



U12A Skills Assessment

Barrie and District Ringette Association Competitive Tryout - 12A

Agenda:

1. Five (5) minute warm-up skate. Do circles with two or three skaters at a time
2. Drills for skaters will follow in order and will be completed by all skaters prior to the next drill commencing. Drills are as follows:
 - a) Drill 1 – Lightning Drill
 - b) Drill 2 – Pivoting
 - c) Drill 3 – Backwards/Forwards Skate
 - d) Drill 4 – Wrist Shots
 - e) Drill 5 – Wrist Shot Velocity (optional)
3. Drills for goalkeepers will follow in order and will be completed by all goalkeepers prior to the next drill commencing.

Equipment needed to complete assessment:

- a) Two (2) whistles (preferably with different pitches)
- b) Four (4) stopwatches
- c) Eighteen (18) pylons
- d) Two (2) 2x6x6' long boards with holes and bungee chords (or something similar)
- e) Twenty-five (25) rings minimum
- f) Radar gun + stand (optional)
- g) Four (4) clip boards with pens and scoring sheets

Scoring:

- a) Drills 1 to 3 are timed drills and shall use the average time of the player as the score for each drill. The player shall be ranked for each drill based on lowest average score.
- b) Drill 4 shall use the total accumulated score of the shooter for all three shots. Players shall be ranked based on highest total points.
- c) Drill 5 shall use the highest velocity of the two shots for the player. Players shall be ranked based on the highest velocity.
- d) Total score will be an average of placement in all drills used and is worth 10% of the total tryout score.



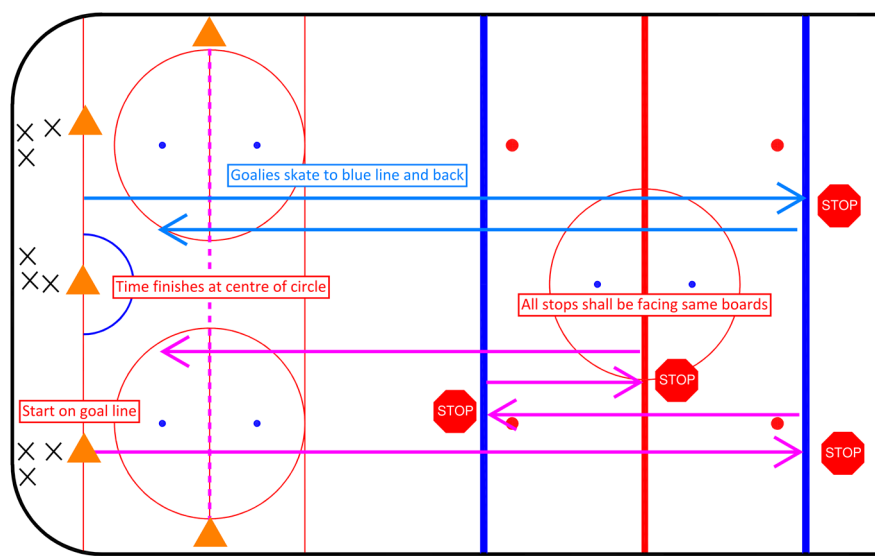
Drill 1 - Lightning Drill (skaters and goalkeepers)

Equipment: pylons, stop watches, recording sheets.

Purpose: to evaluate the ability of a player to stop on either foot and change direction at high speed

Instructions: **Remind players this is a timed event using the average of the two rounds and they will be penalized 0.5 seconds each time they stop facing the wrong way**

1. Break players into three or four groups depending on numbers. Place one pylon for each group on the goal line to mark their starting position. Pylons should be spaced evenly along the goal line
2. **Provide a demo.** Player starts in the ready position with front foot on the goal line. On the whistle the player skates to the far blue line, stops and skates to the other blue line, stops and skates to the red line, stops and skates back towards the starting line through an imaginary line at the centre of the circles where the timing will end. **All stops shall be facing the boards where the stands are for first round and then other boards for second round.**
3. For Goalkeepers, start on goal like and skate to far blue line, stop then return through imaginary line to end timing.
4. Timer stands on the goal line to start timing the drill and then moves to the location along the imaginary line between the centre of the circles. When the player returns and crosses the imaginary line the time will stop. **A player who does not stop facing the correct way will have 0.5 seconds added to their time for each occurrence.**
5. Record the time and 0.5 second penalties (if required)
6. Use a helper to stand at the far blue line to ensure the players know where to stop.





