

U16 & U19 PERFORMANCE CRITERIA

This skills chart and evaluation tool is to be used in both the U16 and U19. Please note that the major difference between these divisions will show in the Game Play sections (3 & 4), indicating that a U16 may not score a 5 in these sections, even if they scored high in skating skills and ringette skills.

<p><u>U16 & U19 Universal Player Evaluation</u></p> <p><u>Skills for Assessment Overview:</u> <i>The following is an overview of the skills that will be assessed during the evaluation process. Player's will receive a mark out of 5 on each of the skills listed below</i></p> <p><u>Marks Breakdown:</u> <i>1 = Poor, 2 = Below Average, 3 = Average, 4 = Above Average, 5 = Outstanding/Dominant</i></p> <p>1. <u>Skating Skills:</u></p> <ul style="list-style-type: none"> a. Skating <ul style="list-style-type: none"> i. Forward (including Crossovers) ii. Backward (Including Crossovers) iii. Turns iv. Pivots v. Stops and starts <p>2. <u>Ringette Skills</u></p> <ul style="list-style-type: none"> a. Passing and Receiving <ul style="list-style-type: none"> i. Forehand pass ii. Backhand pass iii. Receiving a pass iv. Type of pass [lead, drop, flip, head on, etc.] b. Shooting <ul style="list-style-type: none"> i. Forehand/Wrist Shot ii. Backhand iii. Slider c. Checking & Ring handling <ul style="list-style-type: none"> i. Sweep check ii. Aggressiveness iii. Checking in the boards iv. Checking with team mates v. Checking with two hands vi. Placement of hands on stick 	<p>3. <u>Game Play Offensive</u></p> <ul style="list-style-type: none"> a. Offensive: <ul style="list-style-type: none"> i. Breakout & getting open ii. Passing iii. Fore-checks iv. Shooting v. Use of Picks, screens and posts vi. Teamwork vii. Positioning in Offensive zone viii. Ability to adjust to opposition ix. Involvement in Play x. Game Sense - Ability to change roles throughout game <p>4. <u>Game Play Defensive</u></p> <ul style="list-style-type: none"> a. Defensive: <ul style="list-style-type: none"> i. Breakout & goalie ring support ii. Coverage iii. Passing iv. Supporting teammates v. Team work vi. Checking vii. Positioning in Defensive zone viii. Ability to adjust to opposition ix. Involvement in Play x. Game Sense - Ability to change roles throughout game 	<p><u>Goalie Evaluation Criteria:</u> <i>The following is an overview of the skills that will be assessed for goalies. Skating ability will follow the same guidelines as players. Marks breakdown is the same.</i></p> <p>1. <u>Mobility – Skating Skills</u></p> <ul style="list-style-type: none"> a. Mobility b. Lateral movement c. Forward d. Backwards e. Overall Skating ability <p>2. <u>Game Skills</u></p> <ul style="list-style-type: none"> a. Stick Work b. Ring Skills [Goalie Ring] c. Positioning <p>3. <u>Goalie Specific</u></p> <ul style="list-style-type: none"> a. Style of Play <p><u>Calculating your Team Ordinal</u> To determine your team ordinal, use the following steps. You can also use the Team Ordinal Chart on the Ringette BC webpage found here</p> <p>1) Total each players points for all 8 sections, then divide by 8 to get the <i>player ordinal</i>. Add all player ordinals together, and divide by the total number of players to get your <i>team ordinal</i>.</p>
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	1 - POOR	2 – BELOW AVERAGE	3 - AVERAGE	4- ABOVE AVERAGE	5 – OUTSTANDING DOMINATE
Forward Skating	<p>Sometimes in proper stance & balance</p> <ul style="list-style-type: none"> Acquired some basics of stride often lose balance & head is not up when in motion. Crossovers- cannot fully lift leg over the other, struggles to maintain balance & speed. Often has to balance check. 	<p>Generally in proper stance & balance.</p> <ul style="list-style-type: none"> Has acquired a good foundation of stride but still acquiring consistent stride & full leg extension. Crossovers- lifts leg over the other. Sometimes able to maintain balance & speed. Sometimes has to balance check 	<p>Maintains proper stance & balance.</p> <ul style="list-style-type: none"> Has acquired good stride & leg extensions. Strides are smooth with full leg extension. Strides are generally powerful. Shows basics of acceleration Sometimes uses sharp turns to maintain speed & change direction quickly Crossovers- consistently lift leg over the other. Generally able to maintain balance & speed. 	<p>Consistently in proper stance & balance</p> <ul style="list-style-type: none"> Has consolidated stride skills. Displays smooth efficient strides with full leg extension. Strides are always powerful. Able to change speed in motion. Generally uses sharp turns to maintain speed & change direction & speed quickly. Crossovers- consistently lift leg over the other. Displays smooth & efficient crossovers. Consistently maintains balance & speed. 	<p>Consistently in proper stance & balance</p> <ul style="list-style-type: none"> Has consolidated stride skills. Displays smooth efficient strides with full leg extension. Strides are always powerful. Able to change speed /Able to accelerate quickly. Consistently uses sharp turns & Crossovers to maintain & increase speed effectively. Finishes with a crossover. Crossovers- consistently lift leg over the other. Displays smooth & efficient crossovers. Consistently maintains balance & speed.
