



Intro to Pursuit of Excellence Athlete Assessment

Non-Goaltenders: Compete Drills

Spring 2022

Introduction

This document explains how Ringette Alberta will assess your child's ability to apply fundamental skills (skating, passing, shooting, body positioning, decision-making, etc.) to game-like situations in small areas on the ice. These small area battles are the basic building blocks upon which further development in this program is based, so all athletes must demonstrate an acceptable level of performance to be deemed ready for this program.

A critical difference between evaluating readiness to enroll in this program vs. evaluations for team placement in a local ringette association is that the athletes are NOT competing against one another for acceptance into the program. They are being assessed against benchmarks, not one another. The benchmarking process is explained later in this document in detail.

Ringette Alberta will not use 5 v 5 game play for this evaluation. Given the randomness of game play, it does not guarantee every athlete will experience the same (as much as that is possible) conditions and therefore have the same opportunity to demonstrate performance against benchmarks.

Additionally, this evaluation process is designed to mitigate (it cannot be eliminated) the effect of previous coaching, where possible, which can have a significant impact on the relative performance of athletes in an evaluation process. Previous coaches will have varied experience, coach education, and skills, and this does impact the learning environment of the athletes. If Athlete A has been given instruction and time to practice and perform in a variety of situations, but Athlete B has not, Athlete A is likely to be considered to be the "better" athlete. If we ignore the potential impact of these athletes' previous coaching, we are not necessarily giving Athlete B a fair assessment and are instead measuring, at least to some degree, the effectiveness of previous coaching.

The evaluation Ringette Alberta will use for the Introduction to Pursuit of Excellence provides the athletes an opportunity to **listen** (to the information provided), **process** (that information) and translate that into **perform(ance)**. While we cannot eliminate the influence of previous coaching, all athletes in the Intro to POE assessment will be given the same instruction and opportunity to attempt the drills prior to being assessed.

The Human Element

While we are taking considerable steps to minimize variability in the situations the athletes experience within the assessment, some human judgement is a necessary part of this process.

To mitigate this, all evaluators will be provided the explanation of the drills as well as the key indicators they are to look for in their observations (see following pages). These key indicators are also the teaching points that will be given to the athletes in the explanation of the drill. Being able to **listen** to this instruction, **process** it and then **perform** is a critical factor in the readiness assessment.

Rating Scale, Redundancy and Standardization

Each athlete will participate in multiple drills and multiple trials within each drill. Within most drills, athletes will perform an offensive and defensive role and have multiple trials in each role against a variety of opponents.

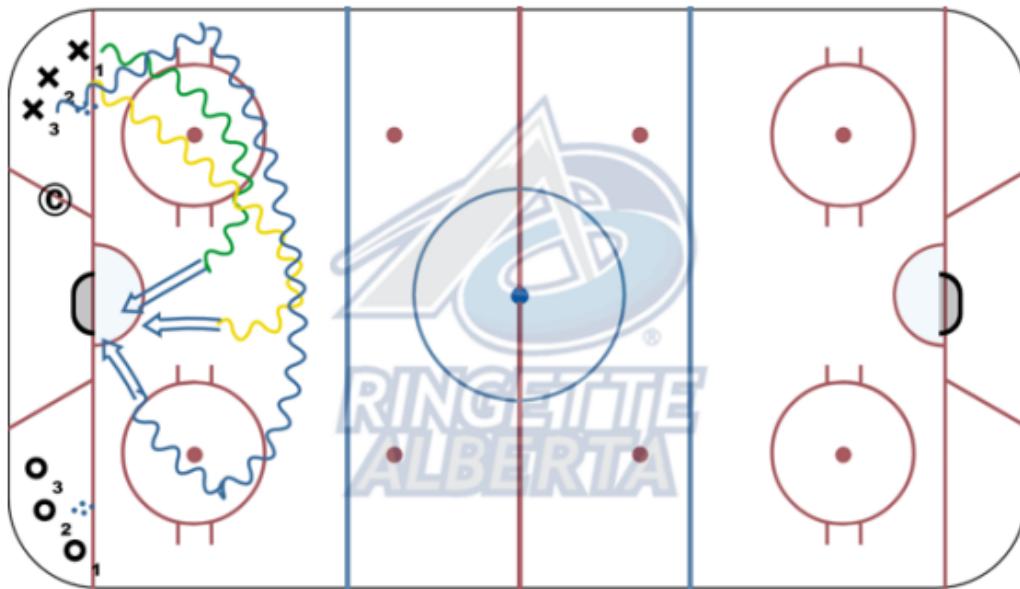
For each trial in each drill, the athlete will be given a rating of 3, 2 or 1 as described in the table below.

