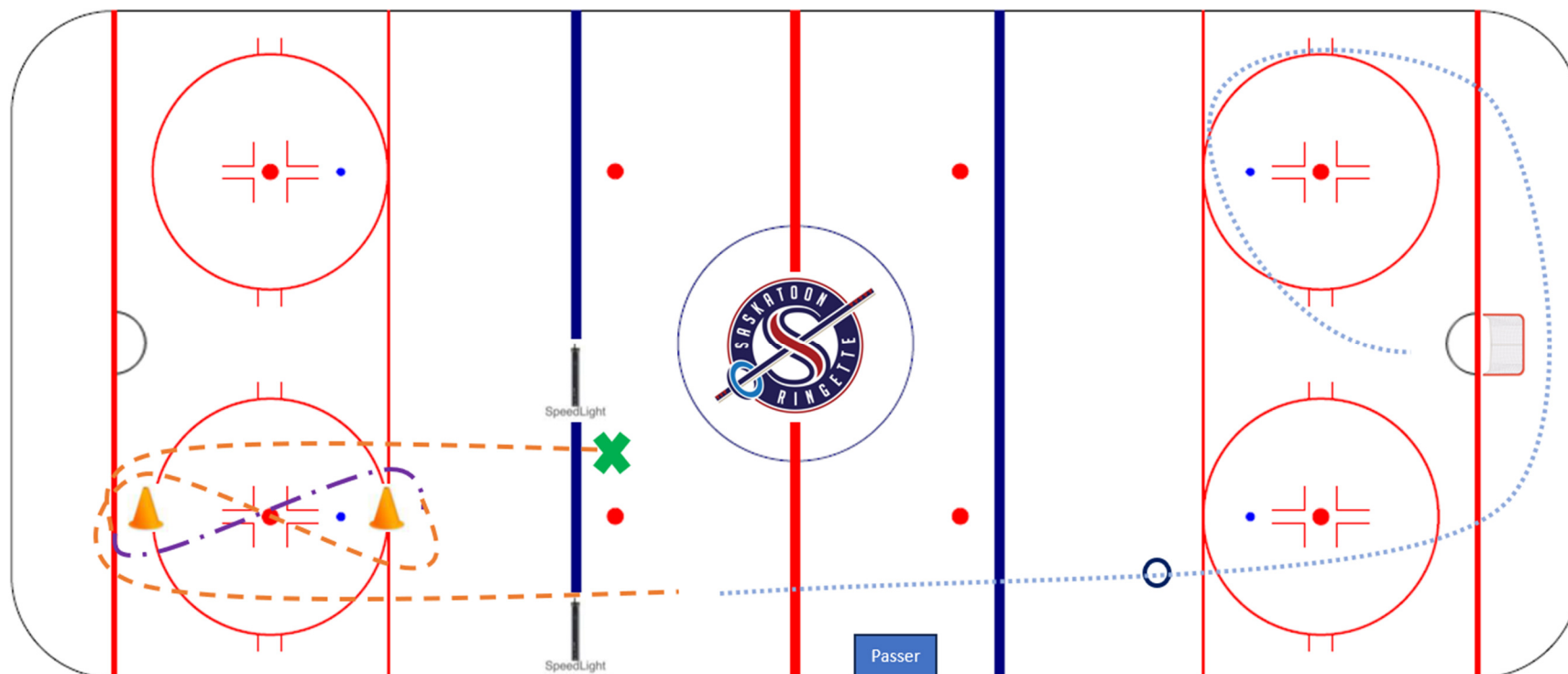


**Notes:**

- 1) Parents are not allowed into change rooms during evaluations.
- 2) Players that fall will be given a redo. A fall will be considered when the majority of the players body hits the ice. It will be up to the on ice lead to determine if a player gets a redo. Players that given a redo will be placed 2 skaters back. This gives them a rest of 2 skaters before redoing the drill. If 2 skaters are not available (player was last to go) they will be given a 90 second rest before proceeding.
- 3) Players must adhere to Ringette Canada's guidelines for equipment including shoulder pads. Players will not be able to complete evaluations unless they have required equipment.

