

U16/U19 ZONE DIVISION GUIDELINES

DECEMBER 2019

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1. Introduction

Competitive ringette at the U16 and U19 divisions has struggled for a number of years to gain traction with participants and to retain an athlete pool. The U16 and U19 divisions have been affected by the drop in retention of athletes. In fact, the smallest athlete pool in BC is consistently U19. As life changes occur for 14 to 18 year old athletes if sport does not meet the needs and deliver the experience that athletes are seeking it will continue to result in athletes leaving sport. Changes to the Zone and Club divisions from U14 to U19 are meant to make the sport more attractive to potential and current participations by allowing greater athlete determination over their own pathway. This, in turn, should increase participant numbers over time.

Ringette BC is moving towards a context-based sport system, as part of the 2019-2023 Strategic Plan,. The competitive sport context is for athletes that are seeking a daily training environment that will meet their needs as an athlete to develop, grow and compete. In addition, athletes in these divisions that seek more training and competition opportunities will also have the option to participate in the Excellence Program.

Competitive ringette at the U16 and U19 offers athletes the ability to play competitive ringette, attend competitions within BC, as well as, outside BC, and the opportunity for athletes to participate with players that they have grown up with and to train and compete close to home.

Athletes competing in the U16 and U19 Competitive Division (or “Zone” Division) will be on an athlete pathway working towards competing at local and out-of-province tournaments, at Provincial Championships, and to qualify for Western Canadian Ringette Championships. Coaches of teams in this division will be Competition Introduction Certified and will build season plans that follow the standards described in the Appendix.

These guidelines provide further information on the U16 and U19 Zone Divisions.

1.1. What is U16 and U19 Zone?

The U16 and U19 Zone Divisions will be similar to the U14 Zone model and will be comprised of “Zone” teams. U16 and U19 Zone teams will participate in a sport context that aligns with the principles of Sport for Life and the Long-Term Athlete Development model. Teams will have standards and guidelines that outline the expectations of athletes, coaches, parents and volunteers.

Teams should be hosted under a Club Association. The Club Association that will host the Zone team will be the Association that has the majority of players on the team following team selection. However, a Club Association can choose to opt out of hosting and allow the other Association or Associations within the “Zone” to host the team. Zone team affiliations must be declared by November 1st of the playing season in alignment with the roster deadline.

Athletes interested in Zone team participation must attend Zone Team evaluations located within the geographical boundaries of the zone. Athletes attending the evaluations must reside within the geographical boundaries of the zones. Athletes cannot be released to participate in another Zone unless their Zone has declared that they are unable to field a Zone team for that playing season.

1.2. Strategic Initiatives

The introduction of the U14, U16, and U19 Zone and Club Pathways are meant to engage more athletes by allowing players to self-declare and participate at the level of their own choice, while increasing engagement levels and enhancing the athlete experience.

The U16 and U19 Zone teams are an extension of the changes to the participation contexts. The objective of the Zone system is to allow athletes to participate in the context of their preferred experience and to allow athletes the opportunity to train, develop and participate on a team with athletes of not only a similar calibre, but also similar expectations for their individual experiences.

These changes to U16 and U19 divisions align with several strategic initiatives within the Ringette BC 2019 – 2023 Strategic Plan:

- the athlete pathway is clearly defined and accessible;
- female and male participation is encouraged and facilitated;
- there is stronger alignment with principles of long-term athlete development;
- there are designated pathways for male and female athletes;
- the program facilitates increased engagement with a goal to improve athlete retention and registration numbers; and
- athletes are provided with a pathway that promotes a daily training environment that is appropriate for the athletes, age, calibre and abilities.

1.3. Program Principles

Ringette BC, Leagues and Club Associations will be guided by the following principles in program delivery as stewards of the U16 and U19 Competitive Division:

- Athletes, Coaches and Administrators will be guided by the *True Sport Principles* and will be ambassadors of *True Sport* in Ringette;
- the program guidelines and policies will work to promote the principles of meaningful competition;
- the program guidelines and policies will work to promote the creation of a network of Coaches who will follow the competitive pathway; and
- the program guidelines and policies will build a competition structure that can evolve with increased participants and support a growing sport.