Backward Skating	<p>Still acquiring proper stance & balance. Sometime uses stick for balance. Head is sometimes up.</p> <ul style="list-style-type: none"> Attempts C cuts but cannot make complete C. Struggles to maintain backwards momentum. Crossovers- Still acquiring the basics of backwards crossovers. Can only do a couple without breaking form & momentum. 	<p>Generally in proper form & balance. Rarely uses stick for balance check. Keeps head up.</p> <ul style="list-style-type: none"> Can perform a C-cuts but sometimes does not make complete entire C. Sometimes loses form but generally able to maintain momentum. Crossover - Has acquired the basics of backwards crossovers. Sometimes able to proper form & able to maintain momentum. 	<p>Consistently displays proper form with good center of gravity. Head & chest are skating.</p> <ul style="list-style-type: none"> Generally displays full & smooth C-cuts. Able to maintain momentum & gains speed. Can perform a backwards sharp turn but unable to maintain speed &/or body positioning. Crossovers – Has acquired good backward crossovers. Generally maintains proper form & able to keep momentum & maintain speed. 	<p>Consistently maintains proper form with good center of gravity. Head & chest are up.</p> <ul style="list-style-type: none"> Consistently displays full & smooth strides. Consistently able to maintain momentum & gain speed throughout C Cut. Able to perform Sharp turns backwards. Attempts to end with a crossover Crossovers – Has consolidated good backward crossovers used in motion to increase speed. In backwards crossovers pulls the ice to gain & maintain speed. maintains proper form 	<p>Consistently in proper form with good center of gravity.</p> <ul style="list-style-type: none"> Consistently displays full & smooth stride. Consistently able to maintain momentum & gain speed throughout C Cut & crossovers. Able to perform Sharp turns backwards & maintain speed. Finishes in crossover Crossovers – Has consolidated good backward crossovers used in motion to increase speed. In backwards crossovers pulls the ice to gain & maintains speed. Maintains proper form
Stops & Starts & Pivots	<p>Still acquiring proper stance & balance. Does not display proper stance in & out of stops/starts.</p> <ul style="list-style-type: none"> Starts: Sometimes displays T or V start. Cannot perform crossover start. Stops: Still acquiring stopping skills. Generally able to perform 1 foot stop. Not able to perform proper 2 foot stop. Does not perform a crossover start out of stop. Pivots: Unable to pivot from front to back. 	<p>Generally maintains proper form & balance. Sometimes maintains proper stance in & out of stops/starts.</p> <ul style="list-style-type: none"> Starts: Generally displays proper T or V start. Acquiring basics of crossover start. Stops: Can perform One foot stop on both sides. Can perform two foot stop but does not consistently maintain proper form into & out of stop. Sometimes attempts crossover start out of stop. Pivots: Can somewhat pivot from front to back. Back to front is inconsistent 	<p>Maintains proper stance & balance into & out of stops/starts.</p> <ul style="list-style-type: none"> Starts: Consistently displays proper T or V start. Has acquired basics of crossover start. Stops: Consistently uses & performs two foot stop. Generally maintains proper form into & out of stop. Stops: Learning backwards V & T stop Stops: Attempts parallel stop Pivots: Can inconsistently pivot smoothly from front to back. Back to front is inconsistent 	<p>Consistently maintains proper stance & balance into & out of stops/starts.</p> <ul style="list-style-type: none"> Starts: Consistently displays proper T or V start. Generally performs a crossover starts. Starts: Accelerates out of Starts. Consistently performs powerful crossover start out of stop. Stops – Consistently uses & performs two foot stop. Consistently maintains proper form into & out of stop. Stops: Able to perform backward v-stop & T-stop. Powers out of stop Pivots: Can pivot smoothly from front to back. Back to front is inconsistent. 	<p>Consistently maintains proper stance & balance into & out of stops/starts.</p> <ul style="list-style-type: none"> Starts: Consistently displays proper T or V start. Consistently performs crossover starts. Starts: Consistently accelerates out of starts. Stops – Consistently uses & performs parallel stop. Consistently maintains proper form in & out of stop. Stops: Able to perform backward v-stop & T-stop with speed. Pivots: Can pivot smoothly from front to back & back to front.
