



SKILL	1 - NEEDS IMPROVEMENT	2- SATISFACTORY	3 - GOOD
<b>GAME SENSE</b>	<ul style="list-style-type: none"> <li>- Unable to demonstrate an understanding or needs constant reminders of basic ringette rules.</li> <li>- Unable to demonstrate an understanding or needs constant reminding of positional roles.</li> <li>- Unable to demonstrate an understanding of offensive, defensive, and goaltender concepts.</li> </ul>	<ul style="list-style-type: none"> <li>- Can demonstrate an understanding of a few basic ringette rules but sometimes needs reminders.</li> <li>- Can demonstrate an understanding of positional roles but sometimes is confused or needs reminding.</li> <li>- Can demonstrate an understanding of basic offensive, defensive, and goaltender concepts but is still learning.</li> </ul>	<ul style="list-style-type: none"> <li>- Can demonstrate an understanding of all basic ringette rules and ready to learn more complex rules</li> <li>- Can demonstrate an understanding of positions and their roles with little reminders</li> <li>- Can demonstrate an understanding of offensive, defensive, and goaltending concepts</li> </ul>
<b>FORWARD SKATING</b>	<ul style="list-style-type: none"> <li>- Unable to complete a full stride and unable to extend to athlete's full capacity</li> <li>- Unbalanced, may lean on stick in order to stay balanced or often falls</li> </ul>	<ul style="list-style-type: none"> <li>- Able to complete a full stride with full extension but is inconsistent</li> <li>- Knees are bent but often straightened, causing "bobbing" of head/body</li> <li>- Balanced, sometimes leans on stick and sometimes falls</li> </ul>	<ul style="list-style-type: none"> <li>- Able to complete a full forward stride with full extension</li> <li>- Able to execute with proper stance – knees bent, body low/leveled, head/eyes up, balanced, not leaning on stick and rarely falls</li> </ul>
<b>BACKWARD SKATING</b>	<ul style="list-style-type: none"> <li>- Unable to move backwards at a steady pace, C-Cuts are slow and difficult for athlete to complete.</li> <li>- Unbalanced, may lean on stick in order to stay balanced or often falls</li> </ul>	<ul style="list-style-type: none"> <li>- Able to move backwards slowly, athlete can demonstrate C-Cuts but they are often inconsistent or difficult on one leg.</li> <li>- Knees are bent but often straightened, causing "bobbing" of head/body</li> <li>- Balanced, sometimes leans on stick and sometimes falls</li> </ul>	<ul style="list-style-type: none"> <li>- Able to skate backwards using complete C-cuts at a consistent pace</li> <li>- Able to execute with proper stance – knees bent, body low/leveled, head/eyes up, balanced, not leaning on stick and rarely falls</li> </ul>
<b>STOPPING</b>	<ul style="list-style-type: none"> <li>- Unable to turn body and feet while stopping</li> <li>- Feet shake while stopping</li> <li>- Both feet do not remain on the ice</li> <li>- Unbalanced, may lean on stick in order to stay balanced or often falls</li> </ul>	<ul style="list-style-type: none"> <li>- Shows intent/ability to turn body and feet while stopping but is inconsistent or incomplete</li> <li>- Both feet sometimes shake while stopping</li> <li>- Shows intent/ability to keep both feet on the ice while stopping but is inconsistent</li> <li>- Balanced, sometimes leans on stick and sometimes falls</li> </ul>	<ul style="list-style-type: none"> <li>- Able to complete a full stop using a body turn in both directions</li> <li>- Feet have little shake and both remain on the ice most of the time</li> <li>- Knees mostly bent (sometimes straight), body low/leveled, head/eyes up</li> <li>- Balanced, does not lean on stick and rarely falls</li> </ul>
<b>TIGHT TURNS</b>	<ul style="list-style-type: none"> <li>- Unable to turn head, shoulders, body, or feet while turning</li> <li>- Both feet do not remain on the ice</li> <li>- Unbalanced, may lean on stick in order to stay balanced or often falls</li> </ul>	<ul style="list-style-type: none"> <li>- Shows intent/ability to turn head, shoulders, body, and feet while turning but is inconsistent or incomplete</li> <li>- Shows intent/ability to keep both feet on the ice while turning but is inconsistent</li> <li>- Balanced, sometimes leans on stick and sometimes falls</li> </ul>	<ul style="list-style-type: none"> <li>- Able to turn head, shoulders, body and feet while remaining close to the turning point</li> <li>- Both feet remain on the ice during turn, knees bent but sometimes straightened, balanced and rarely falls</li> </ul>