2. GOVERNANCE

The U16 and U19 Zone teams will require cooperation between Club Associations, Leagues and Ringette BC. Ringette BC is responsible for providing policy and guidelines. The Club Associations will be responsible for general operation of the teams including but not limited to:

- Registration of all athletes from their Home Club Association based on residency
- Coordinating Evaluations within the Zone;
- Allocation of ice and resources proportionately based on the final team roster;
- Active participation in coach selection;
- Enforcement of Codes of Conduct for coaches, athletes, spectators and officials;
- Screening any persons from the Association that is involved in a capacity with the team staff; and
- Referee assignment and payment.

The Leagues will be responsible for participating in coach selection, ensuring that league play is facilitated as per the technical requirements of ringette (i.e. the Ringette Canada rules, game time, referee schedules) and ensuring that teams are participating in meaningful competition and adhering to the *True Sport Principles*.

Leagues will also be responsible for managing and overseeing athlete transfers between Zones and will administrate all Zone transfer requests prior to submission of any requests to Ringette BC. Transfer requests must adhere to the Ringette BC Transfer Policy. Releases between Club Associations within the Zone boundaries are no longer necessary. To determine if athletes are eligible for a Zone transfer, please refer to Ringette BC Transfer Policy. If athletes are approved to transfer to a different Zone, they are to be evaluated to the same measure as any other athlete of the receiving Zone.

Program guidelines and program expectations will be produced annually by Ringette BC with assistance from the Leagues and Club Associations as necessary.

2.1. Roster Sizes

Teams are formed primarily by Zones using the BC Winter Games boundaries as a guide. To ensure scale-ability of the model, if a Club Association reaches the athlete pool threshold to facilitate a Zone Division team within their own Club Association that Association may form a team or teams within their own Association. Flexibility will be considered to address participant registration numbers. Players will be required to declare, evaluate and participate in their geographic-representative zone, as confirmed by Ringette BC, and will be required to produce proof of address at evaluations.

Team formation will adhere to the Ringette BC Team Formation Policy. Roster sizes will be capped at 15 players. If a Zone wishes to exceed the roster limit, they must submit a formal request to Ringette BC by no later than October 15 to ensure that a decision is reached prior to the roster

deadline. It is recommended that when participant levels permit, Zones should select smaller rosters to facilitate the ability for multiple teams to be formed within the Zone.

Smaller rosters assist with the following player development initiatives:

- increased engagement of all players as they are more active during competitions and practices;
- increased opportunities to experience playing different positions;
- increased opportunities for skill development;
- increased opportunity for players to experience different game situations; and
- increased opportunities for Coaches to train and develop all of the athletes on their team while recognizing individual skill levels of players.

Each U16 and U19 Zone team will have a maximum of 15 players for any exhibition, League or tournament game. Teams electing to participate in games and tournaments with less than 15 players may do so, provided they have at least nine (9) players. Each roster will include one to two goalies to ensure development opportunities. A third goalie may be affiliated.

The following numbers reflect the minimum number of teams that should be formed within a zone depending on the number of athletes present at zone evaluations:

Number of athletes at Selection Camp	Minimum Number of Teams	Roster Sizes Maximum
11-38	1	15
38-54	2	15
54-69	3	15
70+	4	15

If a Zone is able to create more than one Zone Team, the teams will be created as equally as possible. This can be done via player draft between the Head Coaches, and supervised by a designate from the Club Associations that make up the Zone.

If a Zone does not have enough interested players to form a Zone team, any player wishing to attend evaluations in another Zone is eligible to obtain a transfer to attend evaluations in the appropriate adjacent Zone (subject to any applicable Ringette BC Policy). Once transferred, the athlete is to be evaluated the same as any other athlete of the receiving Zone.

2.2. Team Zone Boundaries

There should be a minimum of seven to eight Zones at any time within the province based on current zone boundaries. The number of teams formed throughout the province will be determined by the number of players within the Zones. The Zone system is scale-able to allow for multiple teams within each Zone. Zones will be formed based on the defined Zone boundaries,

see Appendix 2. It is estimated that there will be three to five teams in the Lower Mainland, two teams in TORL and one to two teams in the Northern Ringette league. The number of teams formed each year will be guided by the number of players that register to participate in the Competitive Athlete pathway.

Teams will be formed using the Zone boundaries as outlined in Appendix 2; however, the Zone boundaries can shift depending on registration numbers and the geographic diversity of participants. Ringette BC recognizes that the BC Winter Games Zones are not perfect representations of ringette registration numbers within the local Club Associations and have developed ringette-specific Zones. Ringette BC reserves the right to realign the Zone boundaries as necessary.

