



**Ringette Canada Skills Matrix - U19**  
**LTAD Stage: Train to Compete**

	<b>Initiation</b> (introduction to skill; learning basics)	<b>Acquisition</b> (working on precision and consistent execution)	<b>Consolidation</b> (working on consistent execution in different conditions and under pressure)	<b>Refinement</b> (fine-tuning; creating conditions to work on specific adjustments)
<b>Goaltending Skills</b>				
<ul style="list-style-type: none"> <li>➤ <i>Specialization in the position</i></li> <li>➤ <i>Goalie-specific instruction, drills, and training</i></li> <li>➤ <i>Goalie is an integral part of team strategies</i></li> </ul>				
<b>General</b>				
Ready position/basic stance				✓
Reading the play				✓
Watching play at all times, especially behind the net				✓
<b>Style</b>				
Stand-up				✓
Crouch				✓
1-knee drop				✓
Butterfly				✓
Inverted V				✓
<b>Crease Mobility</b>				
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				✓
<b>Stick Skills</b>				
Forehand and backhand passes				✓
Grip				✓
Keeping stick flat on ice				✓
Handling shots				✓
Cushioning shots				✓
Deflecting shots				✓
<b>Ring Skills</b>				
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				✓
<b>Positioning</b>				
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				✓
<b>Communication and Interaction</b>				
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			✓	
<b>Ring Skills</b>				
<ul style="list-style-type: none"> <li>➤ <i>Refinement of ring skills and position-specific skills in a varied environment</i></li> <li>➤ <i>All ring skills should be performed from both sides (if applicable)</i></li> </ul>				
<b>General</b>				
Carrying the ring				✓
Protecting the ring				✓
<b>Passing</b>				
Forehand sweep				✓
Backhand sweep				✓
Forehand flip				✓
Backhand flip				✓
Lead				✓
Boards				✓
Drop				✓
Using skate				✓
<b>Receiving</b>				
Stabbing the ring				✓
Retrieving open rings				✓

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

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

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<b>Backward Skating</b>				
Stride (C-cuts)				✓
Acceleration				✓
Sharp turns				✓
Double sculling (bubbles)				✓
Power pushes				✓
2-foot slalom (skiing)			✓	
1-foot slalom			✓	
<b>Transitions</b>				
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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<b>Psychological Development</b>				
➤ <i>Advanced mental preparation and decision training</i>				
<b>Team Dynamics</b>				
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			✓	
<b>Self-Awareness</b>				
Positive thinking				✓
Attitude awareness and adjustment				✓
Dealing with success and failure				✓
Independence			✓	
Personal strengths and weaknesses			✓	
Attribution			✓	



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