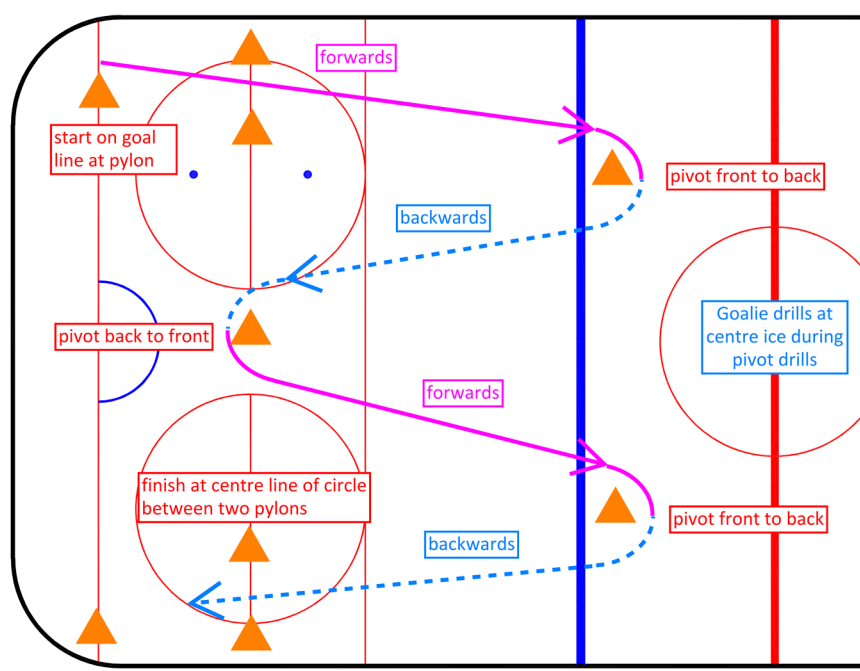
Drill 2 – Pivoting (skaters only)

Equipment: nine (9) pylons, stop watch, recording sheet, bingo dabber for each end of ice

Purpose: to evaluate the ability of a skater to transition from front to back and back to front

Instructions: **Remind skaters this is a timed event using average of two rounds**

1. Split skaters into two groups and use both ends of ice. Locate pylons as shown in details and ensure location of pylon between circles is marked with bingo dabber to maintain correct placement.
2. **Provide a demo.** Skaters line up in the corner starting with front foot on goal line at pylon. Skate forwards between pylons in circle and pivot to backwards around the pylon on the faceoff dot over blue line; skate backwards around pylon between circles and pivot to forwards; skate forwards and pivot to backwards around pylon on other faceoff dot over blue line; skate backwards through pylons in circle. Time stops when skater crosses the centerline of circle located between the two pylons. **Second round will start in the other corner and go the opposite way.**
3. Timer stands outside the finish line at the two pylons.
4. Use a helper to keep the skaters away from the starting line.





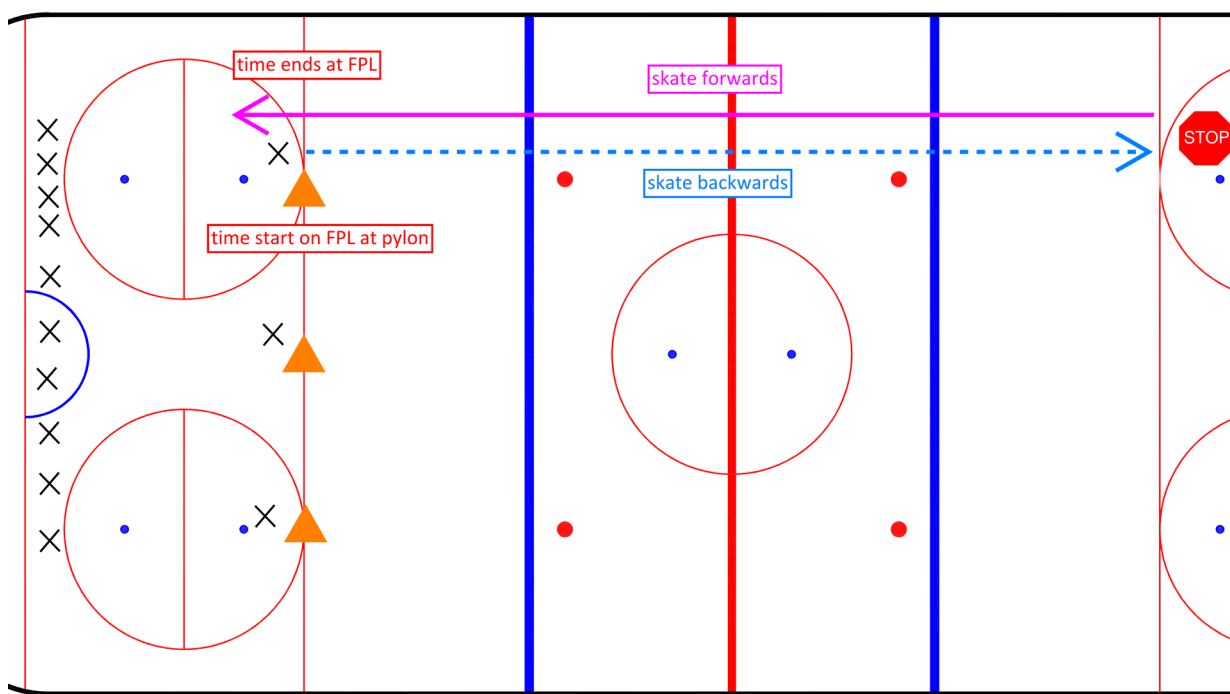
Drill 3 – Backward/Forward Skate (skaters only)

