



SKILL	SUCCESS CRITERIA (Can they do it?)	TECHNICAL CRITERIA (Does it look right?)
<b>FORWARD SKATING – SCULLING AND T-PUSH</b>	<ul style="list-style-type: none"> <li>- Able to “two-foot scull” from one line to another (ex. Ringette to blue lines)</li> <li>- Able to T-push around a cone on both directions</li> <li>- Able to two-foot hop while in motion without falling</li> </ul>	<ul style="list-style-type: none"> <li>- Starts in “V” position, push feet apart from one another, pull feet together, glide</li> <li>- Able to scull the entire distance without stopping/falling</li> <li>- Starts in “T” position, pushes directly into a 1-foot inside edge glide around a cone</li> <li>- Able to stay on 1 foot for entire turn without falling, knees bent, head/eyes up, slightly leaning towards cone</li> </ul>
<b>BACKWARD SKATING</b>	<ul style="list-style-type: none"> <li>- Able to C-cut with both feet from one line to another (ex. Ringette to blue lines)</li> <li>- Able to 2-foot backwards glide</li> </ul>	<ul style="list-style-type: none"> <li>- Starts in a backwards stance, alternating C-cuts with full extension and able to bring foot back under body consistently</li> <li>- Able to execute with proper stance – knees bent, head/eyes up, not leaning on stick, rarely falls</li> </ul>
<b>STOPPING</b>	<ul style="list-style-type: none"> <li>- Able to stop completely when skating at speed using a snowplow stop with one foot</li> </ul>	<ul style="list-style-type: none"> <li>- Able to skate between 2 points, using a one-foot snowplow stop (left and right sides) using the outside of the skate, stopping completely near target</li> </ul>
<b>RING CONTROL</b>	<ul style="list-style-type: none"> <li>- Able to protect the ring to avoid being checked</li> <li>- Both forehand and backhand with proper stick grip</li> </ul>	<ul style="list-style-type: none"> <li>- Able to check the ring from a partner who is in motion</li> <li>- Able to execute with proper stick and body safety – stick low and under partners’ stick, does not push partner over</li> </ul>
<b>CHECKING</b>	<ul style="list-style-type: none"> <li>- Able to check a partner while moving using a rainbow or sweep check</li> </ul>	<ul style="list-style-type: none"> <li>- Able to check the ring from a partner who is in motion</li> <li>- Able to execute with proper stick and body safety – stick low and under partners’ stick, does not push partner over</li> </ul>
<b>PASSING AND RECEIVING</b>	<ul style="list-style-type: none"> <li>- Able to accurately pass to a partner at different distances</li> <li>- Able to stab ring when receiving a pass</li> </ul>	<ul style="list-style-type: none"> <li>- Able to execute with proper stick grip/safety</li> <li>- Able to execute with proper stick grip/safety</li> <li>- Able to stab X of Y times (ex. 4 of 6)</li> </ul>
<b>SHOOTING</b>	<ul style="list-style-type: none"> <li>- Able to consistently forehand shoot into the net with power and accuracy</li> <li>- Able to backhand shoot into the net with power and accuracy</li> </ul>	<ul style="list-style-type: none"> <li>- Uses proper stance and stick grip/safety</li> <li>- Beginning to raise ring into net</li> </ul>