

LONG TERM ATHLETE DEVELOPMENT (LTAD)

U9
(BUNNY)

ACTIVE START

U10
(NOVICE)

FUNDAMENTALS

U12
(PETITE)

LEARNING TO TRAIN

U14
(TWEEN)

TRAINING TO TRAIN

U16
(JUNIOR)

TRAIN TO COMPETE

U19
(BELLE)

TRAIN TO WIN

ACTIVE FOR LIFE

OUR SPORT.
OUR PASSION.



LONG TERM
ATHLETE
DEVELOPMENT

play it. love it. live it.

Ringette Technical Skills Matrix

Part 1: Goalkeeping Skills and Techniques

Part 2: Ring Skills and Techniques

Part 3: Skating Skills and Techniques

Part 4: Psychological Development

Stages and Progressions of Skill Development

Understanding the stages of skill development is necessary for coaches and parents to ensure an athlete acquires skills in the proper order. The following terms used in this matrix explain the stages of skill development that a ringette player progresses through when learning technical skills.

Initiation (I)

- The first contact with the skill.
- Training Emphasis: Basic stances and positions, getting the idea of what the movements are about and look like.

Acquisition (A)

- The athlete can coordinate and execute the key components in the correct order, although execution is inconsistent and lacks precision.
- Timing of the skill lacks synchronization, rhythm and flow.
- The athlete needs to think about what they are doing during the execution.
- Training Emphasis: Global execution and general form of movement.

Consolidation (C)

- Performance is inconsistent but movement is starting to show coordination.
- Skill is performed with control and rhythm under stable conditions.
- Some elements of performance are maintained (when athlete is under pressure, conditions change or demands increase).
- Training Emphasis: Maintaining the form of movements and some performance consistency under a variety of conditions and under stress.

Refinement (R)

- Performance is very consistent and precision is high in demanding conditions.
- Movements are automated with only minor fine-tuning necessary.
- Critical reflection and correction is possible by athlete.
- Training Emphasis: Creating conditions that stress the specific elements that need adjustments.

ACTIVE FOR LIFE

PATHWAY	ACTIVE FOR LIFE							
	ACTIVE START	FUNDAMENTALS	LEARNING TO TRAIN		TRAINING TO TRAIN		TRAIN TO COMPETE	Learn to Win
			Early in Stage	Late in Stage	Early in Stage	Late in Stage		Train to Win

GOALKEEPING SKILLS AND TECHNIQUES

Overview	All learn to stop, block, catch, trap, throw and kick rings and balls. Everyone tries goaltending type positions, rotating each shift and using only goal stick. During modified games the idea of a goalie must be present.	All learn to stop, block, catch, trap, throw and kick rings and balls.	All players given basic goalkeeper skill instruction and encouraged to play goal. Players rotate position each game. Players should not play full time goalkeeper as still need to develop all skating and ring skills. Introduction of rules specific to goalkeepers.	Introduction of goalkeeper specific drills. Concentration on identification and development of maximum number of players interested and with ability. Players interested in playing goal should start to play 1/2 time.	Goalkeepers specialize but can still alternate. Goalkeeper specific instruction & drills. Integrate goalkeeper into team strategies. Goaltender ring options and use of goalkeeper as pass option for defensive players.	Goalkeepers specialize. Goalkeeper specific instruction, drills & training	Goalkeepers specialize. Goalkeeper specific instruction, drills & training. Goalkeeper plays an integral part of team strategies.	Goalkeepers specialize. Goalkeeper specific instruction, drills & training. Goalkeeper plays an integral part of team strategies.
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General

Grip	I	I	A	A	C	C	R	R
Ready position/stance	I	I	A	A	C	C	R	R
Keeping stick on the ice	I	I	A	A	C	C	R	R
Getting up and down quickly		I	I	A	C	C	R	R
Reading the play			I	A	C	C	R	R

Style

Stand-up	I	I	A	A	C	C	R	R
Crouch			I	A	A	C	R	
One-knee drop			I	A	A	C	R	
Butterfly				I	A	C	R	
Inverted V				I	A	C	R	

Mobility (Lateral and Forward & Backward)

Shuffle			I	A	C	R	R	R
T-push and glide			I	A	C	R	R	R
Push & Glide			I	A	C	R	R	R
Telescoping (understanding angles)			I	A	C	R	R	R
Butterfly slides from top of crease back to both posts				I	A	C	R	R
Butterfly pad walk				I	A	C	R	R

I = Introduction

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3 = Present / Required

PATHWAY	ACTIVE FOR LIFE							
	ACTIVE START	FUNDAMENTALS	LEARNING TO TRAIN		TRAINING TO TRAIN		TRAIN TO COMPETE	Learn to Win Train to Win
			Early in Stage	Late in Stage	Early in Stage	Late in Stage		