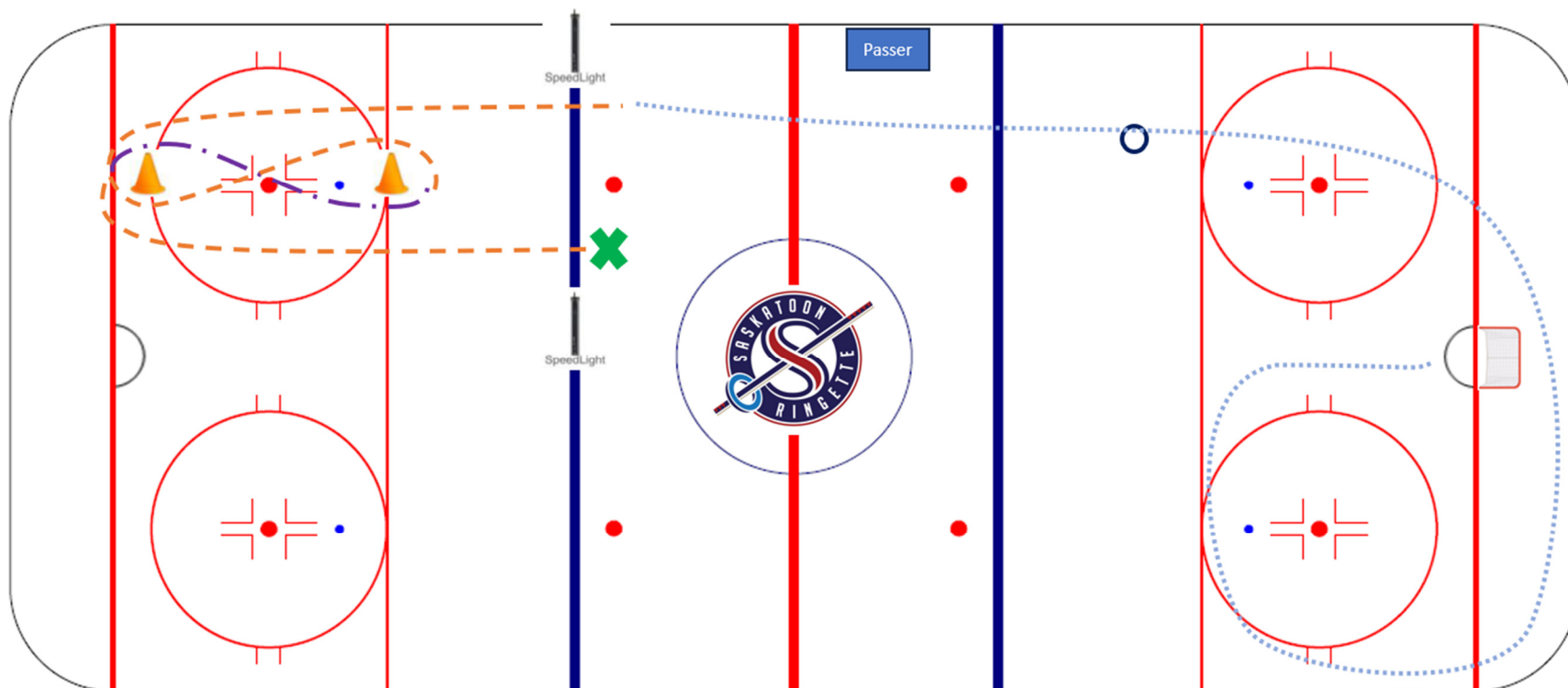
### Transition - Left



#### Drill – Timed & Skill

- Player starts on green X.
- Forward skates to cone at bottom of circle (orange path).
- Transition backwards and skates backwards to other cone.
- Transitions forwards and skates following orange path
- After breaking laser skater continues through neutral zone. After blue line will receive a lead pass.
- Skater follows blue pattern and takes a shot on net.

