

CORA Tryout Plans



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Introduction

This document contains the approved tryout plans for the City of Ottawa Ringette Association (CORA). These plans are continuously being refined by CORA Executive members with input from coaches and assessors.

The goal of this document is to help convenors and coaches run the on-ice tryouts. It takes the guess work out of planning tryouts because the drills in this package have been selected because they provide assessors with the information that they need to complete player evaluations. The drills have all been tested at multiple levels and adjustments have been made where needed.

These drills are often used during warm up sessions to familiarize players with what they'll encounter in the tryout process.

Recreational Sort Out

Applies To: FUN 2, FUN 3

Tryout Overview

- Mostly hard skills evaluated (skating, stabbing, passing, shooting)
- Goal is usually to rank all players to create balanced teams
- Coach is usually not identified at this point
- No coach input to and no variability in tryout plan

Session 1	Session 2	Session 3
<ul style="list-style-type: none">• Drills: 75%-80%• Scrimmage: 20%-25%	<ul style="list-style-type: none">• Drills: 40%-60%• Scrimmage: 40%-60%	<ul style="list-style-type: none">• Drills: 10%-20%• Scrimmage: 80%-90%

Session 1

- Stretching and Warm Up – 5 minutes
- #1 – Skating Race (forwards) – 10 minutes
- #1 – Skating Race (backwards) – 5 minutes
- #12 – Stop on the Dots – 5 minutes
- #13 - Skate the Circles (forwards) – 5 minutes
- #21 – Partner Passing (stationary)– 5 minutes
- Scrimmage - Remainder

Session 2

- Stretching and Warm Up – 5 minutes
- #1 – Skating Race (with Pivots – front-to-back and back-to-front) – 5 minutes
- #6 - Basic Race for the Ring – 10 minutes
- #3 – Shooting at Boards – 5 minutes
- Scrimmage - Remainder

Session 3

- Stretching and Warm Up – 5 minutes
- # 9 - Three Shot Drill– 5 minutes
- Scrimmage - Remainder

Mid-Level Tryout/Sort Out

Applies To: U12, U14B, U16B, U19B

Tryout Overview

- Mostly evaluation of hard skills, but some soft skills (game sense, positioning, intensity, strategy)
- Goal is to select team
- Coach is usually not identified at this point

Session 1	Session 2	Session 3	Session 4
<ul style="list-style-type: none"> • Drills: 80%-90% • Scrimmage: 10%-20% 	<ul style="list-style-type: none"> • Drills: 40%-60% • Scrimmage: 40%-60% 	<ul style="list-style-type: none"> • Drills: 10%-20% • Scrimmage: 80%-90% 	<ul style="list-style-type: none"> • Drills: 10%-20% • Scrimmage: 80%-90% • Exhibition game may replace drills and scrimmage

Session 1

- Stretching and Warm Up – 5 minutes
- #1 – Skating Race (forwards) – 5 minutes
- #20 – Lightning Drill – 10 minutes
- #13 - Skate the Circles (forwards) – 5 minutes
- Scrimmage- Remainder

Session 2

- Stretching and Warm Up – 5 minutes
- #2 - 4 Corner Skating (normal and stopping at each cone) – 10 minutes
- # 9 - Three Shot Drill – 10 minutes
- Scrimmage - Remainder

Session 3

- Stretching and Warm Up – 5 minutes
- #4 – Queen’s Corner – 10 minutes
- Scrimmage- Remainder

Session 4

- Stretching and Warm Up – 5 minutes
- #10 – Breakaway – 5-10 minutes
- Scrimmage- Remainder

Competitive Tryout

Applies To: U14A, U16A, U14AA

Tryout Overview

- Equal evaluation of hard and soft skills
- Goal is to select team
- Coach is almost always identified

Session 1	Session 2	Session 3	Session 4
<ul style="list-style-type: none">• Drills: 80%-90%• Scrimmage: 10%-20%	<ul style="list-style-type: none">• Drills: 40%-60%• Scrimmage: 40%-60%	<ul style="list-style-type: none">• Drills: 10%-20%• Scrimmage: 80%-90%• Note: depending on scheduling of exhibition game, this content may occur in Session 4	<ul style="list-style-type: none">• Exhibition game• Note: depending on scheduling, exhibition game may occur in Session 3

