



U14AA Skills Assessment

Barrie and District Ringette Association Competitive Tryout - U14AA

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
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) Twenty-five (25) rings minimum
- e) 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) Total score will be an average of placement in all drills used and is worth 10% of the total tryout score.



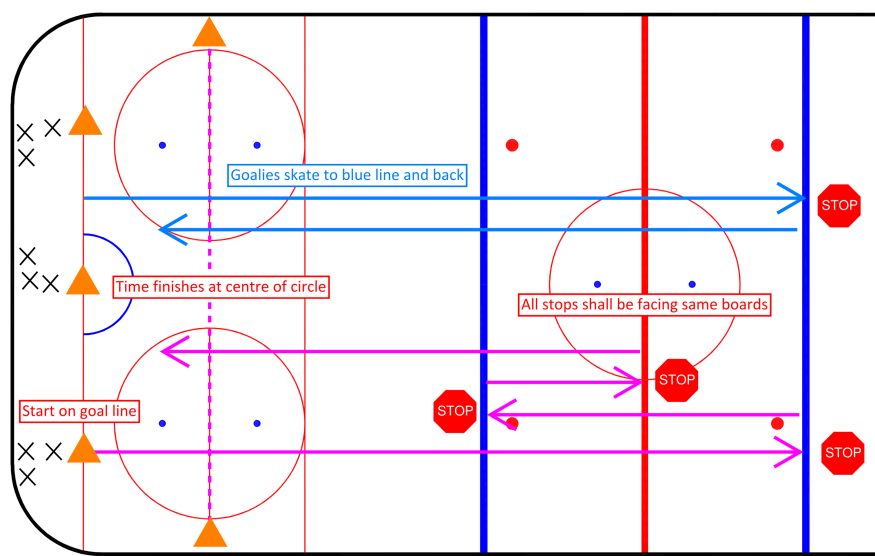
Drill 1 - Lightning Drill (skaters and goalkeepers)

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 line 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.





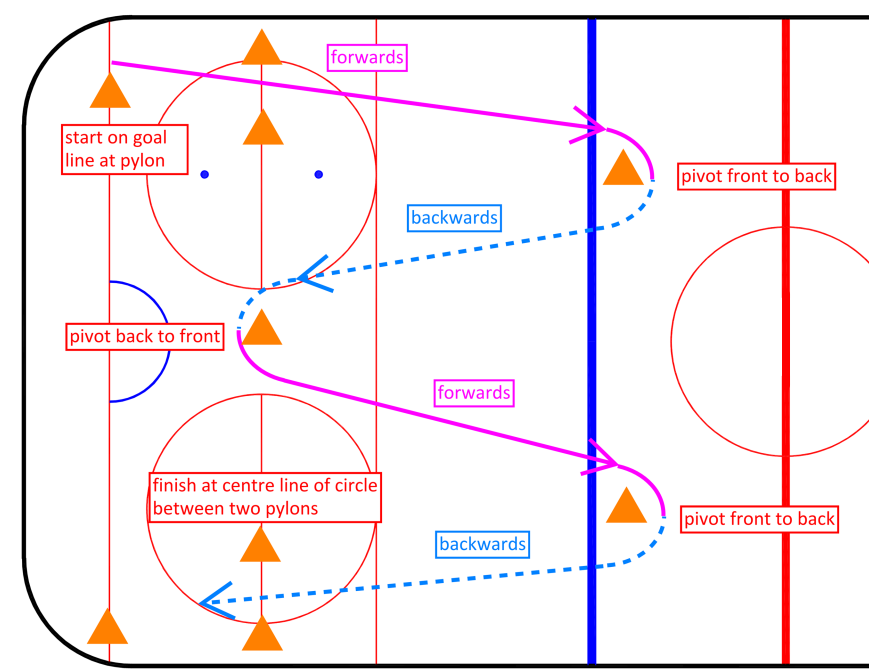
Drill 2 – Pivoting (skaters only)

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.