Each athlete will be assessed by multiple evaluators to ensure broad perspective

3 (Always or Often)	2 (About 50 % or Sometimes)	1 (Rarely or Never)
Athlete exhibits the desired attributes for the drill always or often.	Athlete exhibits the desired attributes for the drill about 50% of the time or sometimes.	Athlete exhibits the desired attributes for the drill rarely or never

In the information that follows, you will see the drill diagram, execution description and information to the on-ice leaders.

3 Shot Warmup



Description

Set up and Mechanics of Drill:

- X1, X2 & X3 start on whistle and leave the corner at the same time.
- The 3 shooters must time their shots on the goaltender and have awareness of the other two shooters.
- This is a warmup drill for the goaltender not a shooting drill for the skaters! No head shots at the goaltenders and shots should be placed on the goalies vs. picking off corners.
- X1 drives through the dot for a shot, stops, looks for the rebound and second shot. If no second shot, she becomes the screen for X2's shot.
- X2 drives through the slot timing her shot with X1 screen. X2 shoots, stops, looks for the rebound and second shot. If no second shot, she becomes the screen for X3's shot.
- X3 drives high outside the extended line and through the far dot timing her shot with X2 screen. X3 shoots, stops, looks for the rebound and second shot. If no second shot, she becomes the screen for O1's shot.
- O1, O2 & O3 start the next repetition on the whistle.

Key Points:

- Shooters need to allow goalie time to see the shot
- Shots should be for the goalie to warm up - not shooting to score
- Shooters and Screen must adjust their position to each other and have eye contact
- Coach controls the tempo of drill with the whistle and their voice

Common problems:

- The shooters need to be reminded that the "devil is in the details"
- This appears to be a very simple drill to execute however in the early phases of your team trying this drill you will need to remind the athletes of the simplest basics:
 - o Timing
 - o Awareness
 - o Shooting lanes
 - o Stop and screen

