



# CHILDREN'S RINGETTE: FUN1 ASSESSMENT TOOL

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# OVERVIEW

## Why should we run skill assessments?

Assessments can be used at the start of a Children's Ringette program to assist with placing an athlete in the appropriate division. They may also assist coaches in understanding the strengths and weaknesses of their athletes in order to better plan practices. Re-assessing players throughout the program can also help highlight the athletes' progress throughout the season.

It should be highlighted that skill assessments should not be the only factor considered when placing or moving participants from division to division. It is important to also consider the physical, cognitive and social readiness of the athlete. The following factors can play a role in ensuring players are in the right division – physical size, maturity, family and friendships.

## How should we run skill assessments?

Assessments can be done during a formal session but can also be done informally by incorporating evaluation stations into your regular practice plan. They can be completed in one session or throughout a few different sessions. Use the method that works best for you!

## Moving participants between FUN1 and FUN2

A participant should be able to demonstrate that they have acquired the majority of the skills included in the FUN1 assessment. Participants should have a 'Yes' for every skill in the Success Criteria column and a 'Yes' for at least 6 out of the 8 skills in the Technical Criteria column. If a participant gets this score or higher, then they may be ready to move on to FUN2. Again, be sure to consider all aspects of the participant's readiness beyond technical skills when discussing whether to move up.

### Acknowledgement

This resource was based off of the Ringette BC FUNdamentals Assessment Tool.





## SKILLS EXPLANATIONS AND CRITERIA

Skill	Success Criteria (Can they do it?)	Technical Skill Criteria (Does it look right?)
<b>1. Fall &amp; Stand</b>	Participant can get fall safely, on bottom or knees, and get back up by themselves in one attempt.	Participants can get up to their feet on the first attempt without support or help. Hands should remain on stick and not push off the ice or the participant's knees. Stick can be used as stability point to get back up.
<b>2. Skate &amp; Glide with Basic Stance (stride to a 3 meter glide)</b>	Participant can skate 3-4 meters, then glide 3-4 meters.	Participants uses both feet during stride, alternating pushing the left and right and generating enough power for the glide. Participant glides with knees bent, head up looking forward, feet shoulder width apart , holds stick with top hand facing downwards and bottom hand facing up, hand are approximately one glove width apart with both on top half of stick.
<b>3. Snowplow Stop (2 Foot)</b>	Participant can come to a full stop using a snowplow stop (both feet).	Participant's knees are bent, toes are pointing in and heels are pointing out as they push outward with equal pressure on both feet to come to a complete stop.
<b>4. Carrying the Ring</b>	Participant has the ability to skate while carrying the ring on their stick.	Participant can maintain enough pressure on their stick to keep the ring while skating in a marked area. The ring moves side to side with the participant while they skate.
<b>5. Backwards Movement</b>	Participant has the ability to move in a backwards direction either by marching or with a basic stride without falling.	Participant uses both feet, alternating left and right. Knees are bent and head is up.
<b>6. Stationary Forehand Pass &amp; Reception</b>	Participant can complete 3/6 stationary forehand passes and receive 3/6 stationary forehand passes from 5 meters away.	The participant can hold their stick correctly to make a pass with the top hand pushing in and the bottom hand pushing out. The body is parallel to the target and the ring starts at the back skate and is brought to the front skate with a half-moon motion. Follow through after release with the stick pointing at the target.
<b>7. Forehand Sweep Shot</b>	Participant can shoot the ring along the ice with enough force to get it into the net from 5 meters away.	The participant can hold their stick correctly to take a shot with the top hand pushing in and the bottom hand pushing out. The body is parallel to the target and the ring starts at the back skate and is brought to the front skate with a half-moon motion. Follow through after release with the stick pointing at the target.
<b>8. Forehand Sweep Shot</b>	Participant can sweep check the ring from a stationary partner.	Participant can use a sweep check to check their partner safely (does not push partner over or keeps their stick below waist level) and maintains balance. The check is underneath the partner's stick rather than over the top. If they can do the movement correctly but aren't able to get the ring away from their partner, the participant is still successful.