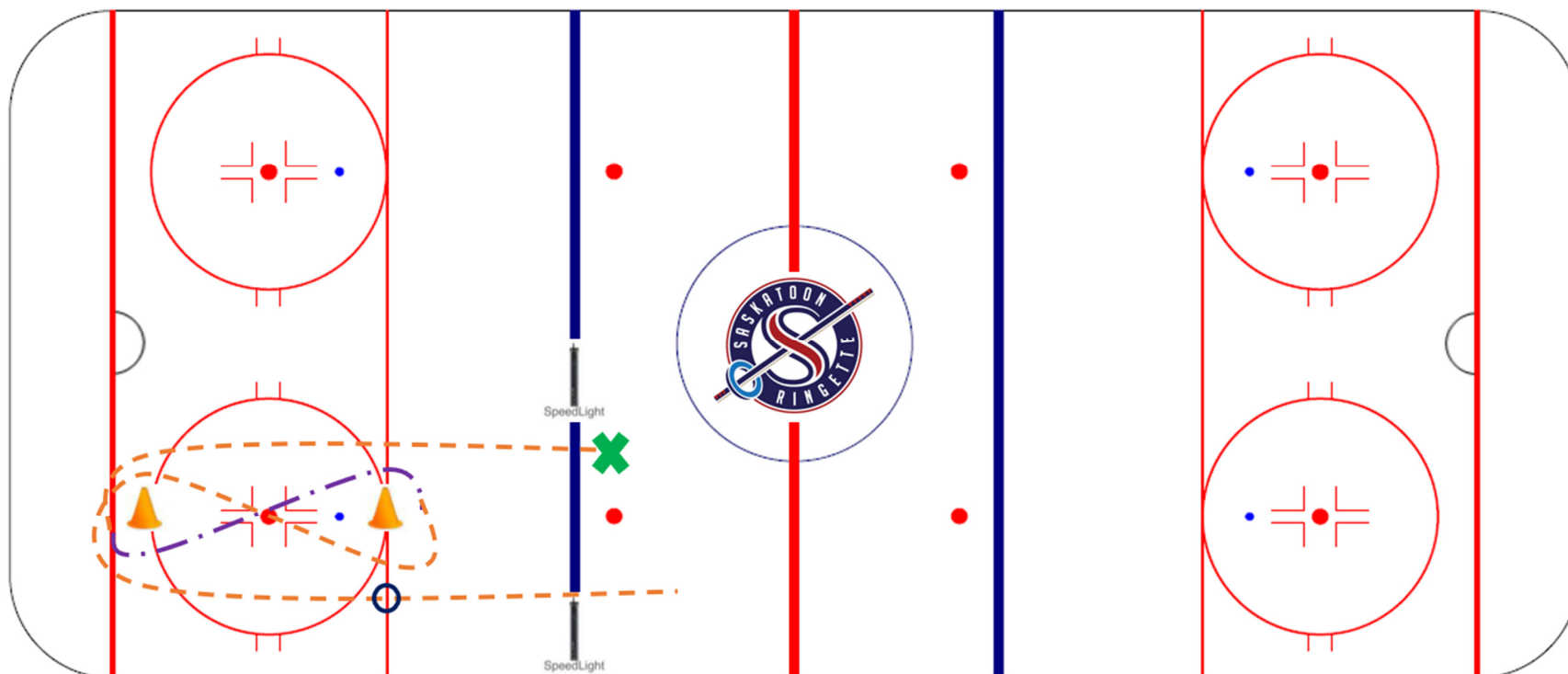


Notes:

- 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.