Shooting (backhand & forehand sliders)	<p>Sometimes accurate sliders in motion</p> <ul style="list-style-type: none"> Backhand flip: Sometimes accurate static. Sometimes accurate when moving. Wrist Shots: Attempts to lift ring when static. Cannot lift ring while moving. No power. 	<p>Generally displays accurate sliders in motion</p> <ul style="list-style-type: none"> Backhand flip: Generally accurate when static. Generally accurate when moving. Wrist Shots Sometimes lifts ring when static. Sometimes lifts ring while moving. No power. 	<p>Consistently displays accurate sliders in motion. Power in slider.</p> <ul style="list-style-type: none"> Backhand flip: Consistently accurate when static. Generally accurate when moving. Wrist Shots: Generally accurate when static. Sometimes accurate when moving. Some power in shot. Shoots wide generally. Attempts to deke with shot. 	<p>Consistently displays accurate/powerful sliders in motion.</p> <ul style="list-style-type: none"> Backhand flip: Consistently accurate when moving. Able to shoot quickly. Wrist Shots: Consistently accurate when static. Consistently accurate when moving & often hits corners. Able to lift ring. Power in shot Attempts deke with shot & head fake 	<p>Consistently displays accurate/powerful sliders in motion.</p> <ul style="list-style-type: none"> Backhand flip: Consistently accurate when moving. Able to shoot quickly & <i>accurately</i>. Wrist Shots: Consistently accurate when static. Consistently accurate when moving & often hits corners. Able to lift ring. Power in shot Attempts deke with shot or pass & head & body fake

Passing & Receiving	<p>Occasionally displays proper form & stick grip; points stick passing/receiving.</p> <ul style="list-style-type: none"> • Sometime makes accurate passes while static. Struggles to make accurate passes while moving. Struggles to make lead passes while static & moving. • Sometimes able to stab ring when static. Not often able to stab ring while moving. 	<p>Generally displays proper form & stick grip. Often points stick passing/receiving.</p> <ul style="list-style-type: none"> • Makes accurate forehand passes static, sometimes while moving. Rarely uses backhand passes. • Attempts accurate lead passes while static & sometimes while moving. • Generally able to stab ring when static. Sometimes able to stab ring moving 	<p>Consistently displays proper form & stick grip. Consistently points stick passing/receiving.</p> <ul style="list-style-type: none"> • Generally makes accurate forehand passes while static & moving. Sometimes accurate backhand passes. • Generally makes accurate lead passes while static & moving. • Often able to stab ring when static & moving. 	<p>Consistently displays proper form & stick grip. Consistently points stick passing/receiving.</p> <ul style="list-style-type: none"> • Consistently makes accurate Forehand passes while static & moving. Generally makes accurate lead passes while static & moving. Generally accurate backhand passes. • Often able to stab ring when static & moving. • Attempts drop passes & board passes. 	<p>Consistently displays proper form & stick grip. Consistently points stick when passing/receiving.</p> <ul style="list-style-type: none"> • Consistently makes accurate For- & backhand passes while static & moving. • Consistently makes accurate lead passes while static & moving. • Consistently able to stab ring when static & moving. • Uses drop passes & board passes in play. • Shows when to do a forehand vs. backhand pass
