

PARENT AND TOT

PROGRESS CARD

TOT'S NAME:

DATE:

SKILL	REQUIREMENTS	SUCCESS
FALL AND GET UP	Safely fall down and is able to get up on their own	
2 FOOT BALANCE	Stand on 2 feet without falling	
HOLD STICK	Hold stick with proper hand position	
TOUCH KNEES AND TOES	Touch knees and toes without falling	
MOVE FORWARD	Advance forward 2 meters without falling	
MAKE SNOW	Scrape ice to make snow with support	
2 FOOT HOP	Hop on 2 feet with support	
MOVE BACKWARDS	Advance backwards 2 meters with support	

Comments: _____

FUN 1'S NAME:

DATE:

SKILL	REQUIREMENTS	SUCCESS
FALL AND STAND (STATIC AND DYNAMIC)	Fall safely without hitting head, stands up in one attempt	
MARCHING FORWARDS	Can march forward from goal line to ringette line.	
SNOWPLOW STOPS (2FOOT)	Stops moving completely using 2 feet	
SKATE & GLIDE WITH BASIC STANCE (STRIDE TO A 3 METER GLIDE)	Can skate 3-4 meters, then glide 3-4 metres, (Use a free pass circle, start glide at centre)	
MARCHING BACKWARDS	Can march backward from goal line to ringette line.	
CARRY RING ON STICK	Can march or skate from goal line to ringette line with the ring on their stick	
SAFE CHECKING & STICK SAFETY	Can check a partner, stationary, maintaining stick and body safety.	
FOREHAND PASS & ON-ICE SHOT	Can pass the ring to a partner that is approx..5 feet away. Can shoot the ring on the ice into the net.	

Comments: _____

FUN 2

PROGRESS CARD

FUN 2'S NAME:

DATE:

SKILL	REQUIREMENTS	SUCCESS
STOPPING AT SPEED (SNOWPLOW 1 FOOT L & R)	Can skate at speed, then stop moving completely using 1 foot snowplow stops (both left and right feet)	
2 FOOT SCULLING	Can demonstrate 2 foot sculling the from the ringette line to the blue line	
T-PUSH TO AN INSIDE EDGE GLIDE (L & R)	Can perform a T-push to a 1 foot inside edge glide on a curve (both left and right feet) for 1 metre	
PROTECTING THE RING	Can protect the ring, both forehand and backhand, to avoid being checked	
FOREHAND PASS ACCURACY	Can pass the ring different distances with the appropriate amount of power and accuracy	
STABBING/ RECEIVING THE RING	Can stab/receive the ring onto their stick	
DYNAMIC CHECKING	Can check a partner while in motion	
2 FOOT HOP (DYNAMIC)	Can perform a 2 foot hop while in motion	

Comments: _____
