



Ringette Canada Skills Matrix - U16
LTAD Stage: Train to Train (Late in Stage)

	Initiation (introduction to skill; learning basics)	Acquisition (working on precision and consistent execution)	Consolidation (working on consistent execution in different conditions and under pressure)	Refinement (fine-tuning; creating conditions to work on specific adjustments)
Goaltending Skills				
<ul style="list-style-type: none"> ➤ <i>Specialization in the position</i> ➤ <i>Goalie-specific instruction, drills, and training</i> ➤ <i>Integrate goalie into team strategies</i> 				
General				
Ready position/basic stance			✓	
Reading the play			✓	
Watching play at all times, especially behind the net			✓	
Style				
Stand-up			✓	
Crouch			✓	
1-knee drop			✓	
Butterfly			✓	
Inverted V			✓	
Crease Mobility				
Shuffle				✓
T-push and glide				✓
Push and glide				✓
Telescoping (angles)				✓

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Getting up and down quickly			✓	
Butterfly slides from top of crease back to both posts			✓	
Butterfly pad walk			✓	
Stick Skills				
Forehand and backhand passes				✓
Grip			✓	
Keeping stick flat on ice			✓	
Handling shots			✓	
Cushioning shots			✓	
Deflecting shots			✓	
Ring Skills				
Blocking				✓
Stopping				✓
Throwing ring (flat, aim)				✓
Ring distribution			✓	
Catching/trapping reflexes			✓	
Controlling rebounds			✓	
Pass to open ice and in front of player; using different passing options			✓	

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Showing goalie options when screened			✓	
Deflecting shots to areas which would be beneficial to the team			✓	
Using goalie as a pass receiver			✓	
Positioning				
Finding and hugging posts				✓
Positioning for free pass				✓
Positioning in triangle				✓
Playing angles			✓	
Crease and net awareness			✓	
Cross-ice shots			✓	
Breakaways			✓	
1 on 1			✓	
2 on 1			✓	
3 on 2			✓	
Communication and Interaction				
Calling when open				✓
Shot clock time			✓	
Pulling goalie/sprinting to bench on delayed penalty			✓	
Moving with defence			✓	

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Understand various offensive and defensive systems		✓		
Remember opposing players' tendencies		✓		
Ring Skills				
<ul style="list-style-type: none"> ➤ Consolidation of ring skills and acquisition of position-specific skills in a varied environment ➤ All ring skills should be performed from both sides (if applicable) 				
General				
Carrying the ring				✓
Protecting the ring				✓
Passing				
Forehand sweep				✓
Backhand sweep				✓
Forehand flip				✓
Backhand flip				✓
Lead				✓
Boards			✓	
Drop			✓	
Using skate			✓	
Receiving				
Stabbing the ring			✓	
Retrieving open rings			✓	

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Boards			✓	
Using hand		✓		
Using skate		✓		
Checking				
Sweep				✓
Side stick				✓
Body position			✓	
Double teaming			✓	
In corners			✓	
Along boards			✓	
Back checking			✓	
Shooting				
Forehand sweep				✓
Backhand sweep				✓
Forehand flip				✓
Backhand flip				✓
Forehand wrist			✓	
Backhand wrist			✓	
Deking				
Faking shots			✓	
Faking passes			✓	
Body and head fakes			✓	

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Skating Skills				
<ul style="list-style-type: none"> ➤ Consolidation of skating skills ➤ All skating skills should be performed using both feet and edges, and going in both directions (if applicable) 				
Starting and Accelerating				
Acceleration			✓	
Crossover start			✓	
Backward C-start		✓		
Stopping				
1-foot inside edge stop				✓
1-foot outside edge stop				✓
Backward V-stop				✓
Backward T-stop				✓
Parallel stop			✓	
Forward Skating				
Double sculling (bubbles)				✓
Power pushes				✓
Acceleration				✓
Sharp turns				✓
Stride			✓	
Crossovers			✓	
2-foot slalom (skiing)			✓	
1-foot slalom		✓		

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Backward Skating				
1-foot glide				✓
Glide and touch toes				✓
Stride (C-cuts)			✓	
Acceleration			✓	
Sharp turns			✓	
Double sculling (bubbles)			✓	
Power pushes			✓	
2-foot slalom (skiing)		✓		
1-foot slalom		✓		
Transitions				
Basic pivot turn - forward to backward				✓
Basic pivot turn - backward to forward				✓
2-foot Mohawk pivot - forward to backward			✓	
2-foot Mohawk pivot - backward to forward			✓	
1-foot Mohawk pivot - forward to backward			✓	
1-foot Mohawk pivot - backward to forward			✓	

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Psychological Development				
<ul style="list-style-type: none"> ➤ <i>Development of mental preparation and control, goal setting</i> ➤ <i>Development of decision-making in competitive situations</i> 				
Team Dynamics				
Game strategies				✓
Team building and social development activities			✓	
Teamwork			✓	
Fair play			✓	
Sportsmanship			✓	
Ethics			✓	
Shared leadership opportunities			✓	
Communication strategies		✓		
Understanding team roles and where they fit in		✓		
Self-Awareness				
Positive thinking			✓	
Attitude awareness and adjustment			✓	
Dealing with success and failure			✓	
Independence			✓	
Personal strengths and weaknesses			✓	

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Attribution		✓		
Self-coaching		✓		
Goal Setting				
Team			✓	
Individual			✓	
Short- and long-term			✓	
Process and outcome			✓	
Focus/Attention Control and Anxiety Management/Emotional Control				
Concentration strategies			✓	
Visualization of game situations			✓	
Coping strategies			✓	
Relaxation strategies			✓	
Arousal strategies			✓	
Stress management			✓	
Decision Training				
Variable practice			✓	
Random practice			✓	
Bandwidth feedback		✓		
Questioning		✓		
Video feedback		✓		
Hard first tactical instruction		✓		

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Modelling		✓		