Checking & Ring Handling	<p>Sometimes checks hard with two hands on stick</p> <ul style="list-style-type: none"> • Rarely reads ring carrier to cut off pass& sometimes gains possession of the ring. • In motion loses control of body & falls. • Hesitant to check in corners/boards • Sometimes handles ring & rarely protects ring. Easy to check 	<p>Sometimes checks hard with two hands on stick</p> <ul style="list-style-type: none"> • Rarely reads ring carrier to cut off & sometimes gains possession of the ring. • Hesitant to check in corners/boards • Sometimes ring handles & attempts to use body to protect ring. Often easy to check 	<p>Generally checks hard with two hands on stick, & sometimes maintains control of body. Attempts sweep check.</p> <ul style="list-style-type: none"> • Generally tries to check in motion. • Sometimes reads ring carrier to cut off & sometime gains possession of ring. • Checks in corners & along boards • Sometimes ring handles & uses body positioning to protect ring & Sometimes maintains possession. 	<p>Consistently checks hard with two hands on stick, & generally maintains control of body while skating. Performs sweep check.</p> <ul style="list-style-type: none"> • Often reads ring carrier to cut off & often gains possession of the ring. • Checks in the corners & along boards • Sometimes back checks • Strong ring handling: uses body positioning to protect ring from other players & maintains possession. 	<ul style="list-style-type: none"> • Consistently cleanly checks hard with two hands on stick, & consistently maintains control of body while skating. • Consistently reads ring carrier to cut off & often gains possession of the ring. • Will double team in the boards & corners • Actively back checks • Consistent strong ring handling skills: body positioning to protect ring & consistently maintains possession.
Game Skills - Offensive	<p>Below average &/or new player</p> <ul style="list-style-type: none"> • Struggles to gain & maintain possession of the ring. • Rarely gets open for passes out to the zone. • Sometimes able to keep up with the pace of game • Not often able to create offensive shooting & passing opportunities. • Player is rarely in motion stationary • Unable to perform a basic breakout following instruction from coach 	<p>Below average player, Player often in motion</p> <ul style="list-style-type: none"> • Somewhat able to perform a breakout following coach instructions • Sometimes gains possession of the ring. Usually able to maintain possession. • Sometimes able to get open for passes & sometimes able to keep up with the pace of game. • Sometimes creates offensive shooting & passing opportunities. • Shows good understanding of rules & sometimes displays good decision making skills 	<p>Average player, Player is generally motion</p> <ul style="list-style-type: none"> • Able to perform basic breakout following coach instructions • Often has possession of the ring/involved in play. Does not create a lot of turnovers. • Reads play well & often gets open for passes when not carrying the ring. Usually follows the play. • Generally creates shooting opportunities • Attempts to set up teammates offensively • Player demonstrates knowledge of picks & screens • Shows displays good decision making skills. 	<p>Above average player, Player is in constant motion</p> <ul style="list-style-type: none"> • Effectively does a breakout following coach instructions. Adjusts to defense • Consistently has possession of the ring. Highly involved in play. Generally does not create turnovers. • Reads play well & open for passes. Always follows the play. • Consistently creates offensive shooting & passing opportunities. • Shows good decision making skills. • Engages teammates in offensive zone • Player demonstrates use of picks & screens 	<p>Dominate player; Player is in constant motion</p> <ul style="list-style-type: none"> • Consistently does a breakout following coach instructions. Adjusts to defense • Consistently has possession of the ring. Highly involved in play. Generally does not create turnovers. • Reads play well & gets open for passes when not carrying the ring. Always follows the play. • Consistently creates offensive shooting opportunities. • Effectively uses teammates in offensive zone • Shows strong decision making skills. • Effective use of picks & screens & posts