2.3. Team Formation

All Zone Team selection processes will be conducted during the same time period. Zone team selection should be completed no later than September 30th of each playing season and final rosters must be submitted to Ringette BC by the roster deadline of November 1st. Selection processes will be organized by the individual Zones with assistance from the Club Associations within each Zone. It is expected that the Coaching Staff will run the evaluation drills and organized scrimmage(s). Players must be evaluated on their skills according to the Ringette BC evaluation skill matrix and assigned a corresponding player ordinal.

Zones will determine if a player evaluation fee is needed to cover any costs for evaluations such as referee fees for scrimmages, evaluator fees, etc.

The Head Coach, in consultation with their Team Staff, will make the final player selection decisions for each Zone team. Final player selection should reflect player ordinals with only minor variation; 70% of the roster will include the players with the highest ordinals while 30% of the roster, as well as any goalies and affiliate players, may be determined by the Head Coach¹. The Head Coach will submit the final roster to Ringette BC by the roster deadline with confirmed compliance to the 70% rule. The evaluators, Head Coach, Club Association, League, and Ringette BC must keep the individual player ordinals confidential.

Zone Team rosters must be submitted to Ringette BC by October 1st of each season. Roster changes after this date must be submitted directly to Ringette BC and no changes will be approved after the Ringette BC roster deadline of November 1st of the current playing season.

¹ The roster may be formed by position at the discretion of the Head Coach. I.e. The team may have 70% forwards and 70% defense provided through formal evaluations, and the Head Coach fills in the remaining spots. Or, the Coach can simply take the top 70% and then fill out the rest of the roster.

2.4. Affiliate Players

At the Head Coach's discretion, the Zone Team may pick-up players from the Club Division as replacement for injury, absence or relocation under a designated affiliate model.

Each Zone U16 and U19 team is permitted to name three (3) affiliates skaters and one (1) affiliate goalie to their roster. Affiliate goalie and players are able to participate with the team at practices and can be picked up for games and tournaments. However, affiliate players/goalie must make their Club Division Team their priority. Attending practices, games and tournaments as an affiliate is in addition to their participation on their Club team. The Coaches of the two teams should communicate in the event of a conflict to ensure that the affiliate players and goalie are being given opportunity to participate with the Zone team without disadvantaging their Club team.

Affiliate players are not eligible to participate at Ringette BC Provincial Championships with the Zone Team unless the player is replacing a season-ending injury, as per the current Ringette BC Technical Package and related Provincial Championship Policy. For Western Canadian Ringette Championships, teams will adhere to the player pick-up rules specific to that competition and the WCRC Technical Package and Policies.

Affiliate players/goalie are limited to participating in a maximum of 10 games in a season, not including participation in Provincial Championships and Western Canadian Ringette Championships.

3. COACHING AND TEAM STAFF

3.1. Certification

Coaches for U16 and U19 Zone Teams will follow the Competitive Coaching Pathway. Teams are permitted to have one (1) Coach-In-Training on their bench. The Coach In-Training must be registered and an active member of the Team Staff.

The minimum certification requirements for a U16 and U19 Zone teams are as below:

Position	Coaching Level Required	Concussion Training	Respect in Sport or Equivalent
Head Coach	CI Certified	Required	Required
Assistant Coach	CI Certified	Required	Required
Coach-in-Training	CI Trained	Optional	Required

Other team staff such as Managers and Trainers must meet the standards outlined by Ringette BC under the Coaching Development Policy.

All team staff must have completed a criminal record check and participated in a screening process as per Ringette BC Policy. Each team must follow the Female Coach on the Bench requirements as set out by Ringette Canada. This includes having a female Coach on the bench for all games.

Team staff are defined as all coaching staff including the Coach-in-training, Team Manager, Trainers and Sport Science personnel. Team staff that are able to access field of play is defined in competition technical packages. Typically, the Head Coach, two Assistant Coaches (including a Coach-in-Training), and a Trainer (if desired) may be on the bench during games.

3.2. Team Staff Selection

Head Coaches must be selected by July 31st of each season and adhere to Ringette BC's Coach and Team Staff Selection policy. For the Zone teams, the Coach and Team Staff Selection Committee will include one representative designated by the League, one representative designated by each Club Association in the Zone, and one representative from Ringette BC.

Coaching staff who reside within the geographical zone/district of the team will be given priority for selection. This is to assist with developing coaches under the Competitive Athlete Pathway from different areas of the province.