### **Transition - Right**

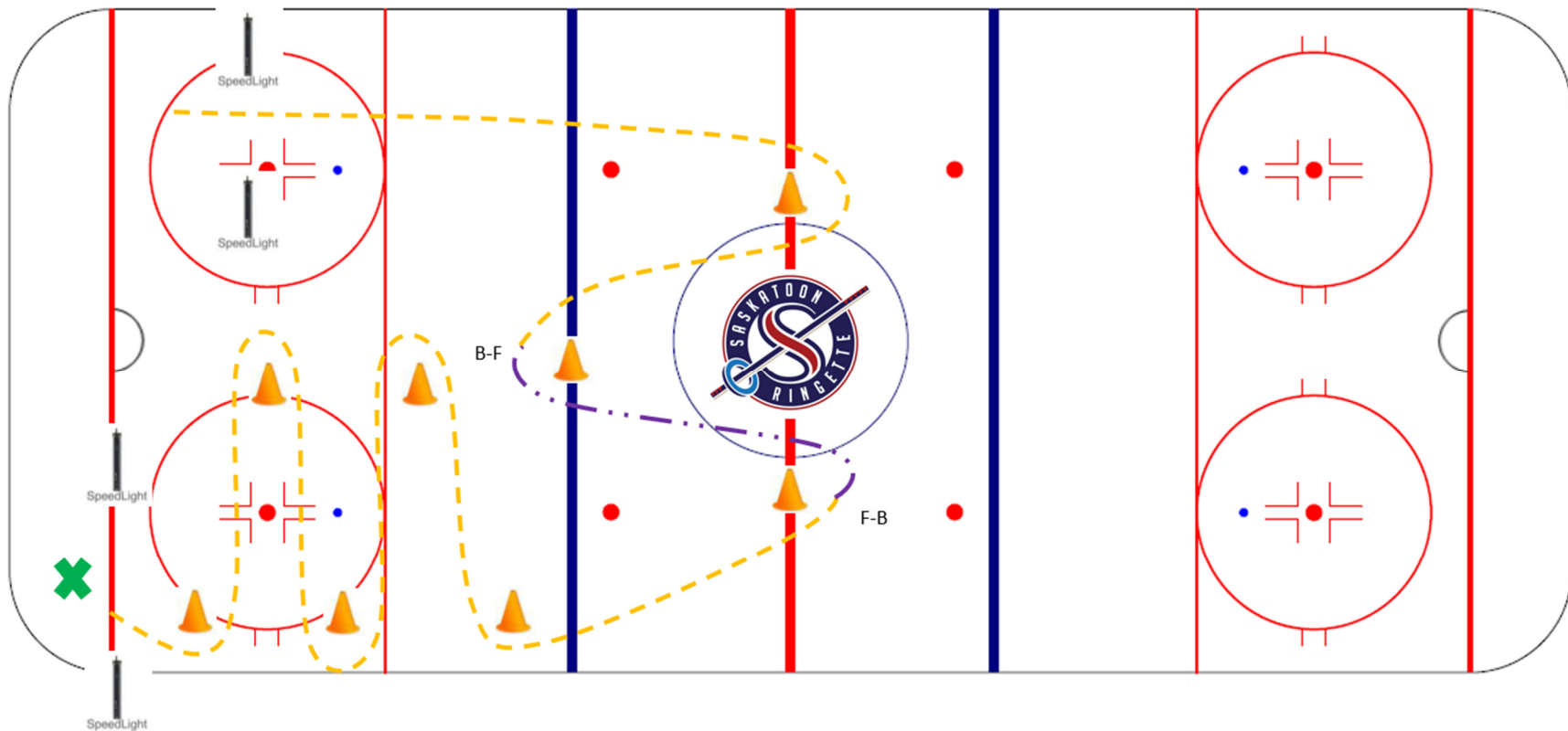


#### **Drill – Timed & Skill**

- Player starts on green X.
- Forward skates to cone at bottom of circle (orange path).
- Transition backwards and skates backwards to other cone.
- Transitions forwards and skates following orange path
- After breaking laser skater continues through neutral zone. After blue line will receive a lead pass.
- Skater follows blue pattern and takes a shot on net.