Games Skills- Defensive	<p>Below average or new player, Rarely aggressive & weak checker</p> <ul style="list-style-type: none"> • Player tries to maintain a triangle but consistently breaks position • Attempts to block passes, struggles to read play • Rarely keeps up with the play • Player “dumps” ring on occasion • Sometimes Supports Goalie for goalie ring breakout. 	<p>Below average player, Average checker sometimes able to gain possession</p> <ul style="list-style-type: none"> • Shows knowledge of triangle; but sometimes breaks formation • Sometimes reads the play to create turnovers • Sometimes able to move ring out of defensive zone. Sometimes keep feet moving. • Generally Supports Goalie for goalie ring breakout 	<p>Average player, Generally Aggressive & strong checker</p> <ul style="list-style-type: none"> • Good Understanding of defensive triangle formation • Often reads the play to create turnovers • Generally in the play • Generally pressures offense & “steps up” in the triangle & in neutral zone. • Sometimes will enter offensive zone • Sometimes stays with check • Generally Supports Goalie for goalie ring breakout. 	<p>Above average player, Aggressive & successful checker</p> <ul style="list-style-type: none"> • Strong Understanding of defensive triangle • Consistently reads the play to create turnovers • Consistently able to move ring out of defensive zone. • Consistently pressures offense & “steps up” in the triangle & in neutral zone • intercepts ring in neutral or offensive zone • Takes offensive opportunities • Consistently Supports Goalie for goalie ring. Sometimes follows up offense on breakout 	<p>Dominate player, Aggressive & successful checker</p> <ul style="list-style-type: none"> • Strong Understanding of defensive triangle • Consistently reads the play to create turnovers • Consistently able to move ring out of defensive zone. • Consistently pressures offense & “steps up” in the triangle & in neutral zone • intercepts ring in neutral or offensive zone • Takes offensive opportunities • Consistently Supports Goalie on goalie ring breakout. Supports offense on breakouts. • Makes support passes to teammates when in appropriate.

	1 - POOR	2 – BELOW AVERAGE	3 - AVERAGE	4- ABOVE AVERAGE	5 – OUTSTANDING DOMINATE
Mobility (lateral, forward & backward)	<p>Unable to perform smooth lateral pushes from side to side</p> <ul style="list-style-type: none"> • Still learning skill in T-pushes & glide • Acquiring coordination of power pushes & glides • Backwards C-Cuts are weak • Forward skating is weak with weak transitions to backwards • Rarely reads play most of the time [No skill of Telescoping] • Unable perform Butterfly slides from side to side smoothly. 	<p>Somewhat smooth lateral pushes from side to side</p> <ul style="list-style-type: none"> • Still learning skill in T-pushes & glide • Acquiring coordination of power pushes & glides • Backwards C-Cuts are somewhat smooth • Generally smooth forward skating with weak transitions to backwards • Somewhat read play most of the time [little skill with Telescoping] • Sometimes able perform Butterfly slides from side to side smoothly. 	<p>Generally smooth lateral pushes from side to side</p> <ul style="list-style-type: none"> • Demonstrates some skill in T-pushes & glide • Some understanding of power pushes & glides • Backwards C-Cuts are smooth but not consistent • Generally smooth forward & backward skating & transitions • Able to read play most of the time [shows some skill with Telescoping] • Able to generally perform Butterfly slides from side to side smoothly. 	<p>Strong lateral pushes from side to side</p> <ul style="list-style-type: none"> • Demonstrates strong understanding of T-push & glide • Strong understanding of power pushes & glides • Strong, consistent backwards C-Cuts • Strong, consistent forward & backward skating & transitions • Able to read play [shows general understanding of Telescoping] • Able to generally perform Butterfly slides from side to side smoothly 	<p>Strong lateral pushes from side to side.</p> <ul style="list-style-type: none"> • Demonstrates strong understanding of T-push & glide • Strong understanding of power pushes & glides • Strong, consistent backwards C-Cuts • Strong, consistent forward & backward skating & transitions • Able to read play well [shows strong understanding of Telescoping] • Able to consistently perform Butterfly slides from side to side smoothly