All applicants will be required to submit an application form, with references, to express their interest. Additional Team Staff will be recommended by the selected Head Coach, and approved by the Selection Committee prior to the start of player evaluations.

4. COMPETITION

4.1. Provincial Competition

All U16 and U19 Zone Teams will participate in Provincial Championships and compete for the right to attend Western Canadian Ringette Championships. Competing at the Provincial Championships and Western Canadian Ringette Championships will be the season goal of every U16 and U19 Competitive Zone team.

The Ringette BC Provincial Championships will take place in February or March of each year. Western Canadian Ringette Championships typically occur in March.

Teams that have players that are rostered to the Canadian Ringette Championship (CRC) roster are not eligible to attend the Western Canadian Ringette Championships.

4.2. Season Competition (Divisional Play)

The U16 and U19 Zone teams will compete against each other throughout the season. All U16 and U19 Zone teams are expected to attend a minimum of one tournament in the province that is outside of their home league each season. Athletes and their families should be aware that there is an obligation to travel as a U16 and U19 Zone athlete.

Teams should expect to compete against each other frequently. Each team should play no less than 20 inter-divisional games and no more than 30 inter-divisional games in a season. The Leagues may schedule games for the Zone teams within their League. These games will follow League rules for competition. Leagues will be responsible for ensuring that the U16 and U19 Zone Teams follow the rules governing League play such as player pick-up rules, additional sanctions for committing major infractions, etc.

Ringette BC sanctioned tournament games and organized play weekends will also count as inter-divisional games. Organized play weekends must be played with the knowledge and consent of the Leagues to which each team belongs, and the League is responsible for enforcement of the rules governing League play. Any tournament sanctioned by Ringette BC may choose to offer a U16 and U19 Zone division.

U16 and U19 Zone teams are able to participate in exhibition games against other U16 and U19 Zone teams as part of training, and these non-League organized extended play weekends may be facilitated around the province.

4.3. Deposit

Each U16 and U19 Zone team will provide a \$5,000 refundable deposit to Ringette BC by December 15th of each playing season. The deposit will be returned once the teams have participated in the Ringette BC Provincial Championships and the Western Canadian Ringette Championships (if the team qualifies). If a team fails to attend a tournament or play weekend within each League (as outlined above) or the team does not attend Provincial or Western Canadian Ringette Championships (if applicable), the deposit will be forfeited.

5. Other Considerations

5.1. Excellence Participation

Players on a U16 or U19 Zone team are eligible to participate in Excellence ringette in conjunction with their Zone team. Players interested in Excellence need to participate in the screening and registration process for the program and meet the required standards of Excellence ringette.

Participants within the Excellence context are eligible to be selected to the Team BC CRC team for U16 and U19. The number of teams formed for CRC's will be determined by the registration numbers of Excellence and the calibre and stages demonstrated by all athletes within Excellence Ringette.

Excellence Ringette participants and athletes that are selected to the CRC rosters for Team BC are required to participate on a Zone U16 or U19 team in addition to participating on the CRC roster. The CRC athletes will not be eligible to attend Western Canadian Ringette Championships.

5.2. Player Pick Ups

Teams may pick up designated affiliate players within their geographic representative zone in the event that they have an injury or are missing players for sanctioned events or league competition. The affiliates must be submitted to Ringette BC by November 1st as part of the official roster deadline.

5.3. Team Finances

U16 and U19-aged players wishing to participate on a Zone team will register as a U16 or U19 player with their Home Club Association. Registration fees will be used by the Club Associations to cover the cost of ice and other operating expenses.

The Zone Teams will also have team costs that are not covered by registration fees. A season budget must be prepared by the Team Staff, and provided for consideration of parents and guardians of players. The final budget will be submitted to a League-designated representative for approval prior to November 1st. The season budget should include items such as the cost of inter-league tournament registration, team apparel and a portion of the team deposit.

The budget may be altered throughout the season, though Team Staff must provide any changes to families for consideration. Information regarding Team Sponsorship and fundraising should also be clearly communicated.

Team bank accounts must require two signatures. These signatories should be the Head Coach and Team Manager (provided they are not spouses). The budget and bank statements must be available for review throughout the season upon request.

5.4. Training

Zone teams will train at facilities that exist within their Zone. The Club Associations that make up the Zones will be responsible for contributing a proportional amount of ice to the Zone team for practices and games based on the number of players from within a Club Association participating on each team. For example, if 45% of players come from Club A and 55% from Club B, each Club Association would allocate ice for practices and games following these proportions.

