



Ringette BC - Standard Evaluation Practice

U10 Sample Practice Plan

This evaluation plan is designed to be used in the U10 division, based on the information provided in the U10 Assessment Tool . These evaluations are meant to support with providing team ordinals for the purpose of grouping like-skilled teams together for league and tournament play. The scores from evaluations **may** be used to support creating multiple teams as needed.

Important Notes

- All players should be dressed as **skaters** for U10 Evaluations
- Check in with evaluators throughout to ensure all skills have been covered.
- Ensure athletes are lined up by colour, and in number order.
- If divisions are combined on ice, please take the following measures
 - Have each division designated different jersey/pinny colours
 - Ensure, as much as possible, that age divisions are separated in battle drills
 - Assign evaluators to single divisions only
 - Consider reviewing drills with athletes off the ice ahead of the ice time to increase efficiency and confidence.
- It is highly recommended to do small spaced scrimmages rather than using full ice in order to provide equal opportunities for evaluation for athletes who are both returning to, and new to U10.

This evaluation plan has 3 sections and is planned around an hour ice time.

Skating (16 minutes)

- 4 lines
- Dots

Ring Skills (20 minutes)

- Stationary Passing
- Passing in Motion
- Partner Checking
- Shooting

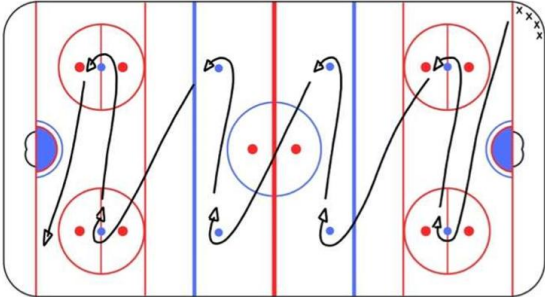
Scrimmage (20 minutes)

SKATING - 16 MINUTES

4 Lines (12 minutes)

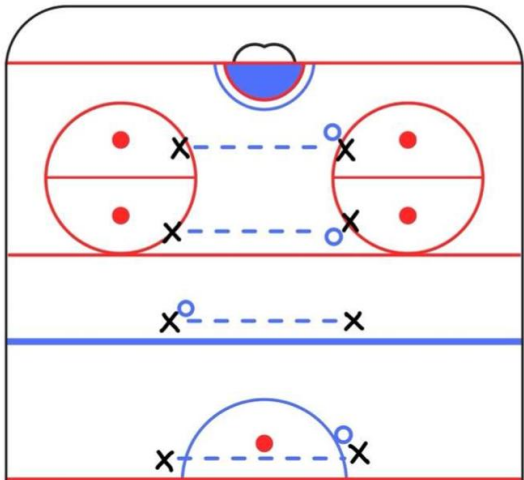
Equipment	Cones to mark lines
Description	- Line athletes up behind the ringette line in 4 lines, using cones to mark their line 4 at a time, athletes will skate up the ice completing the following skills - Forward Skating x 2 - Backward Skating x 2 - Stops and Starts (facing the same direction both ways) x 4
Key Teaching Points	Skate with head up Stay in your lane
Key Evaluation Areas	Forward Stride, Backward Stride, Stopping at Speed

Dots (4 minutes)

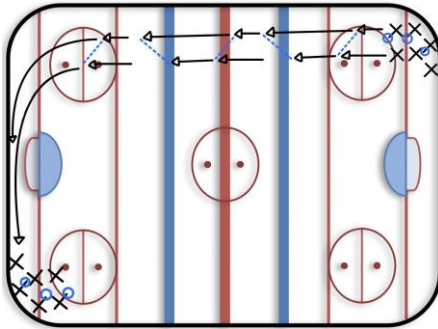
Equipment	N/A	
Description	- Line athletes up behind the goal line in one corner - One at a time, athletes leave the corner and skate to the dot diagonal to their starting location, continuing up the ice in a zig zag pattern - Next players goes when the player ahead leaves the first dot - Athletes will complete tight turns around all dots, completing the drill twice	
Key Teaching Points	Skate with head up Follow the Pattern Zig Zag up the Ice	
Key Evaluation Areas	Tight Turns	

RING SKILLS - 20 MINUTES

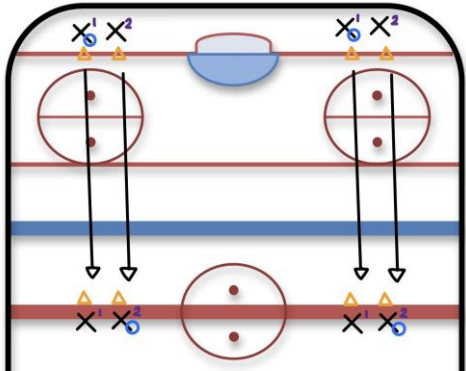
Passing (2 minutes)

Equipment	N/A	
Description	WARM UP - Partner Passing - Athletes line up in pairs up the ice and do stationary passing - Encourage athletes to practice both forehand and backhand passing - DO NOT EVALUATE	
Key Teaching Points	Two hands on your stick Practice forehand and backhand pass	
Key Evaluation Areas	N/A	

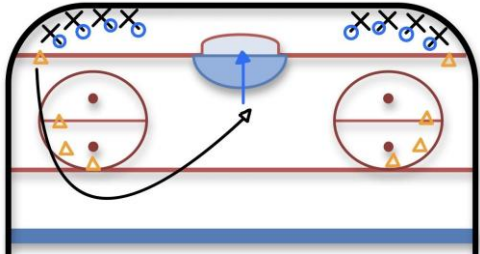
Passing in Motion (6 minutes)

Equipment	Rings	
Description	- Athletes will line up in opposite corners of the ice in two lines - One pair at a time, athletes will skate up the ice passing with their partner - Athletes will pass back and forth up one side of the ice and join the line at the other end	
Key Teaching Points	Keep Skating Lead Pass	
Key Evaluation Areas	Passing & Receiving	

Partner Checking (6 minutes)

Equipment	Rings	
Description	- Athletes will line up at the goal line in two groups, with two lines per group - One line will have rings, one will not - On whistle, athletes will skate to the centre line side by side in a straight line - The ring carrier will try to protect the ring, while their partner tries to check the ring off of them - Athletes will line up at the centre line, switch positions, and go back again - Facilitate the switching of partners to allow athletes to go against different people	
Key Teaching Points	Keep Skating Stay in your line Protect the Ring Check the stick	
Key Evaluation Areas	Dynamic Checking / Protecting the Ring	

Shooting (6 minutes)

Equipment	Rings	
Description	- Athletes will line up in corners and alternate sides - Athletes will skate up outside the ringette line, and re-enter the zone to shoot on the net - Ensure all athletes shoot - On-ice forehand - Backhand shot	
Key Teaching Points	Skate around the top of the circle Alternate Sides	
Key Evaluation Areas	Shooting	

SCRIMMAGE - 20 MINUTES

Split athletes into two teams and scrimmage. Considering using a smaller spaced game (3/4 or 1/2 ice) to support new U10s. Ensure athletes are changing every 1.5 - 2 minutes and playing both an offensive and defensive position for at least 10 minutes.