

Skills Matrix Player Evaluation

Scoring Guidelines

There are four stages and progressions of skill development. Understanding the stages of skill development is necessary for coaches and parents to ensure an athlete acquires skills in the proper order. The following terms used in the Skills Matrix Player Evaluation explain the stages of skill development that a Ringette player will progress through when learning technical skills.

Initiation (I) – score 1 – most players new to ringette will be in this range

- The first contact with the skill.
- Training Emphasis: Basic stances and positions, getting the idea of what the movements are about and look like.

Acquisition (A) – score 2 – the players have picked up parts of the skill

- The athlete can coordinate and execute the key components in the correct order, although execution is inconsistent and lacks precision.
- Timing of the skill lacks synchronization, rhythm and flow.
- The athlete needs to think about what they are doing during the execution.
- Training Emphasis: Global execution and general form of movement.

Consolidation (C) – score 3 – players are starting to look like players

- Performance is inconsistent but movement is starting to show coordination.
- Skill is performed with control and rhythm under stable conditions.
- Some elements of performance are maintained (when athlete is under pressure, conditions change or demands increase).
- Training Emphasis: Maintaining the form of movements and some performance consistency under a variety of conditions and under stress.

Refinement (R) – score 4 – very few players should receive this score

- Performance is very consistent and precision is high in demanding conditions.
- Movements are automated with only minor fine-tuning necessary.
- Critical reflection and correction is possible by athlete.
- Training Emphasis: Creating conditions that stress the specific elements that need adjustments.

Note: No half scores or point scores 0.0 are allowed. A player can only receive a score of 1, 2, 3, or 4.

Drills for Skills Matrix U8 & U9

Refer to diagram to assist in station descriptions

1. **Station 1 – Forward Skating**

- a. **Skills Tested** – ready position, proper forward stride, acceleration, forward cross-over, turn around pylon, pivot front to back, backwards stop.
- b. **Methodology** – repeat drill in both directions (Starting point A and then Starting point B)
 - i. Player should be set in a ready, balanced position to begin drill
 - ii. skate the full circle once and forward skate to pylon
 - iii. turn around the pylon,
 - iv. accelerate back to goal line,
 - v. stop on goal line

2. **Station 2 – Backward Skating**

- a. **Skills tested** – backwards start, acceleration, stride, backwards turn, backwards V stop
- b. **Methodology** - repeat drill in both directions (Starting point A and then Starting point B)
 - i. start facing the boards with back to the circle,
 - ii. skate backward to and around the pylon
 - iii. accelerate backwards to the goal line
 - iv. V stop on the goal line.

3. **Station 3 – Ring Carrying**

- a. **Skills tested** – carrying the ring, protecting the ring, change of direction,
- b. **Methodology**
 - i. player skates through the slalom around the pylons carrying a ring,
 - ii. the player must keep themselves between the ring and the pylons at all times.
 - iii. Controlled stop

4. **Station 4 – Passing and shooting**

- a. **Skills tested** – passing the ring, stabbing the ring, shooting (forehand shot, backhand shot)
- b. **Methodology**
 - i. place one pylon on the face-off dot above the blue line,
 - ii. players line-up below the free play line along the boards,
 - iii. the player passes the ring the coach at the net,
 - iv. then the player skates toward the pylon on the free play line,
 - v. player turns at the pylon and then skates toward the net,
 - vi. player is passed the ring as they skate over the blue line from coach standing near center ice,
 - vii. player receives the ring and then skates in on goalie to take specified shot (forehand shot, backhand shot)

5. **Station 5 - Checking**

- a. **Skills tested** – forward pass, stabbing, stick checking, body position for checking, ring protection
- b. **Methodology** – Players must rotate through both positions
 - i. Player A starts on goal line with ring, Player B starts above FPL (both 10 feet off boards)
 - ii. Player A passes to Player B, who stabs and skates into circle
 - iii. Player A actively checks Player B inside the circle, until ring turns over or Player B leaves the circle or Coach calls play.