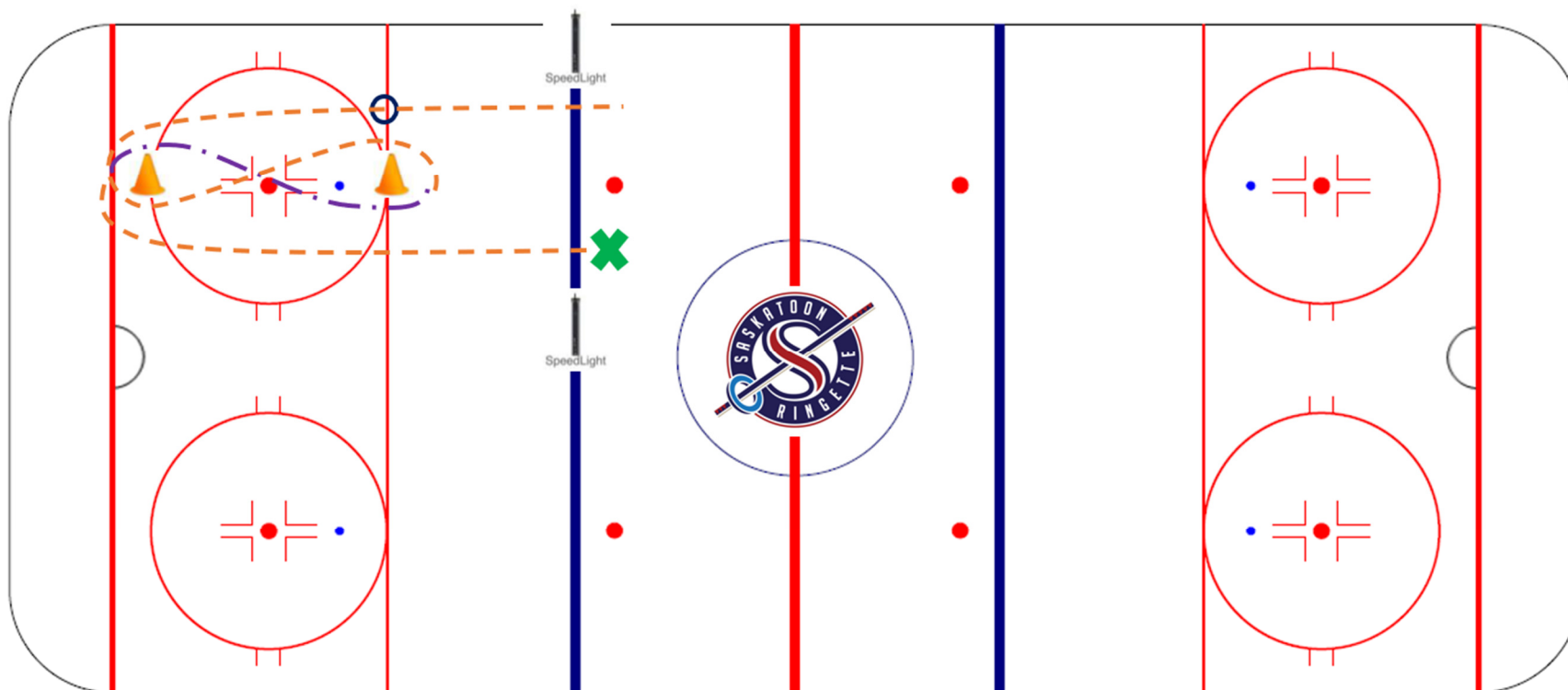
Transition - Left



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
- Stabs ring on ringette line and carries it through lasers.