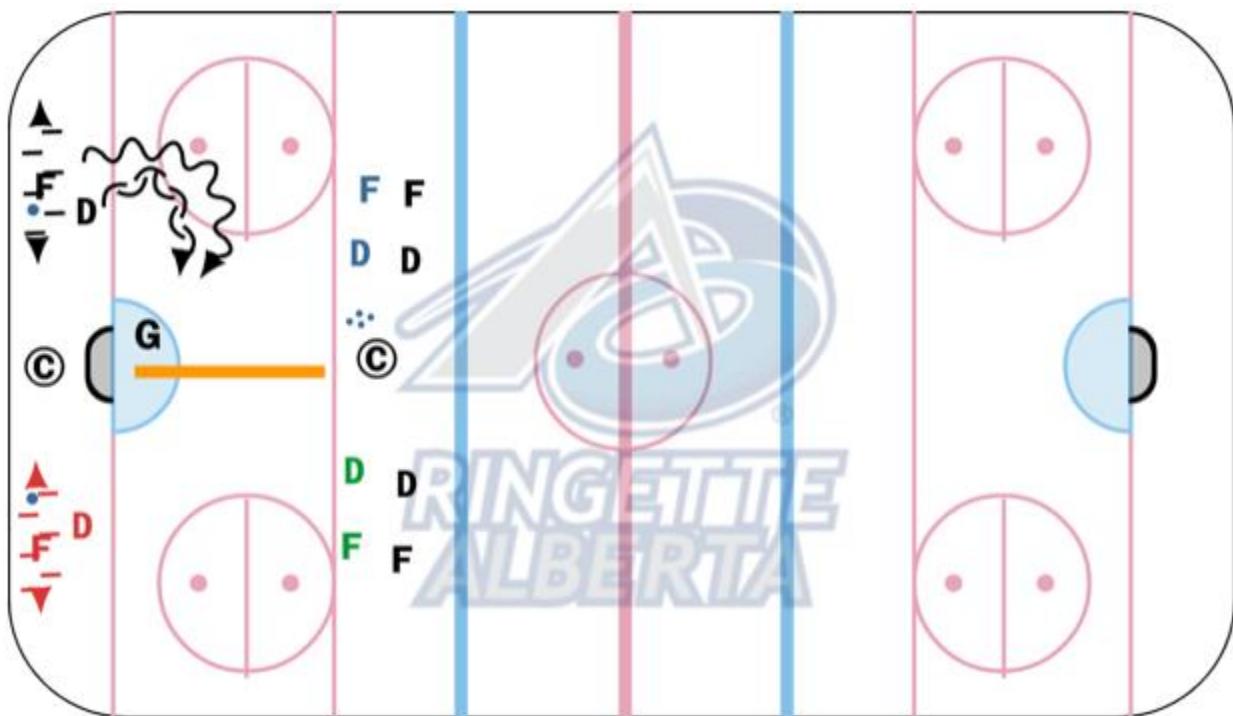
3 Shot Warmup Rubric

Desired Attribute	3	2	1
Follows instructions and shoots from their designated lane <ul style="list-style-type: none"> • <u>Head up and paying attention</u> to the other athletes in the drill • <u>Starts the drill when it is appropriate</u> to do so to contribute to proper timing (see below) • Understands that this drill is for the goaltender to move in their crease and that means shooters should be <u>shooting from the lane they were designated</u> 			
Has awareness of other shooters for timing their shot <ul style="list-style-type: none"> • The shooter has their head up, is watching where the previous shooter in the drill is and is ensuring they <u>take their shot at the appropriate time</u> (screen in place, goaltender not still facing another shooter) • At minimum, if the shot does not present itself to the shooter (through no fault of their own), <u>the shooter does not fire the ring at an unprepared goaltender</u> 			
Stops and screens/gets rebound (no need to be reminded) <ul style="list-style-type: none"> • Following their shot, the shooter <u>stops in front of the goaltender, faces the next shooter, and screens the goaltender</u> 			

1v1 Shuttle

The offensive player's objective is to get a quality shot on the goaltender.

The defender's objective is to be in legal physical contact with the offensive player and positioned between the offensive player and the goaltender to limit the offensive player's shooting options.



1v1 Shuttle

Description

Drill Dynamics:

Coach behind the net runs the drill - whistle starts the movement in each corner (alternating corners) and the respective "drive" to the net.

Coach at the top of the slot (center) controls traffic. It is their job to make certain the flow of the drill is consistent. This coach must make sure the next pair is ready to jump into the corner as soon as the "drive to the next" starts.

1v1 Drill set up: Diagram 1

- Forward faces the glass with the ring. The forward will shuffle left to right, right to left, using their body to create separation with the defensive mark.
- Defense marks goal side / inside. It is her job to mark tight, make contact on hips and play the body. The "big check" is not the goal of the defensive job.
- Based on the flow of the drill, the level of the 1v1 battle, the coach will blow the whistle to initiate the drive to the net.

Keys:

- Forward needs to drive, walk the line, and move the goaltender. The goaltender needs to be moved across the crease before the shot is taken.
- Defense must play the body and box out the driving forward.

NOTE: As soon as the drive starts to the net, the opposite corner begins.