U16 and U19 Zone teams are expected to have two (2) or three (3) team events per week, including games. Exceptions are for tournaments or extended play weekends, which create additional ice time. Teams should work to reduce ice time following heavy competition to assist with recovery time.

Teams will follow the Long-Term Athlete Development standards for U16 and U19-aged athletes and will strive to achieve the required practice and *'training to competition'* ratios found in the Long-Term Player Development section of the Long-Term Ringette Development Framework.

- 3-4 sessions per week of 60-90 minutes each;
- no more than 2-3 training sessions each week with their team; and
- the remaining 1-2 training sessions are individual training sessions, which could include dryland or multi-sport training

U16 and U19 Zone teams will have development focuses during the season in the following areas:

- Technical Skills
- Tactical Skills
- Psychological Skills

Please see the attached resource for specific skill benchmarks and development (Appendix 3).

6. Appendix 1 – Program Responsibilities

The general responsibilities and/or leadership for specific areas of responsibility are as in the table below:

	Ringette BC	League	Club Associations	Head Coach	Team Staff
Program Guidelines	X				
Coach Selection	X	X	X		
Team Staff Selection	X			X	
Team Staff Approval	X		X		
Registration	X		X		
Player Evaluations			X	X	X
Team Formation		X		X	X
Team Roster	X			X	X
Team Budget		X		X	
Tournament Registration				X	X
Ice Allocation			X		
Extended Play Weekends	X	X		X	
Affiliate Player Tracking		X		X	X
Discipline	X		X		
Scoresheets		X		X	
Standings/Provincials	X	X			
Referee Scheduling		X	X		
Referee Payment		X	X		

7. Appendix 2: 2020/2021 Competitive Zones

Thompson Okanagan Ringette League:

Zone 5: Greater Vernon Ringette Association, Shuswap Ringette Association

Zone 6: Kelowna Ringette Association, Westside Ringette Association

Northern Ringette League:

Zone 7: Terrace Ringette Association, Houston Ringette Association

Zone 8: Prince George Ringette Association, Quesnel Ringette Association

Lower Mainland Ringette League:

Zone 1: Coquitlam-Moody Ringette Association, Port Coquitlam Ridge Meadows Ringette Association

Zone 2: Richmond Ringette Association, Delta Ringette Association, Vancouver Ringette Association

Zone 3: Burnaby New Westminster Ringette Association, North West Vancouver Ringette Association

Zone 4: Surrey White Rock Ringette Association, Chilliwack Ringette Association, Fraser Valley Ringette Association

Island Ringette League:

Zone 9: Comox Valley Ringette Association

8. Appendix 3 – Training to Train

Abbreviated from the [Ringette Canada Long Term Player Development Program](#)

U16 and U19 aged athletes typically belong to the Training to Train and Training to Compete stages of the Long Term Athlete Development Model. Both are important stages for the athlete, in which there are opportunities for players at both the community and competitive level. Players who have the desire and ability to move into more advanced levels of Ringette will play in competitive programs, while players who do not wish to move into more advanced levels can continue to improve their skills and enjoy playing Ringette in community programs.

For all players, this is a time of solidifying skill performance, physical and mental preparation and learning to play the game. Most players will go through their growth spurt during the Training to Train stage and it is very important to be flexible with training programs to ensure appropriate challenges and to meet the needs of players who are growing rapidly.

8.1. General Objectives

- To consolidate fundamental ringette skills in controlled and semi-controlled conditions
- To develop and consolidate simple tactics
- To further develop general physical fitness training and mental skills
- To introduce and develop advanced ringette skills
- To introduce and develop strategies (game plan)
- To introduce and develop decision making skills in varied situations
- To learn to cope with the challenges of competition and to strive to succeed and do their best

8.2. Guiding Principles

- Fun (competitively motivated), maintain a balance between participation and competition
- Tiering begins
- Coaches empower athletes and include them in the decision making process
- Throughout this stage, athletes gradually become more autonomous on the ice

8.3. What does my Program look like?

- Season is 24-25 weeks
- Players play 1-2 positions, with “fair and reasonable playing time; identify 2 goalkeepers per team
- Single or double peak periodization; peak for provincial and national championships
- Pre-season = 2-4 weeks for pre-season training, evaluations, team formation and team practices
- Preparation period 7-15 weeks
- Competition period 8-14 weeks
- Transition period 1-2 weeks
- Training to competition ratio = 60:40; 3 trainings to 2 competitions weekly
- 3-4 sessions of 60-90 minutes each weekly (1-2 trainings with the team, 2-3 training on own)
- 22 days of competition