Transition - Right

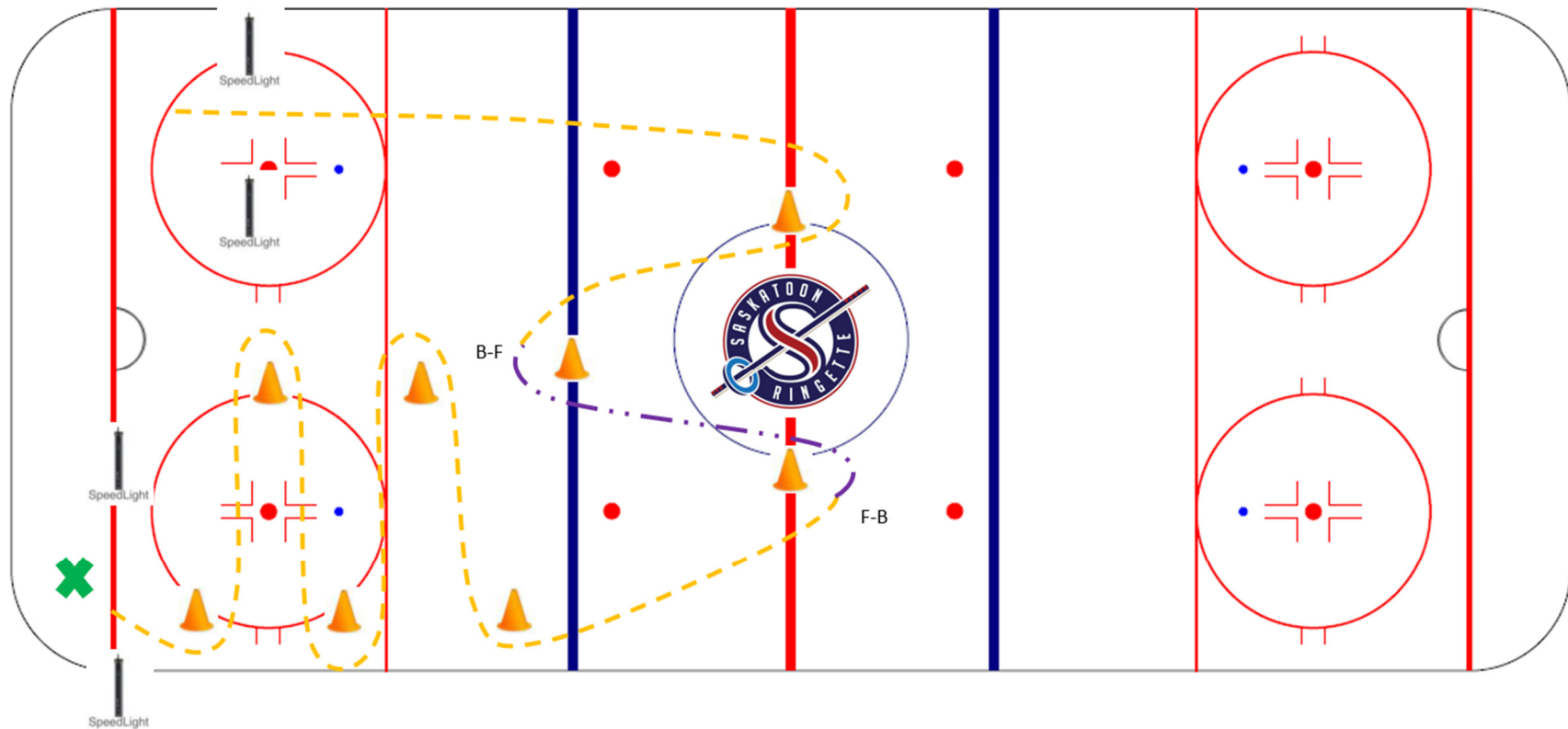


Drill – Timed & Skill

- 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
- Stabs ring on ringette line and carries it through lasers.