\*SRA reserves the right to make modifications to these drills as deemed best for the association and the athletes.

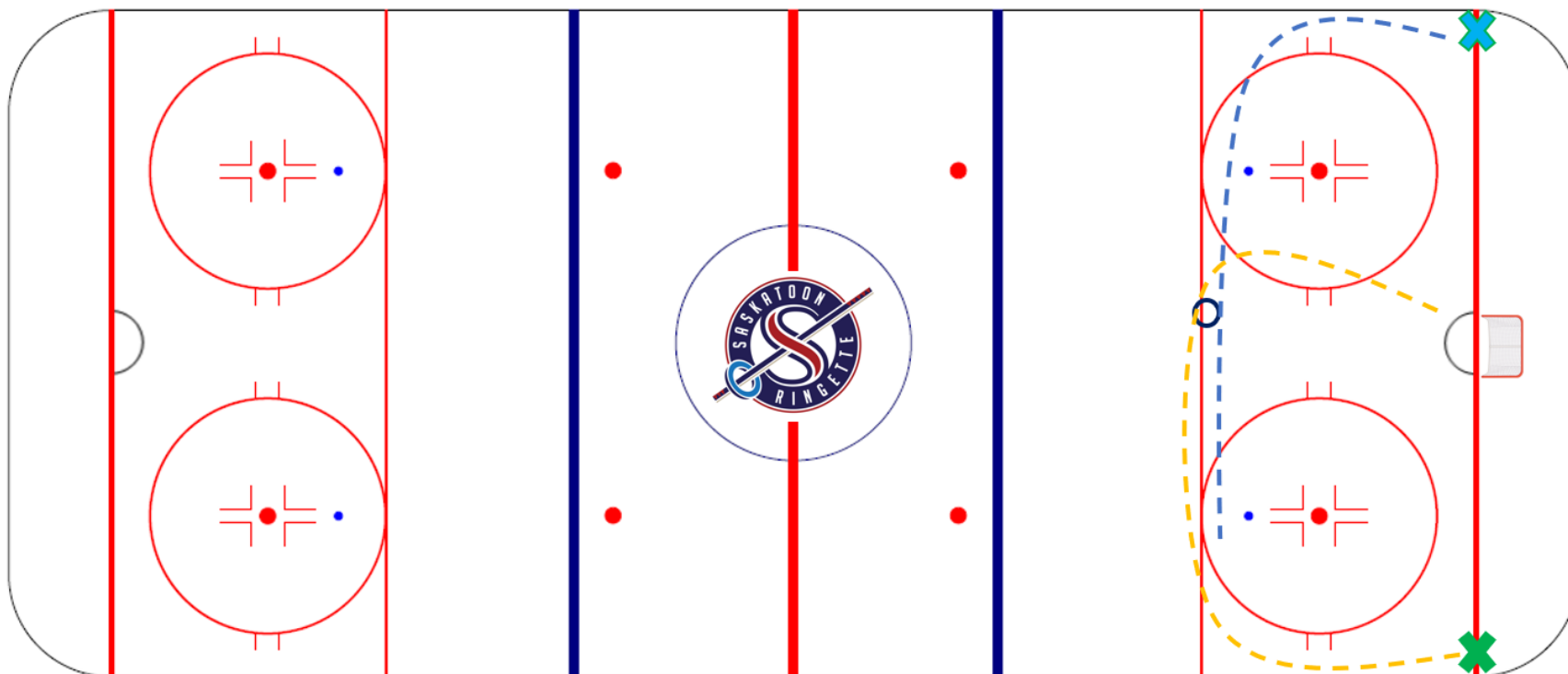
## Agility



### Drill

- Player starts on green X. Time starts when crosses goal line.
- Skates forward following orange path through cones.
- Transition backward at 'F-B' and skates backwards following purple path.
- Transition forward at 'B-F' and skates forwards following orange path. Time stops when goes through second set of lasers.

