



**Ringette Canada Skills Matrix - U7**  
**LTAD Stage: Active Start**

	<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>Everyone should try goaltending on a rotating basis (as frequently as every shift), using only a goalie stick</i></li> <li>➤ <i>During games the idea of a goalie must be present</i></li> </ul>				
Ready position/basic stance	✓			
Style: stand-up	✓			
Gripping stick	✓			
Keeping stick flat on ice	✓			
<b>Ring Skills</b>				
<ul style="list-style-type: none"> <li>➤ <i>Introduction of basic ring skills in a controlled environment</i></li> <li>➤ <i>Focus is primarily on fun</i></li> <li>➤ <i>All ring skills should be performed from both sides (if applicable)</i></li> </ul>				
Stick and ring safety	✓			
Gripping stick	✓			
Carrying the ring	✓			
Protecting the ring	✓			
Forehand sweep pass	✓			
Stabbing the ring	✓			
Body position for checking	✓			
Sweep check	✓			
Forehand sweep shot	✓			

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<b>Skating Skills</b>				
<ul style="list-style-type: none"> <li>➤ <i>Introduction of basic skating skills in a controlled environment</i></li> <li>➤ <i>Focus is primarily on fun</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>				
V-start	✓			
T-start	✓			
Balance (stationary): <ul style="list-style-type: none"> <li>➤ Falling and getting up</li> <li>➤ Basic stance</li> <li>➤ Touch knees</li> <li>➤ Touch toes</li> <li>➤ Turn around</li> <li>➤ Lift 1 foot</li> <li>➤ March on the spot</li> <li>➤ 2-foot jump</li> </ul>	✓			
Forward skating: <ul style="list-style-type: none"> <li>➤ Stride</li> <li>➤ 2-foot glide</li> <li>➤ 1-foot glide</li> <li>➤ Glide and touch knees</li> <li>➤ Glide and touch toes</li> <li>➤ Glide on a curve</li> </ul>	✓			
Edge control (make snow)	✓			
2-foot V-stop (snow plow)	✓			

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<b>Psychological Development</b>				
<ul style="list-style-type: none"> <li>➤ <i>Program focuses on having fun on the ice</i></li> <li>➤ <i>Activities should encourage development of self-confidence and group social skills (e.g., taking turns, helping)</i></li> </ul>				
Team building and social development activities	✓			
Teamwork	✓			
Fair play	✓			