Ring Skills & Stick work	<ul style="list-style-type: none"> • Rarely throws lead passes to teammates & open ice • Unable to redirect ring towards boards • Attempts blocks shots & reacts to shooter • Stick Handling: Sometimes has stick flat on the ice. • Stick handling: sometimes makes lead passes with goalie stick. 	<ul style="list-style-type: none"> • Sometimes throws lead passes to teammates & open ice • Attempts to control rebounds • Sometimes able to redirect ring towards boards • Can redirect ring when passed ring by teammates • Attempts blocks shots & reacts to shooter • Stick Handling: Sometimes has stick flat on the ice. • Stick handling: sometimes makes lead passes with goalie stick. 	<ul style="list-style-type: none"> • Generally throws lead passes to teammates & to open ice • Attempts to control rebounds • Generally, able to redirect ring towards boards • Can redirect ring when passed ring by teammates • Generally blocks shots & reacts to shooter • Stick Handling: Keeps stick flat on the ice. • Stick handling: Generally makes lead passes with goalie stick. 	<ul style="list-style-type: none"> • Consistently throws lead passes to teammates & throws to open ice • Typically controls rebounds • Able to redirect ring successfully towards boards • Can redirect ring when passed ring by teammates to move play forward • Consistently blocks shots & reacts to shooter • Stick Handling: Typically keeps stick flat on the ice. • Stick handling: Generally makes accurate lead passes with goalie stick. 	<ul style="list-style-type: none"> • Consistently throws lead passes to teammates & throws to open ice • Consistently controls rebounds • Consistently Able to redirect ring successfully towards boards • Can redirect ring when passed ring by teammates to move play forward • Consistently blocks shots & reacts to shooter • Stick Handling: Consistently keeps stick flat on the ice. • Stick handling: Able to make accurate lead passes with goalie stick.
Positioning	<ul style="list-style-type: none"> • Rarely finds the post; often slow to tighten to post • Sometimes in position for triangle & free passes. • Shows weak understanding of playing the angles • Rarely adjusts correctly to teammates positions in the triangle • Rarely adjusts to offensive players positions & passes made 	<ul style="list-style-type: none"> • Sometimes able to hug & finds the post; often slow to tighten to post • Sometimes in position for triangle & free passes. • Sometimes shows understanding of playing the angles • Sometimes adjusts correctly to teammates positions in the triangle • Sometimes adjusts to offensive players positions & passes made 	<ul style="list-style-type: none"> • Usually able to hug & finds the post; sometimes slow to tighten to post • Usually in position for the triangle & free passes. • Sometimes shows understanding of playing the angles • Generally adjusts correctly to teammates positions in the triangle • Generally adjusts to offensive players positions & passes made 	<ul style="list-style-type: none"> • Generally able to hug & finds the post • Understands positional play in the triangle & free passes. • Consistently shows understanding of playing the angles • Consistently successfully adjusts to teammates positioning in the triangle • Consistently adjusts to offensive players positions & passes made 	<ul style="list-style-type: none"> • Consistently hugs the post & finds the post • Understands positional play in the triangle & free passes. • Consistently shows understanding of playing the angles • Consistently successfully adjusts to teammates positioning in the triangle • Consistently adjusts to offensive players positions & passes made
Style of Play	<ul style="list-style-type: none"> • Still learning Stand-up style of play • Displays some skill of crouch & one-knee drop but is not consistent • Rarely does Butterfly & inverted V 	<ul style="list-style-type: none"> • Still learning Stand-up style of play • Displays knowledge of the crouch & one-knee drop but is not consistent • Sometimes shows Butterfly & inverted V but rarely 	<ul style="list-style-type: none"> • Consolidated skill to show Strong understanding & use of Stand-up style of play • Strong understanding of crouch & one-knee drop • Consistently showing consolidation in Butterfly & inverted V 	<ul style="list-style-type: none"> • Consolidated skill to show Strong understanding & use of Stand-up style of play • Strong understanding of crouch & one-knee drop • Generally showing refinement in Butterfly and inverted V 	<ul style="list-style-type: none"> • Strong understanding & use of Stand-up style of play • Consistently showing refinement in Butterfly and inverted V • Strong understanding of crouch & one-knee drop