<b>PASSING/RECEIVING</b>	<ul style="list-style-type: none"> <li>- Unable to demonstrate ready stance and proper stick grip</li> <li>- Unable to skate while passing and receiving</li> <li>- Often passes with too much or too little power</li> <li>- Often inaccurate</li> <li>- Often misses passes</li> </ul>	<ul style="list-style-type: none"> <li>- Able to demonstrate ready stance and proper stick grip</li> <li>- Able to skate while passing and receiving but is inconsistent</li> <li>- Able to pass with the correct amount of power but is inconsistent</li> <li>- Able to pass with accuracy but is inconsistent</li> <li>- Sometimes misses passes</li> </ul>	<ul style="list-style-type: none"> <li>- Able to consistently demonstrate ready stance and proper stick grip</li> <li>- Able to pass/receive while skating</li> <li>- Often passes with correct amount of power and accuracy</li> <li>- Rarely miss receiving passes</li> </ul>
<b>RING CONTROL</b>	<ul style="list-style-type: none"> <li>- Unable to demonstrate proper body stance to protect the ring while being checked</li> <li>- Unable to use stick movements to protect the ring while being checked</li> </ul>	<ul style="list-style-type: none"> <li>- Able to use body to protect the ring while being checked but is incomplete or inconsistent</li> <li>- Able to use stick movements to protect the ring while being checked but is incomplete or inconsistent</li> </ul>	<ul style="list-style-type: none"> <li>- Able to use body to protect the ring while being checked</li> <li>- Able to use stick to protect the ring while being checked</li> </ul>
<b>CHECKING</b>	<ul style="list-style-type: none"> <li>- Unable to demonstrate proper stick and body positioning while checking</li> <li>- Unable to check while moving</li> <li>- Unable to demonstrate accuracy while checking, stick often rises too high or misses target</li> <li>- Unable to demonstrate correct amount of power when checking, often checks with too much or too little power</li> </ul>	<ul style="list-style-type: none"> <li>- Able to demonstrate proper stick and body positioning while checking.</li> <li>- Able to move while checking but movement is often slow or inconsistent.</li> <li>- Able to demonstrate accuracy when checking but it is often inconsistent.</li> <li>- Able to demonstrate correct use of power when checking but it is inconsistent.</li> <li>- Able to use of body to protect the</li> </ul>	<ul style="list-style-type: none"> <li>- Able to consistently demonstrate proper stick grip and body positioning during checking</li> <li>- Able to consistently move while checking</li> <li>- Able to consistently show accuracy when checking</li> </ul>
<b>SHOOTING</b>	<ul style="list-style-type: none"> <li>- Unable to demonstrate proper stick grip and body movement while shooting.</li> <li>- Unable to remain in motion while shooting.</li> <li>- Unable to demonstrate use of accuracy.</li> <li>- Unable to use correct amount of power.</li> <li>- Unable to demonstrate both backhand and forehand shot.</li> <li>- Unable to lift ring on backhand.</li> </ul>	<ul style="list-style-type: none"> <li>- Able to demonstrate proper stick grip and body movement while shooting.</li> <li>- Able to remain in motion while shooting, glide.</li> <li>- Able to use accuracy but it is inconsistent.</li> <li>- Able to use correct amount of power but it is inconsistent.</li> <li>- Able to attempt backhand and forehand shot.</li> <li>- Able to lift ring on backhand but is inconsistent.</li> </ul>	<ul style="list-style-type: none"> <li>- Able to demonstrate proper stick grip and body positioning during shooting</li> <li>- Able to demonstrate ability to skate while shooting</li> <li>- Able to consistently shoot accurately and with the correct amount of power</li> <li>- Able to demonstrate forehand and backhand shot</li> <li>- Able to lift ring with backhand shot</li> </ul>