



CHILDREN'S RINGETTE: FUN2 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 FUN2 and FUN3

A participant should be able to demonstrate that they have acquired the majority of the skills included in the FUN2 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 FUN3. 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?)
1. Balance - 2 foot hop over line	Participant can execute a 2 foot hop over a line while skating without falling.	Participant's knees are bent and both hands are properly positioned on the stick during take-off and landing.
2. T-Push to a 1 foot inside edge glide	Participant can perform a T-push to a 1 foot inside edge glide on a curve (both left and right feet) for 1 meter.	The participant can start from a stationary "T" position, can do a T-push directly into a 1 foot inside edge glide around a cone (total 1 meter distance, complete on both left and right feet). Can stay on 1 foot for the entirety of the glide without falling, keeping knees bent and head up. Participant should be leaning slightly inwards towards the cone using the inside edge of their skate.
3. One Foot Snowplow Stop at Speed.	Participant can skate at speed and then come to a complete stop using the one foot snowplow stop on either their left or right foot.	The participant can skate at speed from goal line to ringette line, then execute a one foot snowplow stop using the outside edge of the skate and coming to a complete stop within 1-2 meters without shaking. The participant should be able to do this on either foot.
4. Carrying the Ring & Ring Protection	Participant can skate through a straight line of pylons while carrying the ring and "protect" the ring from the pylons.	Participant can maintain enough pressure on their stick to keep the ring. Participant can switch their grip to bring the ring close to their body and positions their body between the ring and the checker. Head remains up.
5. Backwards Stride	Participant has the ability to skate backwards with a basic stride without falling.	Participant uses both feet, alternating left and right and starting to bring the feet back in after each push. Knees are bent and head is up.
6. Passing - Forehand Passing & Reception Accuracy	Participant has the ability to pass and receive a pass from a partner 4/6 times from 10 meters away.	The participant can hold their stick correctly to pass with the top hand pushing in and the bottom hand pushing out. The participant has good body control and they follow through after release with the stick pointing at the target. The pass ends up within 1 meter of their partner's stick.
7. Forehand Sweep Shot Power & Accuracy	Participant can shoot the ring along the ice with enough force and accuracy to hit a target in the net from 5 meters away 4/6 times.	The participant can hold their stick correctly to take a shot with the top hand pushing in and the bottom hand pushing out. The participant stays balanced and follows through after release with the stick pointing at the target.
8. 1 on 1 Sweep Check in Motion.	Participant can check a partner while in motion.	The participant can skate side by side with a partner and perform a sweep check on their partner while in motion safely (does not push partner over or keeps their stick below waist level). 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.