Session 1

- Stretching and Warm Up – 5 minutes
- #13 - Skate the Circles (facing far end of rink) – 10 minutes
- #20 – Lightning Drill– 10 minutes
- #18 - Channelling Drill – 5 minutes
- Scrimmage – Remainder (at least 10 minutes)

Session 2

- Stretching and Warm Up – 5 minutes
- #21 – Partner Passing (moving) – 5 minutes
- #7 - 2 Shot Drill – 10 minutes
- #4 – Queen’s Corner – 10 minutes
- Scrimmage – Remainder

Session 3

- Stretching and Warm Up – 5 minutes
- #15 – “5 on 0 and 3 on 2” drill – 10 minutes
- Scrimmage – Remainder

Session 4

- Exhibition Game

Elite Tryout

Applied To: U16AA, U19A, U19AA

Tryout Overview

- Mostly evaluating soft skills, players almost all have the hard skills
- Goal is selecting team
- Coach is always identified

Session 1	Session 2	Session 3	Session 4
<ul style="list-style-type: none">• Drills: 0%• Scrimmage: 100%	<ul style="list-style-type: none">• Drills: 0%• Scrimmage: 100%	<ul style="list-style-type: none">• Drills: 0%• Scrimmage: 100%• Note: depending on scheduling of exhibition game, this content may occur in Session 4	<ul style="list-style-type: none">• Exhibition game• Note: depending on scheduling, exhibition game may occur in Session 3

Session 1

- Stretching and Warm Up – 5 minutes
- Scrimmage – Remainder

Session 2

- Stretching and Warm Up – 5 minutes
- Scrimmage – Remainder

Session 3

- Stretching and Warm Up – 5 minutes
- Scrimmage – Remainder

Session 4

- Exhibition Game

Appendix A – Drill List and Evaluation Criteria

Stretching and Warm Up

#1 – Skating Race

- Speed
- Acceleration
- Backwards
- Pivots

#2 - 4 Corner Skating

- Speed
- Acceleration
- Backwards
- Transitions

#3 – Shooting at Boards

- Forehand
- Backhand

#4 – Queen’s Corner

- Aggressiveness
- Defending
- Scoring
- Checking
- Ring Protection

#5 - Race for the Ring 3

- Speed
- Aggressiveness
- Checking
- Scoring
- Transitions

#6 - Basic Race for the Ring

- Speed
- Aggressiveness
- Checking
- Scoring
- Turns

#7 - 2 Shot Drill

- Shooting Power
- Shooting Accuracy
- Deking

#8 - Sniper Shooting Drill

- Shooting Power
- Shooting Accuracy

9 - Three Shot Drill

- Shooting Power
- Shooting Accuracy
- Backhand

#10 – Breakaway

- Scoring

#11 - Novice Passing Drill

- Passing
- Stabbing
- Scoring

#12 – Stop on the Dots

- Stopping
- Speed

#13 - Skate the Circles

- Cross-overs
- Transitions

#14 – Warm up Drill

- Passing
- Stabbing
- Scoring

#15 - 5 on 0 and 3 on 2

- Game Sense
- Passing
- Stabbing

#16 – Circle 1v1 Drill

- Aggressiveness
- Ring Protection

- Checking

#17 - Defense Carry Drill

- Checking
- Ring Protection
- Passing
- Game Sense
- Scoring
- Defending

#18 - Channelling Drill

- Defending
- Scoring

#19 - 3 on 3

- Game Sense
- Aggressiveness
- Checking
- Ring Protection
- Playmaking
- Other

#20 - Lightning Drill

- Speed
- Stopping
- Acceleration
- Endurance

#21 - Partner Passing

- Passing
- Stabbing

#22 - Three Pass Drill

- Stabbing
- Passing

#23 - Advanced Three Pass Drill

- Stabbing
- Passing
- One Timers

#24 - 5 on 0 and 3 on 2 - Half Ice

- Game sense
- Passing
- Stabbing

Scrimmage

- Game Sense
- Aggressiveness
- Checking
- Ring Protection
- Playmaking
- Other