

SKILL	SUCCESS CRITERIA (Can they do it?)	TECHNICAL CRITERIA (Does it look right?)
FALLING/ GETTING UP	<ul style="list-style-type: none"> - Able to fall safely (without hitting head) - Can stand back up on first attempt without help/support 	<ul style="list-style-type: none"> - Able to stand up without support or help - 5 second or less pause between falling and getting up
FORWARD SKATING – MARCHING	<ul style="list-style-type: none"> - Able to march forward from one line to another (ex. Goal to ringette lines) without falling - Able to execute in proper ringette stance – knees bent, head/ eyes up and forward 	<ul style="list-style-type: none"> - Able to pick up both feet, alternating between left and right
FORWARD SKATING – GLIDING/STANCE	<ul style="list-style-type: none"> - Able to skate (strides) 3-4 meters then glide 3-4 meters - Able to execute in proper ringette stance – knees bent, head/ eyes up and forward, both feet 	<ul style="list-style-type: none"> - Able to skate with alternating feet - Able to glide with both feet on the ice
BACKWARD SKATING – MARCHING	<ul style="list-style-type: none"> - Able to march backward from one line to another (ex. Goal to ringette lines) without falling - Able to execute in proper ringette stance – knees bent, head/ eyes up and forward 	<ul style="list-style-type: none"> - Able to pick up both feet, alternating left and right
STOPPING	<ul style="list-style-type: none"> - Able to stop completely using 2-foot snowplow stops without falling 	<ul style="list-style-type: none"> - Able to stop with both feet scraping the ice outwards with toes pointing slightly in and even weight on both feet
RING CONTROL	<ul style="list-style-type: none"> - Able to carry ring on stick while marching/skating - Able to execute with proper grip, knees bent and head/eyes up 	<ul style="list-style-type: none"> - Marches/skates with both feet, alternating left and right - 2 hands on stick
CHECKING – SAFETY	<ul style="list-style-type: none"> - Able to stationary check a partner while maintaining stick and body safety - Uses a rainbow or sweep check - Understands why sticks are checked low (below waist height), able to check without pushing their partner, checks from underneath the stick 	<ul style="list-style-type: none"> - Able to explain why sticks are kept low
PASSING	<ul style="list-style-type: none"> - Able to forehand pass a ring toward their partner 1-2 metres distance away - Able to execute with proper grip and stick safety, knees bent, head/eyes up 	<ul style="list-style-type: none"> - Able to pass the ring within a stick length of partner - Less force than a shot
SHOOTING	<ul style="list-style-type: none"> - Able to forehand shoot a ring into or toward the net on the ice (more force than a pass) - Able to execute with proper grip and stick safety, knees bent, head/eyes up 	<ul style="list-style-type: none"> - More force than a shot