1v1 Shuttle Rubric

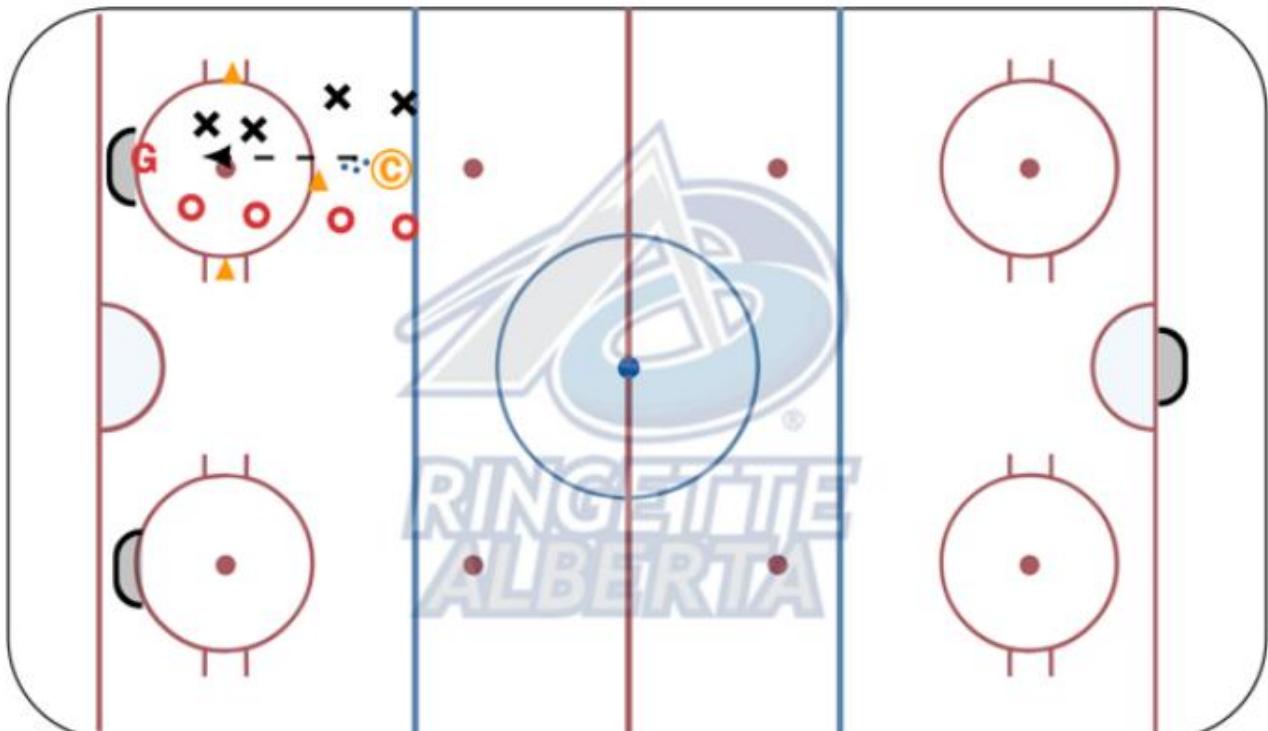
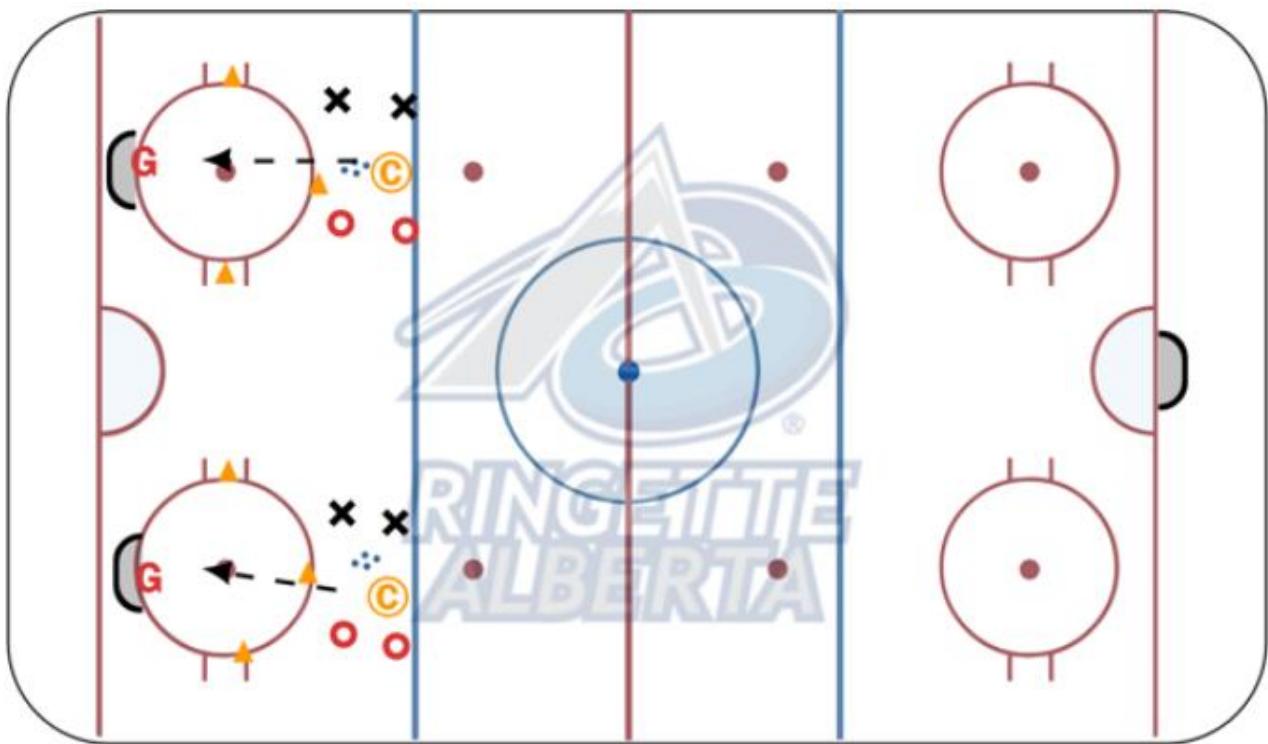
Desired Attribute - General	3	2	1
Follows instructions with no reminders. <ul style="list-style-type: none"> Performs the drill correctly <u>without being reminded</u> 			
Attentive during discussions and while others are performing the drill. <ul style="list-style-type: none"> Actively listening, asks questions if they don't understand, <u>prepared to perform</u> <u>Observes</u> other athletes and <u>listens</u> to the instructors' feedback during the drills 			