GOALKEEPING SKILLS AND TECHNIQUES (continued)

Stickwork

Keeping stick flat on ice, hand in ready position	I	I	A	A	C	C	R	R
Handling shots		I	A	A	C	C	R	R
Forehand and backhand passes		I	A	C	C	R	R	R
Cushioning the shot			I	A	C	C	R	R
Shot Deflections			I	A	C	C	R	R

Ring Skills

Blocking		I	A	A	C	R	R	R
Stopping		I	A	A	C	R	R	R
Throwing the ring (flat and aim)		I	A	A	C	R	R	R
Catching / trapping reflexes			I	A	A	C	R	R
Ring distribution			I	A	A	C	R	R
Control of rebounds			I	A	A	C	R	R
Pass to the open ice / in front of player with different throwing options				I	A	C	R	R
Show goalie options when screened				I	A	C	R	R
Learn to deflect shot to areas which would be beneficial to the team				I	A	C	R	R
Using the goalie as a receiver of the ring				I	A	C	R	R

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GOALKEEPING SKILLS AND TECHNIQUES (continued)

Positioning								
Finding the posts		I	I	A	C	R	R	R
Hugging the posts		I	I	A	C	R	R	R
Learn positional play during a free pass ring			I	A	C	R	R	R
Learn positional play in the triangle			I	A	C	R	R	R
Playing the angles			I	A	C	R	R	R
Ice geography			I	A	C	R	R	R
Cross ice shot			I	A	C	R	R	R
Develop the skill to keep watch on play at all times, especially behind the net			I	A	C	R	R	R
Breakaways			I	A	C	R	R	R
1-on-1			I	A	C	R	R	R
2-on-1			I	A	C	R	R	R
3-on-2			I	A	C	R	R	R
Inverted triangle			I	A	C	R	R	R
Communication & Interaction								
Calling when open			I	A	C	R	R	R
Shot clock time			I	A	C	R	R	R
Pulling the goaltender / sprinting to bench for penalty			I	A	C	R	R	R
Enhance and refine transition work with defense			I	A	C	R	R	R
Understand various and variations of defensive and offensive systems					I	A	C	R
Remembering opposing player tendencies					I	A	C	R

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RING SKILLS AND TECHNIQUES (ALL PASSING, RECEIVING, AND CHECKING ARE TAUGHT AND PERFORMED FROM BOTH SIDES)

Overview	Introduction of basic ring skills, focus is primarily on fun and skating skills, all in a controlled environment.		Acquisition of basic ring skills, focus is primarily on fun and skating skills, all in a controlled environment.		Consolidation of ring skills, acquisition of position specific skills, all in a varied environment.		Refinement of ring skills, refinement of position specific skills, all in a varied environment.	
General								
Stick and ring safety	I	A	C	R				
Grip	I	A	C	R				
Carrying the ring	I	I	A	C	R	R	R	R
Protecting the ring	I	I	A	C	C	R	R	R
Passing								
Forehand sweep	I	I	A	C	R	R	R	R
Backhand sweep		I	A	C	R	R	R	R
Forehand flip			I	A	C	R	R	R
Backhand flip			I	A	C	R	R	R
Lead			I	A	C	R	R	R
Board				I	A	C	R	R
Drop				I	A	C	R	R
Directing a pass using the skate				I	A	C	R	R
Receiving								
Stabbing the ring	I	I	A	A	C	C	R	R
Retrieving open rings		I	A	A	C	C	R	R
Off the boards				I	A	C	R	R
Use of the hand					I	A	C	R
Use of the skate					I	A	C	R

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Ring Skills and Techniques (continued)

Checking								
Body position	I	I	A	A	C	C	R	R
Sweep	I	I	A	C	C	R	R	R
Side stick		I	I	A	C	R	R	R
Back check			I	I	A	C	R	R
Double teaming			I	A	C	C	R	R
Checking in corners			I	A	C	C	R	R
Checking on boards			I	A	C	C	R	R
Shooting								
Forehand sweep	I	I	A	C	C	R	R	R
Backhand sweep		I	I	A	C	R	R	R
Forehand flip			I	A	C	R	R	R
Backhand flip			I	A	C	R	R	R
Forehand wrist				I	A	C	R	R
Backhand wrist				I	A	C	R	R
Dekes								
Fake shots				I	A	C	R	R
Fake passes				I	A	C	R	R
Body and head fakes				I	A	C	R	R

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SKATING SKILLS AND TECHNIQUES (all are performed using on both edges, going both directions)