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

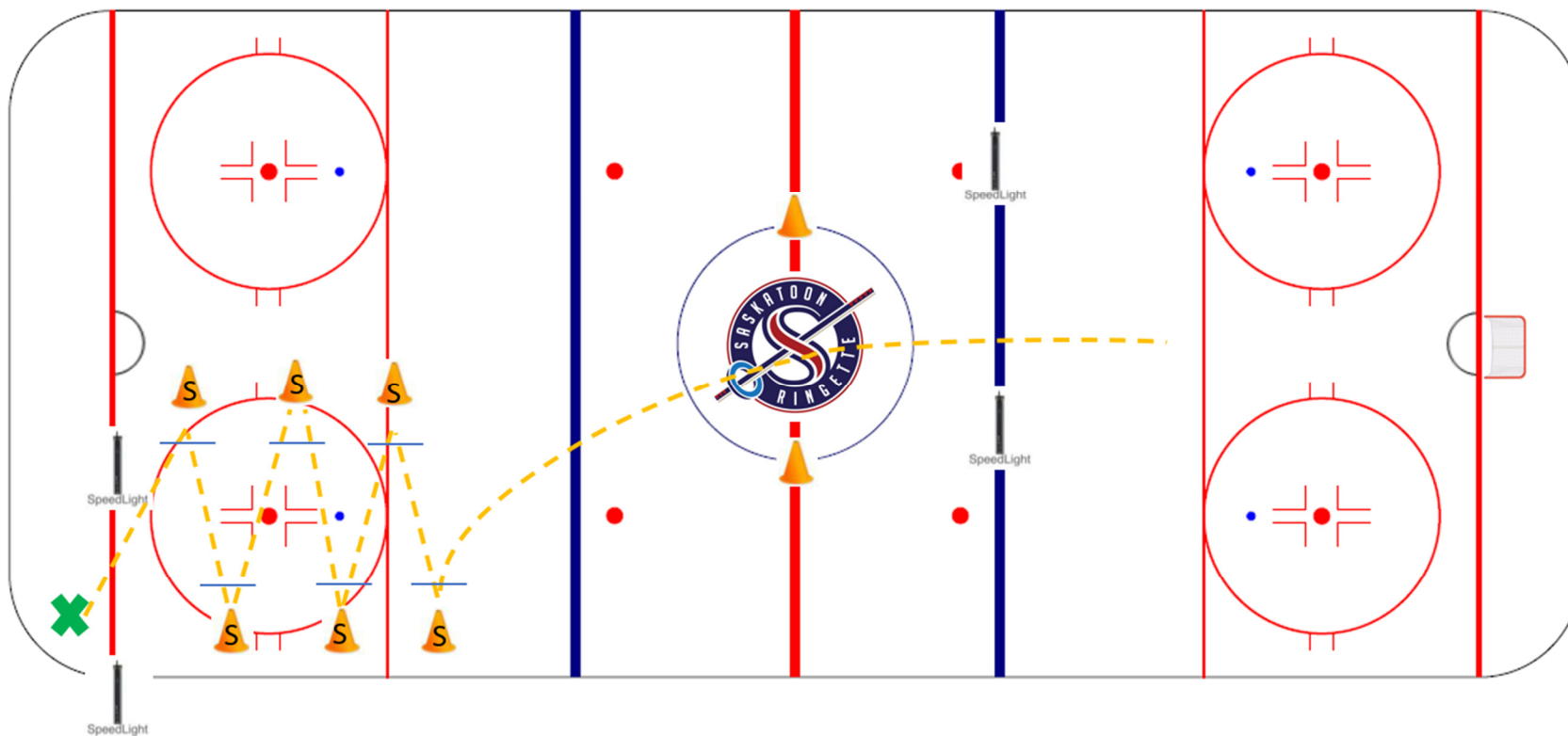
Agility



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.

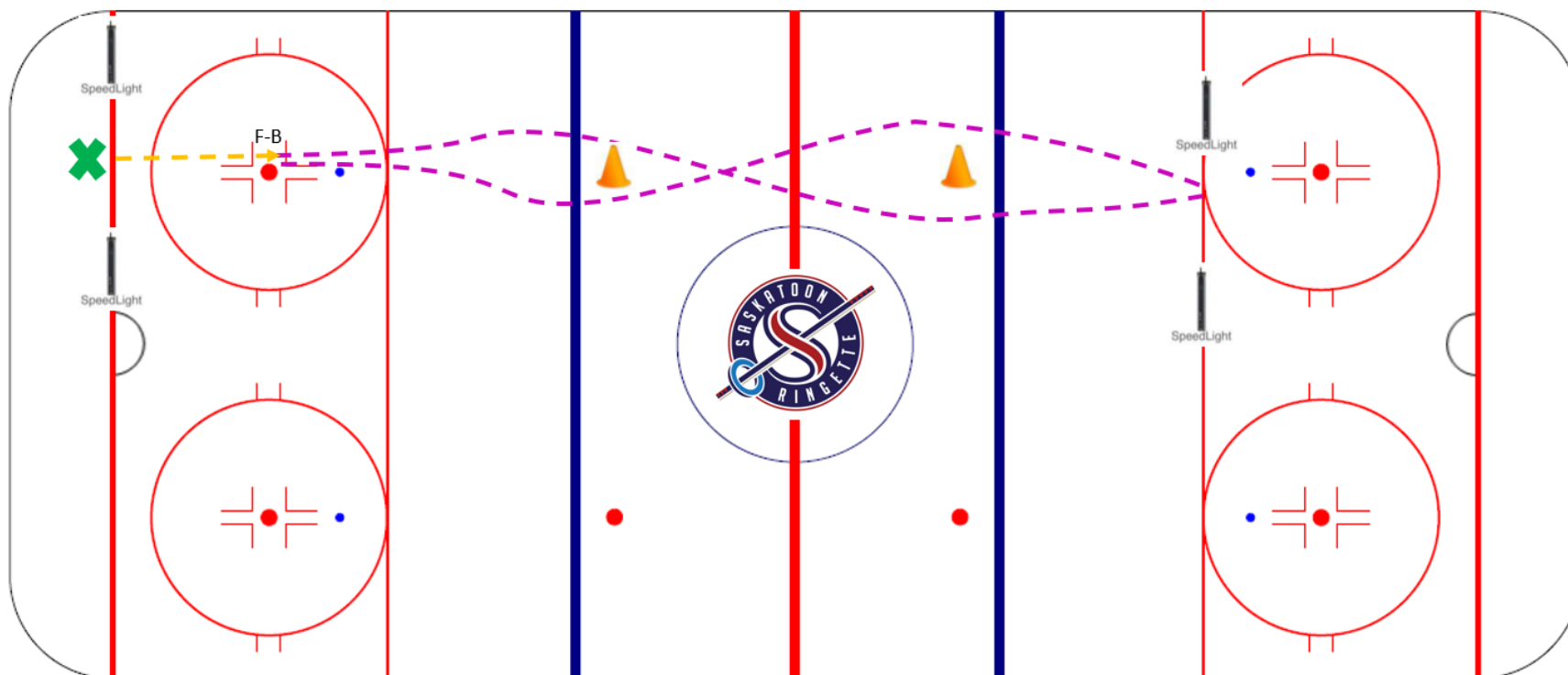
Start/Stops



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.

Backwards



Drill

- Player starts on green X.
- Skates forwards to face off dot.
- Transition backwards and follows purple path until passes through lasers. Player can choose to go either on inside or outside of first cone but must weave through the two cones.