Equipment: pylons, stop watches, recording sheets.

Purpose: to evaluate the ability of a player to skate both forwards and backwards

Instructions: **Remind skaters this is a timed event with only one round**

1. Break skaters into three or four groups depending on numbers. Place pylon for each group on the FPL to mark their starting position. Pylons should be spaced evenly along the FPL. Skaters waiting must wait by the goal line so as not to interfere with the event.
2. **Provide a demo.** Skaters start in the backwards ready position on the FPL at a pylon. On the whistle the player skates backwards to the far FPL and stops, then skates forwards back through the original starting location to end the timing.
3. Timer stands on the FPL at the pylon. Stopwatch starts on the whistle and ends when the player crosses the FPL after the forwards skate.
4. Record the time.
5. Use a helper to keep the skaters away from the starting line and a helper at the end to indicate where to stop.





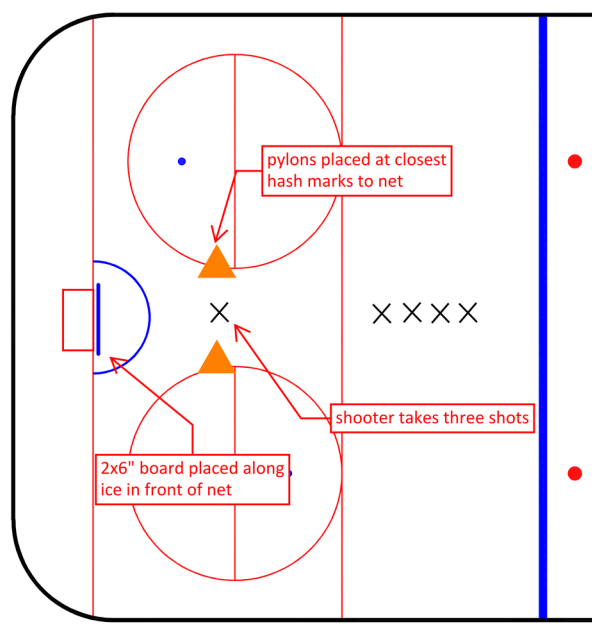
Drill 4 – Wrist Shot (skaters)

Equipment: rings, 2x6-6' board, recording sheet

Purpose: to evaluate the shooting ability of a skater but not the accuracy of the shot

Instructions: **Remind skaters they take three shots and receive a total score and they do not need to hit the net**

1. Break skaters into two groups and use both ends of the ice. Place one pylon on the hash mark of each circle closest to the net, this is the location where the skaters will shoot from. The 2x6 board shall be placed in front of and secured to the net such that the ring must clear 5.5" above the ice to enter the net. Skaters waiting must stay beyond the FPL.
2. **Provide a demo.** Each skater gets three shots at the net from the hash marks. Scoring is as follows: one (1) point for a wrist shot along the ice, two (2) points for a flip shot that clears the board and three (3) points for a wrist shot that clears the board. **Shot does not need to enter the net.**
3. Two (2) Scorers will stand just in front of the shooter on an angle to evaluate whether the shot was a flip shot or wrist shot.
4. Record score of each shot.





Drill 5 (optional) – Wrist Shot Velocity (skaters)

Equipment: rings, radar gun, recording sheet

Purpose: to evaluate the shooting velocity of a skater

Instructions: **Remind skaters they take two shots and highest velocity will be used for their score**

1. Break skaters into two groups, one group will participate in Drill 4 the other group will participate in this drill. Place pylons between both circles at centerline, this will be the release location. Skaters waiting must stay by the blue line.
2. **Provide a demo.** The skater will take the ring from the FPL and skate to the hash marks and shoot the ring at the net. The speed of the shot will be displayed and recorded. The skater will return to the FPL, wait for the radar to be reset and will take a second shot when ready.
3. Operator of the radar will stand in a position that provides a proper reading. Evaluator will stand with the skater at the FPL and will tell them when to start.
4. The velocity of each shot will be recorded.