Desired Attribute - Offensively	3	2	1
Controls the ring while pressured by defender <ul style="list-style-type: none"> Athlete <u>protects</u> the ring using good ring control and body positioning 			
Drives to the net (vs. avoiding defender) <ul style="list-style-type: none"> Remains on their feet <u>Good attempt to get between</u> defender and goaltender (to keep the defender to the outside) <u>Skates hard</u> to the net vs skating away from pressure is deceptive driving to the net – uses change of speed and/or direction 			
Good shot selection (not forced or from long range) <ul style="list-style-type: none"> Shows <u>awareness</u> of when and where to shoot vs allowing the defender to force them to a long range shot Fights to get to the net through the completion of the play 			

Desired Attribute - Defensively	3	2	1
Controlled, legal contact with their mark <ul style="list-style-type: none"> The defender needs to be in <u>legal physical contact</u> with the offensive player. No or very little gap 			
Maintains pressure on attacker until the completion of the rep <ul style="list-style-type: none"> Defenders do get beat; it happens. When it does, the defender <u>does not give up</u> 			
Has good body position for goal-side (vs. swinging stick checks) <ul style="list-style-type: none"> Remains on their feet. Remains <u>between</u> the shooter and the goaltender Feet keep moving through the completion of the play 			

1v1 → 2v2 circle cone battle

- The objective of the offensive player is to get a quality shot on the goaltender.
- The defender's objective is to be in legal physical contact with the offensive player and positioned between the offensive player and the goaltender to limit the offensive player's shooting options.
- In the 2v2 progression, the offensive player's objective is to create movement and space for each other. The defenders objective is to each mark a player and maintain legal physical contact to limit passing and scoring opportunities.



1v1 → 2v2 circle cone battle

Description

Set Up and Mechanics of the Drill:

- Align the net at the bottom of the circle.
- Each repetition starts and stops on the whistle. Control the pace and tempo of the drill with your whistle.

1v1:

- Whistle, short pass inside the circle, head to head battle 1v1
- Winner of ring is offense and loser of ring is defense.
- Offensive: Offense must go around two of the three pylons before driving the net for a shot. Battle hard, gain position drive the net and shoot!
- Defense: Goalside, inside man on man - maintain contact with the attacker and control the body.

2v2:

- Whistle, short pass inside the circle, head to head battle.
- Winner of ring is offense and loser of ring is defense.
- Offensive: Offense must go around two of the three pylons and make at least one pass before driving the net for a shot. Battle hard, gain position drive the net and shoot!
- Defense: Goalside, inside man on man - maintain contact with the attacker and control the body.

Remember to teach and emphasize:

- Defense must step up vs playing a traditional style of zone defense.
- Defense must mark man on man and battle hard to control offensive body position. It is important that the defenders have controlled body contact and early stick contact.