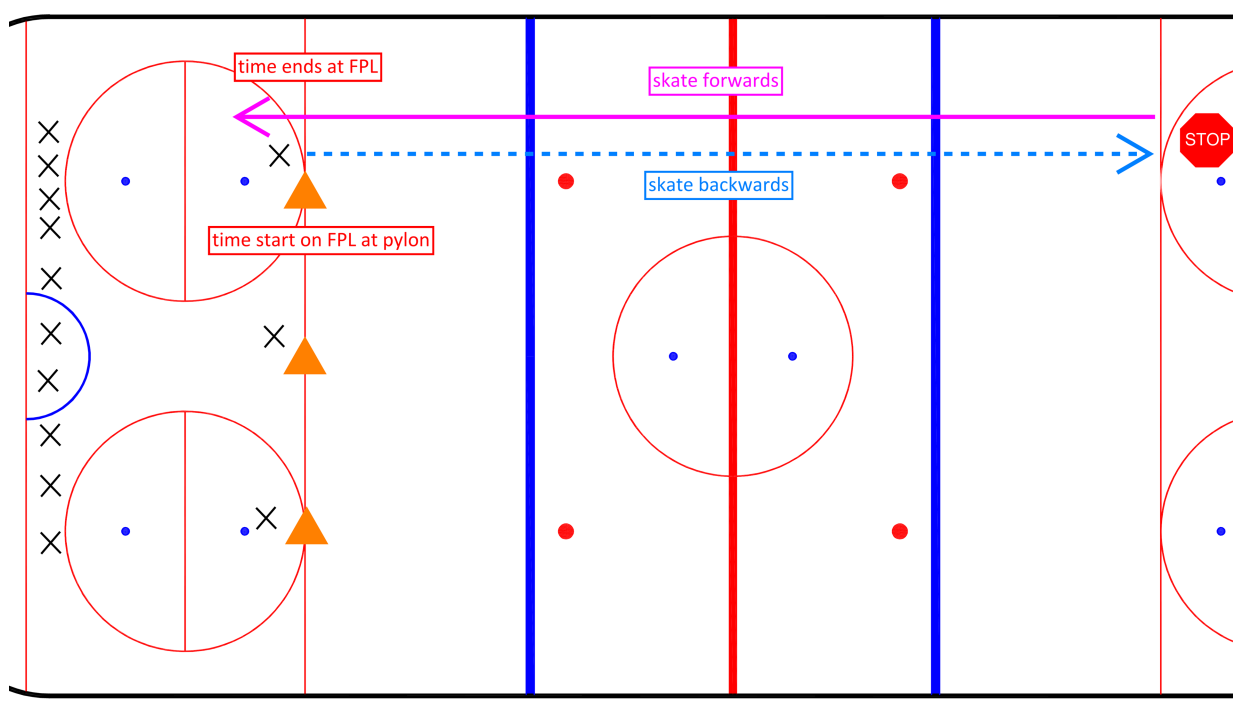
Drill 3 – Backward/Forward Skate (skaters only)

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.





Goalie Drills

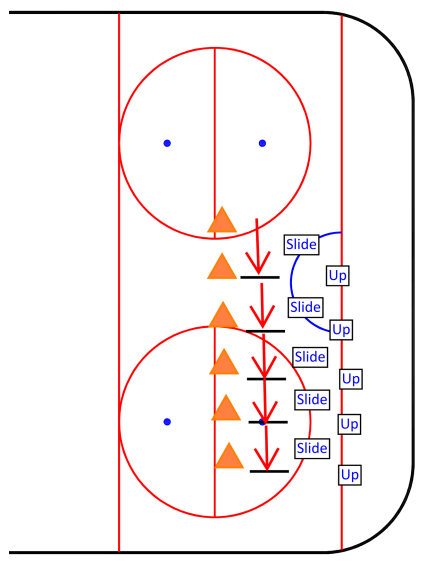
Equipment: Pylons, rings

Purpose: To evaluate the mobility and basic skills of the goaltender

Instructions: **Inform goaltenders that these drills are evaluated based on ability**