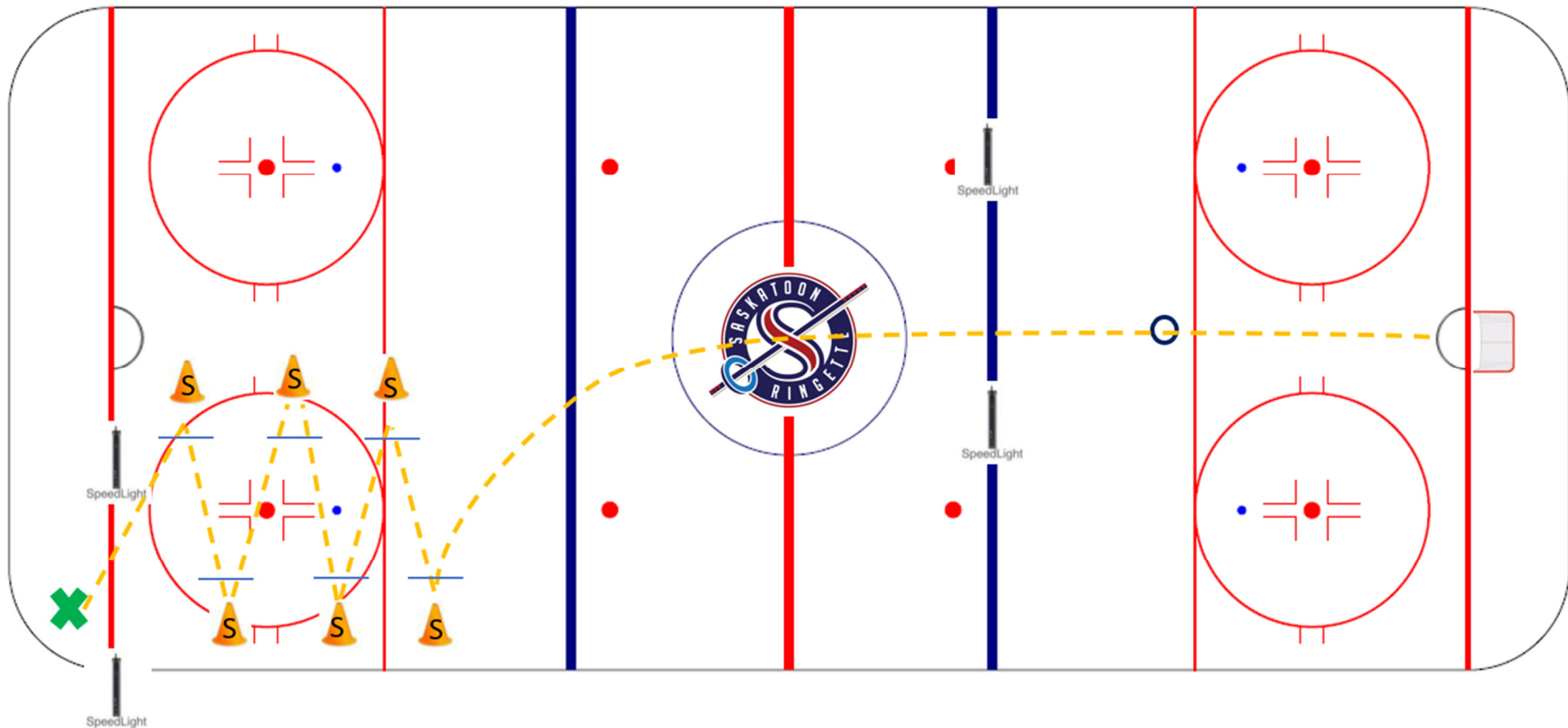
### Drop Pass



#### Drill

- Drill happens at same time as agility.
- Player on blue x starts with ring. Does a drop pass for player coming along orange path
- Player on orange path picks up ring and shoots on net.
- All players should take a turn on either side. Then drill switches to have ring start on green x.