1v1 → 2v2 Circle Cone Battle Rubric

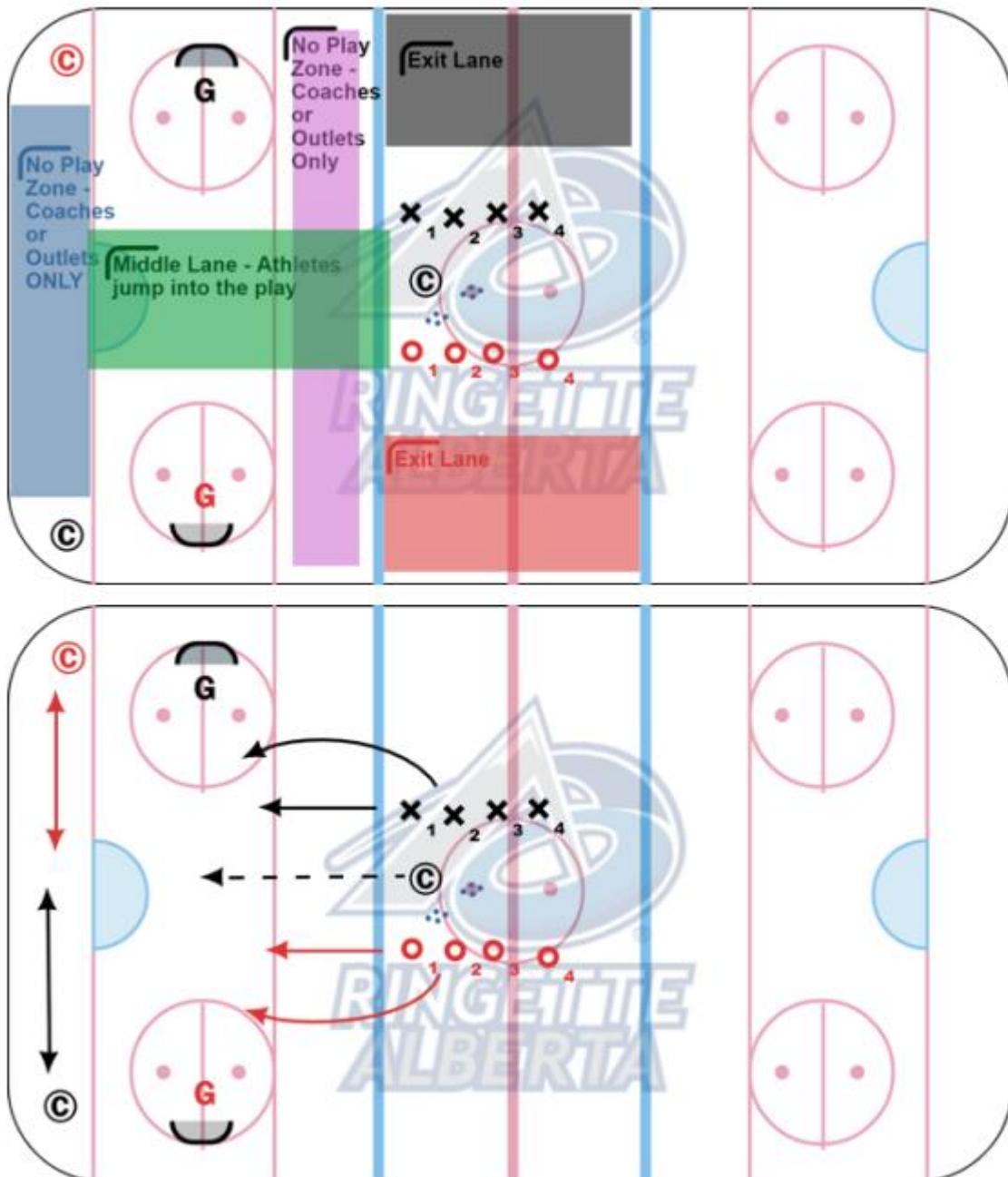
Desired Attribute - General	3	2	1
<p>Follows instructions with no reminders.</p> <ul style="list-style-type: none"> • Performs the drill correctly <u>without being reminded</u> 			
<p>Attentive during discussions and while others are performing the drill.</p> <ul style="list-style-type: none"> • Actively listening, asks questions if they don't understand, <u>prepared to perform</u> • <u>Observes</u> other athletes and <u>listens</u> to the instructors' feedback during the drills 			

