

Ringette Evaluations

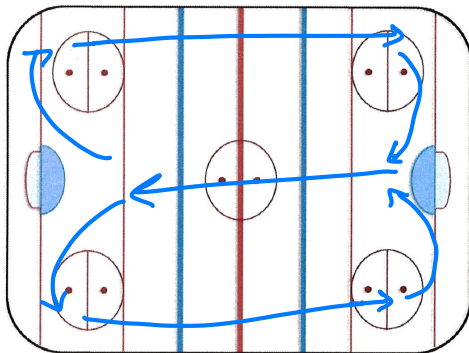
Practice Plan –

Goalies

Butterfly Warmup – 5 mins

- Skate down the middle and stretch between the blue lines
- Peel off half each way and switch each time you go back down

Skate back up along the sides and skate hard between the blue lines



Skating Assessment – 10 mins (3 mins per part)

1) Part 1 – 3 mins

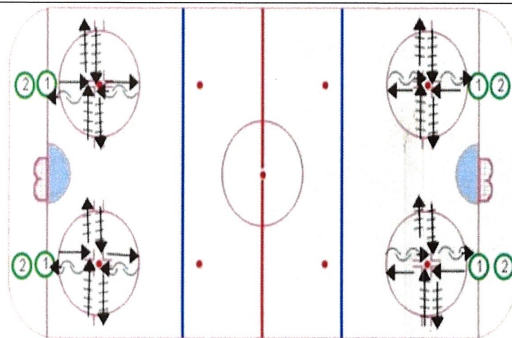
- Goalie starts at bottom or top of the circle. C-cut skate forwards to the faceoff dot, stop & 3 shuffles towards the boards & back to the dot. C-cut backwards to edge of circle, C-cut forward to faceoff dot & repeat the other direction.

2) Part 2 – 3 mins

- Goalie starts at bottom or top of circle. C-cut skate forwards to the faceoff dot. Stop & do 3 t-pushes towards the boards & back to dot. C-cut backwards to edge of circle, c-cut forward to the faceoff dot & repeat the other direction.

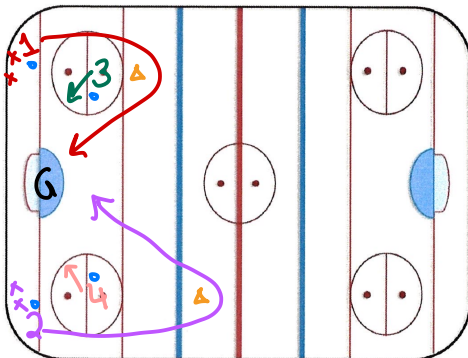
3) Part 3 – 3 mins

- Goalie starts at bottom or top of circle. C-cut forwards to the faceoff dot, stop and do 3 butterfly slides towards the boards & back to the dot. C-cut backwards to edge of circle. C-cut forward to faceoff dot & repeat the other direction but with a butterfly crawl.



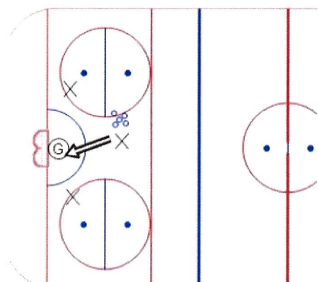
Double Barrel Shooting Warmup – 10 mins

- Players leave at the same time, skating around their pylons.
- Players should time it so that player 1 shoots, then 2, then 3, then 4.
- This pattern will ensure the goalie is moving back and forth.
- Remind shooters that this is a goalie warm up.



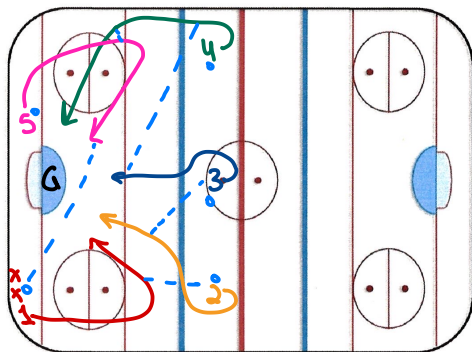
Rebound Drill – 10 mins

- Use 3 – 5 skaters. The skaters form a triangle in front of the crease, with the top player around the hashmarks with rings. She takes a stationary shot at the goalie. She wants to score or create a rebound.
- If there is no rebound, the goalie can discard the ring and the top shooter can start again.
- If a rebound is given, any of the skaters can pick it up and shoot.



5 Lane Shooting – 10 mins

- Player 1 skates without a ring and turns in front of the blue line, receiving a pass from player 2.
- Player 2 loops around her line up, skates in, and cuts to receive a pass from player 3.
- Player 3 follows the same pattern as player 2, and receives a pass from player 4.
- Player 4 loops back and skates forward to receive a drop pass inside the zone from player 5.
- Player 5 curls around after her drop pass and receives a pass from the next player in line 1.
- After each player passes, they get in the next line.



Double Pass – 10 mins

- X1 skates and passes to X2, continues to skate around X2, receives a pass back and goes in to shoot.
- X3 then passes to X2 and X2 goes in to shoot.
- X3 follows their pass and replaces X2.
- As soon as both shots are taken the opposite corner goes.