Starting & Acceleration								
V-start	I	A	C	R	R			
T-start	I	A	C	R	R			
Acceleration			I	A	C	C	R	R
Crossover start				I	A	C	R	R
Backward c-start					I	A	C	R
Balance (Stationary Introductory Skills)								
Fall & get up safely	I	A	C	R				
Basic stance	I	A	C	R				
Touch knees	I	A	C	R				
Touch toes	I	A	C	R				
Turn around	I	A	C	R				
Life 1 foot	I	A	C	R				
March on the spot	I	A	C	R				
2-foot jump	I	A	C	R				
Stopping								
Edge control (make snow)	I	A	C	R				
Snowplow 2-foot v-stop	I	A	C	R	R			
1-foot t-stop		I	A	C	R			
Backward v-stop			I	A	C	R	R	
Backward t-stop			I	A	C	R	R	
One foot inside edge stop		I	A	C	R	R	R	R
One foot outside edge stop			I	A	C	R	R	R
Parallel stop				I	A	C	R	R

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SKATING SKILLS AND TECHNIQUES (continued)

Forward								
Stride	I	I	A	C	C	C	R	R
2-foot glide	I	A	C	R				
1-foot glide	I	A	C	R				
Glide & touch knees	I	A	C	R				
Glide & touch toes	I	A	C	R				
Glide on a curve	I	A	C	R				
Acceleration			I	A	C	R	R	R
Sharp turns			I	A	C	R	R	R
Double sculling		I	A	C	R	R	R	R
Power pushes		I	A	C	R	R	R	R
Crossovers			I	A	C	C	R	R
2-foot slalom				I	A	C	R	R
1-foot slalom					I	A	C	R
Backward								
Stride		I	A	C	C	C	R	R
2-foot glide		I	A	C	R			
1-foot glide			I	A	C	R		
Glide & touch knees		I	A	C	R			
Glide & touch toes			I	A	C	R		
Acceleration				I	A	C	R	R
Sharp turns				I	A	C	R	R
Double sculling				I	A	C	R	R
Power pushes				I	A	C	R	R
2-foot slalom					I	A	C	R
1-foot slalom					I	A	C	R

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SKATING SKILLS AND TECHNIQUES (continued)

Transitions								
Pivots			I	A	C	R	R	R
Basic pivot turn (front to back)			I	A	C	R	R	R
Basic pivot turn (back to front)			I	A	C	R	R	R
Two foot Mohawk pivot (front to back)				I	A	C	R	R
Two foot Mohawk pivot (back to front)				I	A	C	R	R
One foot Mohawk pivot (front to back)				I	A	C	R	R
One foot Mohawk pivot (back to front)				I	A	C	R	R

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PSYCHOLOGICAL DEVELOPMENT

Overview	Program focuses on FUN on ice. Activities should encourage the development of: Group social skills (interactions, sharing, taking turns, helping) / Showing what you can do. / Confidence.	Introduction of Mental Preparation Decision Training - introduce decision making in competitive situations	Development of Mental Preparation Decision Training - decision making in some competitive situations	Advanced Mental Preparation Decision Training - correct decision making in all competitive situations				
Team Dynamics								
Team building & social development activities	I	I	A	A	C	C	R	R
Teamwork	I	I	A	A	C	C	R	R
Fairplay	I	I	A	A	C	C	R	R
Sportsmanship		I	A	A	C	C	R	R
Ethics		I	A	A	C	C	R	R
Shared leadership opportunities			I	A	A	C	R	R
Effective communication strategies				I	A	A	C	R
Understanding team roles and identifying where they fit in				I	A	A	C	R
Self-Awareness								
Positive thinking		I	A	A	C	C	R	R
Attitude awareness & adjustment			I	A	C	C	R	R
Dealing with success & failure			I	A	A	C	R	R
Independence				I	A	C	C	R
Personal strengths and weaknesses				I	A	C	C	R
Attribution					I	A	C	R
Self-coaching					I	A	C	R

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PSYCHOLOGICAL DEVELOPMENT (continued)								
Goal Setting								
Individual				I	A	C	R	R
Team			I	A	C	C	R	R
Short & Long Term			I	A	C	C	R	R
Process & Outcome				I	A	C	R	R
Focus/Anxiety Management & Attentional/Emotional Control								
Visualization strategies (mental rehearsal of game situations)			I	A	A	C	R	R
Relaxation strategies				I	A	C	C	R
Arousal strategies				I	A	C	C	R
Concentration strategies			I	A	C	C	R	R
Coping strategies			I	A	A	C	C	R
Stress management				I	A	C	C	R
Game Preparation & Routine								
Game strategies			I	A	C	R	R	R
Decision Training								
Variable Practice				I	A	C	R	R
Random Practice				I	A	C	R	R
Bandwidth Feedback					I	A	C	R
Questioning					I	A	C	R
Video Feedback					I	A	C	R
Hard-First Tactical Instruction					I	A	C	R
Modeling					I	A	C	R

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