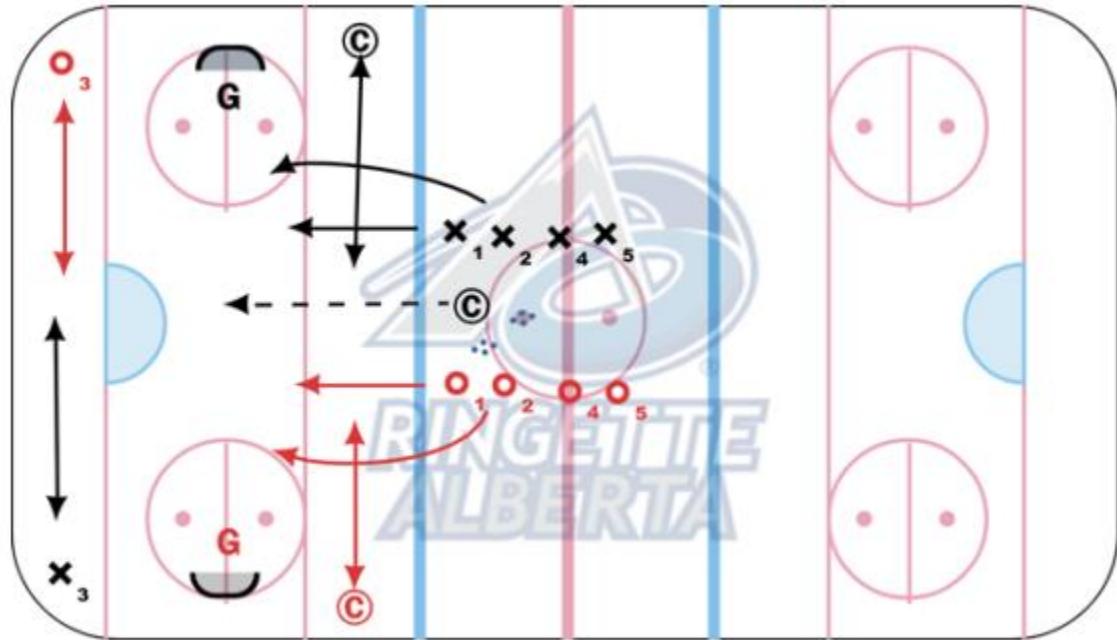
Desired Attribute - Offensively	3	2	1
<p>Controls the ring while pressured by defender</p> <ul style="list-style-type: none"> • Athlete <u>protects</u> the ring using good ring control and body positioning 			
<p>Drives to the net</p> <ul style="list-style-type: none"> • Remains <u>on their feet</u> • <u>Good attempt to get between defender and goaltender</u> (keeps defender to the outside) • <u>Skates hard</u> to the net vs skating away from pressure • Is deceptive driving to the net – uses <u>change of speed and/or direction</u> 			
<p>Good shot selection (not forced or from long range)</p> <ul style="list-style-type: none"> • Shows <u>awareness</u> of when and where to shoot vs allowing the defender to force them to a long range shot • Fights to get to the net through the completion of the play 			
<p>Creates space during 2v2</p> <ul style="list-style-type: none"> • Head up looking for their partner • <u>Improves</u> passing options by moving to appropriate space on the ice 			

Desired Attribute - Defensively	3	2	1
<p>Controlled, legal contact with their mark</p> <ul style="list-style-type: none"> • Defender in <u>legal physical contact</u> with the offensive player. No or very little gap. 			
<p>Maintains pressure on attacker until the completion of the rep.</p> <ul style="list-style-type: none"> • Defenders do get beat; it happens. When it does, defender <u>does not give up</u>. 			
<p>Has good body position for goal-side (vs. swinging checks)</p> <ul style="list-style-type: none"> • Remains <u>on their feet</u> • Remains <u>between</u> the shooter and the goaltender • <u>Feet keep moving</u> through the completion of the play 			
<p>Stays with their mark during 2v2.</p> <ul style="list-style-type: none"> • Follows their mark, rather than following the ring-carrier • Remains <u>on their feet</u> • Remains <u>between</u> the shooter and the goaltender • <u>Feet keep moving</u> through the completion of the play 			

2v2 or 3v3 cross-ice

- In controlled game play, offensive and defensive roles will change quickly.
- When their team is on offense, athletes should create support options for the ring-carrier, have their heads up, and create space and scoring opportunities.
- When their team is on defense, athletes should be marking 1v1 with a player from the opposite team and staying with them closely.





2v2 or 3v3 cross-ice

Description

Set Up is critical.