### *Start/Stops, Speed, Shot*

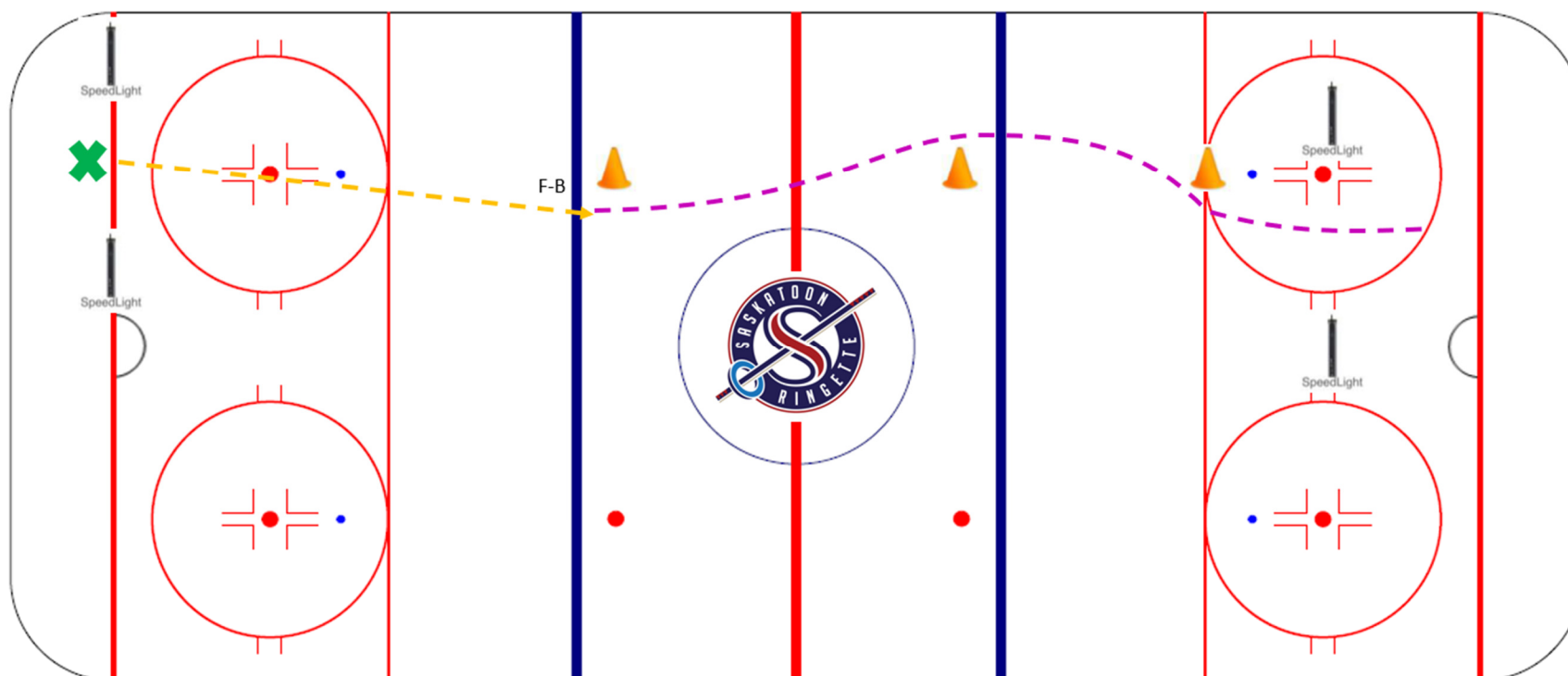


#### **Drill**

- Player starts on green X. Time starts when crosses goal line.
- Skates forward following orange path. Player must stop facing forward at each cone marked with an S. Ice will be marked to show zone player should stop in (blue line on diagram).
- Player skates through the neutral zone and passes the lasers on the blue line.
- Stabs ring above ringette line and takes a shot on net.

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## Backwards



### Drill

- Player starts on green X.
- Skates forwards to blue line.
- Transition backwards and follows purple path until passes through lasers.

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