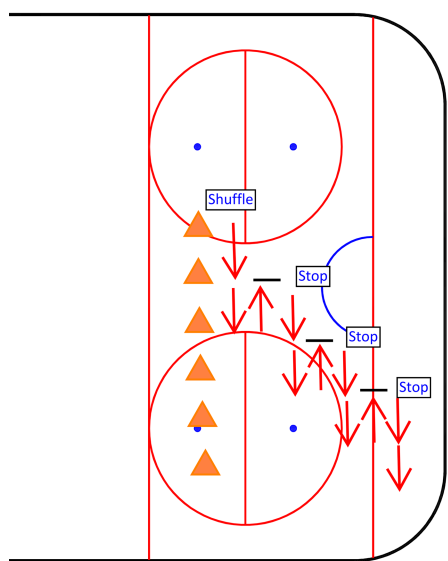
1. Six Pylon Butterfly Slide

- Set six pylons three to four feet apart
- Goalie starts at left pylon and butterfly slides to next pylon then gets back to basic standing position then continues the same at each pylon. Switch goalies.
- Do the same starting at the right pylon going left.



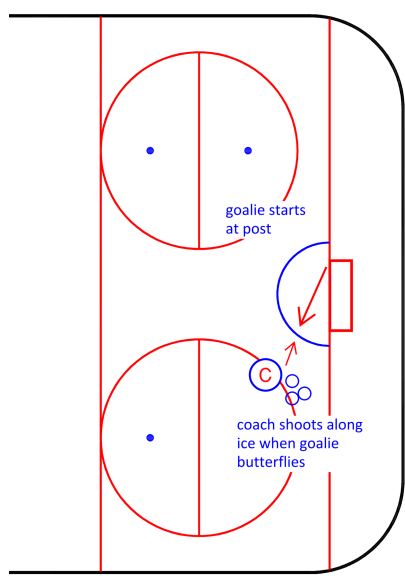
2. Six Pylon Shuffle

- Set six pylons two to three feet apart
- Goalie starts at left pylon and shuffles two pylons to the right then back one pylon and stops in basic standing position, then does the same two right one back to the end of the pylons. Switch goalies.
- Do the same starting at the right pylon going left.



3. Cross-crease One Timers

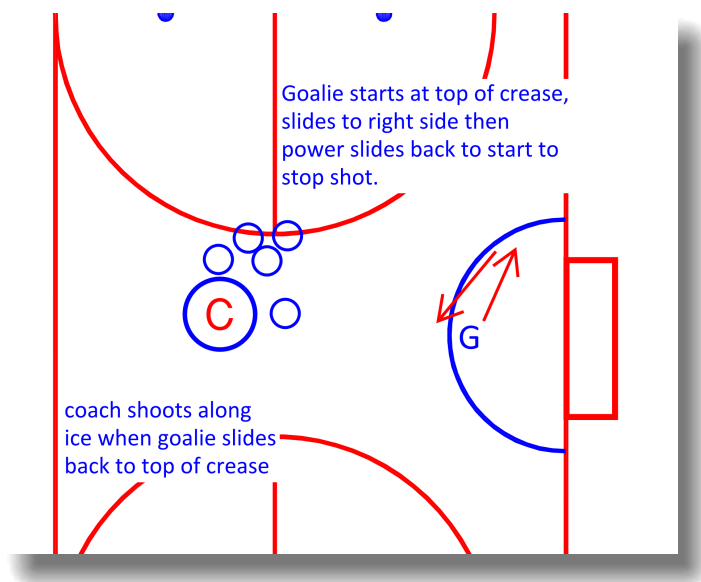
- Goalie starts at left post.
- Coach / shooter starts with ring on right side of crease
- Coach says "go" and goalie must push from post to butterfly to stop shot. Coach will shoot when goalie is set in butterfly. Do three times. Switch goalies.
- Do from other side





4. Slide and shot

- Goalie starts at top of crease and butterfly slides to right then power slides back to centre as coach / shooter takes shot. Do five times. Switch goalies.
- Do again going to goalies left.



5. Breakaway Shots

- Players line up at blue line and will take breakaway shots on the goaltender one player at a time.
- Each player takes one shot then gets back in line for a second shot
- Alternate goalies between shooters and once the group has gone through one round ensure goalies change so that they see the other shooters.