- Events – exhibition games, league games, tournaments, playoff games, provincials (by classification)
- Toward the end of this stage players may also participate in provincial qualifiers for Easterns/Westerns/CRC (A and AA); Eastern/ Western (Regional) Championship for A category; CRC (National) Championship for AA category
- During off-season
 - Players are encouraged to participate in an activity that will aid in their development and preparation for the beginning of the fall season (i.e. running for cardio as well as dry land shooting practice or attending a summer session of power skating, light weight training** under supervision; early in the stage using own body weight, later in the stage may use light weights)
 - Encourage involvement in a variety of school and summer sports or activities throughout the year
 - May play rep or high caliber sports, without a specialization in one specific sport
- Players are expected to maintain their physical training program
- For top competitive athletes, the services of an integrated support team may be included to enhance training and recovery
- Competition Format
 - Female vs female, male vs male
 - Organized league games based on age level and/or ability
 - Weekly games with some tournaments
 - Tournaments and other championships should be modified round robin or other format that allows for maximum number of games for each team within the weekend
 - Emphasis on learning and staying health
- Encourage daily participation in sport and physical education, minimum 60 minutes per day
- Team social activities focused on fun and teambuilding
- Players may be encouraged to become coaches in training or referees

8.4. Skill Development Guidelines

8.4.1. Skating

Early in the stage: starting, stopping, forward and backward (stride, acceleration, crossovers, sharp turns, double sculling, two and one foot slalom), transition skills.

Later in the stage: as above, plus develop ability to do quick changes in direction, two and one foot Mohawk pivot, consolidation of ring skills, acquisition of position specific skills, carrying and protecting the ring, passing, receiving, checking, shooting, deking within a varied environment.

8.4.2. Goalkeeping

Early in the stage: consolidation of skills; goalkeepers specialize but can still alternate; general goalkeeping drills, mobility (lateral and forward/backward), stick work, skating and ring skills, positioning, ring distribution, communication and interaction, style.

Later in the stage: Goalkeepers specialize, specific goalkeeping drills and training.

8.4.3. Tactical Skill Benchmarks

Consolidation of offensive games skills:

- Skills are refined so players are able to perform with quick, concise movements
- Understand concepts and implement on a reliable, consistent basis
- Understand offensive concepts of open ice, learning to read and react, incorporating defense in the offensive zone during play, wrist shots, shot clock awareness and usage, reversing the play, breakouts, communication, support, creating options, maintaining possession
- Individual skills and team tactics

Consolidation of defensive game skills with primary focus on fun and execution of basic ring, skating and game skills:

- Skills are consolidated so players are able to perform skills with quick, concise movements
- Understand individual defensive skills and tactics concepts and implement on a reliable and consistent basis
- Understand team tactics concepts and implement on a reliable and consistent basis

8.5. Psychological Skill Development

Early in the season acquisition of:

- Coping strategies, relaxation strategies
- Skills that prepare the player to deal with success and failure
- Skills for sharing leadership opportunities

Early in the season consolidation of:

- Focus management/ attentional control – concentration
- Anxiety and stress management / Emotional Control –visualization (mental rehearsal of game situations)
- Decision training – decision making in some competitive situations
- Goal setting – individual and team, long and short term, process and outcome
- Self-Awareness – positive thinking, attitude and adjustment
- Team Dynamics – teamwork, fair play, sportsmanship, ethics
- Game Preparation and Routine – game strategies
- Team building and social development activities

Competition Phase acquisition of:

- Arousal strategies
- Becoming more independent, understanding personal strengths and weaknesses
- Developing effective communication strategies, understanding team roles and identifying where they fit in

Competition Phase consolidation of:

- Decision Training - decision making in some competitive situations
- Goal setting – individual and team, long and short term, process and outcome (C)

- Focus management / attentional control - concentration, coping strategies
- Anxiety and stress management / emotional control – visualization (mental rehearsal of game situations), relaxation
- Game preparation and routine – specific game strategies
- Self-awareness – positive thinking, attitude and adjustment, preparing to deal with success and failure
- Team dynamics – teamwork, fair play, sportsmanship, ethics, shared leadership opportunities