the coaches and athletes this past season and look forward to the upcoming seasons as well. I hope to see you all in the 2020-2021 season!

TRA Coaching and Player Development,

Nikki ☺