- Explain "No Play Zones"
- Playing area is limited to between the goal line and extended line.
- This allows the space to be limited and an environment of decision making to be created.
- Each line will be assigned an outlet below the goal line. Initially, this will be a coach and then transitioned into another athlete of the same jersey color as the drill progresses and athletes have an increased understanding of the flow and deliverables.

Offensive Key Concepts:

- F1 to drive net and create either a shooting opportunity or the ability create opportunity to pass to F2
- F2 to provide short support (open hips to the ring, ready to receive and shoot when opportunity presents)
- Quick transition to the net
- Utilize Coach or F3 as an outlet to create advantage on the transition and opportunity to create time and space.

Defensive Key Concepts:

- Man on man, goalside, inside
- 2 X 1v1 vs playing the habitual 2v1 and leaving an outlets / passer / shooter open

Goaltenders:

- Are responsible to distribute the ring with both their glove hand and stick to assist in the transition after making the save.
- Goaltenders can use all pass options available including the outlets.
- If a goal is scored, the coach will provide another ring into the zone (see below options)

Outlets:

- Must remain below the goal line. Outlets can use the entire dedicated zone.
- Role is to assist in the quick transition of their team up the zone towards the net
- Important for them to be vocal and communicate well with their athletes early on so the athlete understands the concept.
- Can function as short or long support pass option.

Execution of Drill:

- 2v2 or 3v3 starts on the whistle
- Coach will let athletes know the match up (2 or 3) prior to the whistle going
- Coach will either dump the ring into open ice or pass to one of the outlets below the goal line.
- Athletes will need to read which direction and which role they will play if the outlet receives the ring.

How long per repetition:

- Coaches will need to read the flow of the play looking for both teams to have opportunity to play offense and defense.
- Repetitions should be no longer than 45 seconds to 1 min.

Changing in and out:

- At the end of the repetition, the whistle goes, those athletes inside the zone will leave the zone via the exit lanes while the next group of athletes will enter the play via the middle zone.
- This is very important for safety and avoiding collisions.
- Athletes will need to be reminded early on in the learning of the flow of the play.

2v2 or 3v3 Cross-Ice Rubric

Desired Attribute - General	3	2	1
Follows instructions with no reminders <ul style="list-style-type: none">• Performs the drill correctly <u>without being reminded</u>			
Attentive during discussions and while others are performing the drill. <ul style="list-style-type: none">• Actively listening, asks questions if they don't understand, <u>prepared to perform</u>• <u>Observes</u> other athletes and <u>listens</u> to the instructors' feedback during the drills			
Desired Attribute - Offensively	3	2	1
Controls the ring while pressured by defender Athlete <u>protects</u> the ring using good ring control and body positioning			
Drives to the net (vs. avoiding defender) <ul style="list-style-type: none">• <u>Good attempt to get between</u> defender and goaltender (keeps defender to the outside)• <u>Skates hard</u> to the net vs skating away from pressure• Is deceptive driving to the net – uses <u>change of speed and/or direction</u>			
Good pass and shot selection when they have the ring <ul style="list-style-type: none">• Ring-carrier makes good choices for when to pass and shoot• Skates with their head up seeing where teammates are• Shots are not forced from long range, but rather they fight to get to the net• Passes are made at the right time			
Supports ring-carrier when they do not have the ring <ul style="list-style-type: none">• Provides either short (close) or long (far) support for the ring-carrier• Follows the play, not standing still• Creates space and loses their mark			
Creates advantage <ul style="list-style-type: none">• Wins battles• Finds open space			
Desired Attribute - Defensively	3	2	1
Controlled, legal contact with their mark <ul style="list-style-type: none">• Defender in <u>legal physical contact</u> with the offensive player. No or very little gap.			
Maintains pressure on attacker until the completion of the rep. <ul style="list-style-type: none">• Defenders do <u>get beat</u>; it happens. When it does, defender <u>does not give up</u>.			
Has good body position for goal-side (vs. swinging checks) <ul style="list-style-type: none">• Remains <u>on their feet</u>• Remains <u>between</u> the shooter and the goaltender• Feet keep moving through the completion of the play			
Stays with their mark during, not caught ring-watching. <ul style="list-style-type: none">• Remains <u>on their feet</u>• <u>Follows their mark</u>, rather than following the ring-carrier• Remains <u>between</u> the shooter and the goaltender• Feet keep moving through the completion of the play			