

WHY ?

Fundamental skills are essential to the practice and evolution of an athlete in the sport. The Ringette for Kids program helps youth to develop the motor skills needed for the sport.

Benefits of small area games include:

- Each player to spend more time with the ring, leading to improved ring control, passing and shooting skills
- More opportunities to apply practiced skills
- More opportunities to accelerate/decelerate and change directions reinforcing fundamental skating skills
- Smaller nets provide an appropriate challenge for skaters and goalies

By changing the format of games, we hope to also influence the way practices are run. In essence, we're changing the "test" games to better support development so that coaches who "teach to the test" will focus more on the right skills.

