

## OVERVIEW

<b>DURATION</b>	30 mins
<b>AGES</b>	6 - 8
<b>STAGE(S) OF ATHLETIC DEVELOPMENT</b>	FUNdamentals
<b>DEVELOPMENT FOCUS</b>	<b>Sport Specific Skills</b> Ringette: Skating, Passing, Receiving, Shooting, Goaltending

## RINGETTE CANADA SAFETY GUIDELINES

Good safety practices can reduce the risks of preventable injuries. A safe physical and emotional learning environment is essential if students are to learn while participating in movement activities.

### Physical Safety

1. Ensure all participants are wearing all required safety equipment.
2. Ensure proper fit of all safety equipment.
3. Ensure that playing area is clearly marked and free of obstructions.
4. Ensure that participants keep their sticks below knee height at all times.
5. Vigorously enforce no body contact rule.
6. Demonstrate proper use of equipment.
7. Teach, practice, and enforce a simple signal to stop all activity immediately in the event you identify a safety issue.
8. Check the condition of all equipment before each session. Make any repairs that are required, and replace equipment if required.
9. Mark out the game-play boundaries ahead of time by using tape, pylons or floor markings.

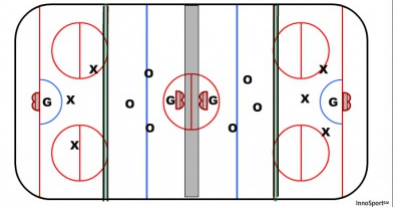
### Emotional Safety

1. Deliver well-planned, developmentally appropriate, game-play experiences.
2. Provide a supportive learning environment for those students who learn more slowly than others.
3. Adjust rules, teams and activities to ensure that all students have success.
4. Adopt and promote the True Sport approach to playing.

### Setup

#### Ice Surface

- Divide the ice surface into 2 sections (divide at centre line)
- Use ice markings for one goal & crease, centre other goal in the playing area, approx 1.5 meters in from the centre line.
- Either of the following can be used for goals: mini-nets or smaller nets
- For the goalie creases, use ice markings for one end and paint one using a bingo dabber or marker (approximately 1.8m radius) approximately 1.5m from the centre line.
- For the passing line, use current ringette line or paint one using a bingo dabber or marker approximately half way between nets.



#### Players Benches

- Main players benches can be used

### Safety

#### Required Equipment

1. CSA certified hockey helmet and ringette face protector
2. Neck guard (BNQ approved)
3. Elbow pads
4. Jersey
5. Gloves
6. Girdle/pelvic protection
7. Ringette pants
8. Shin pads
9. Skates
10. Ringette stick



#### Game Structure

**Team Size:** Approximately 12 (divided into groups of 4 or 5)

**Game Format:** 4 on 4 (or 5 on 4 or 5 on 5)

**Goalie Crease:** use ice markings for one end and paint one (approximately 1.8m radius) approximately 1.5m from the centre line.

**Player Positions:** Rotating Goalie (every shift or a max of 3 shifts at a time; Goalie's to use youth size goalie stick as only form of specialized equipment)

**Game Duration:** 30 minutes

**Time keeping:** Run time

**Score keeping:** Yes

**Net Size:** Mini-Net / Smaller net

**Ice Size:** Half-ice

**Officials:** Level 1

### Starting Play

#### Start of Game

- Rock, Paper, Scissor to determine which team starts with the ring
- The winning team starts with the ring in their half
- Defending team retreats to their half of the ice surface

#### After Goal

- Coach gives to ring to a player who must pass to a teammate
- Defending team retreats to their half of the ice surface

### Playtime and Shifts

- All players receive equal playing time
- Shift change occurs every 3 minutes



#### Coaching Notes

Create parameters so that all players touch the ring on each shift.



#### Piloting Notes

During pilot phase, please make note of the following:

- Actual game length
- Number of players on each team
- Shift length - experiences with different shift lengths
- Players benches
- Happy face survey at end of each game



#### Game Progression

Add the following Official Game Rules to make this game format more challenging for participants who have the ability.

1. Create an additional passing passing line (where indicated in blue) to give the appearance of 2 "blue lines" to further the concept of passing, and introduce the blue line rules of the game.
2. Begin to introduce positions (forward, defense) and explain what their primary role is.—Let children explore this role in this game format so they have a good grasp of this before more zones are introduced.

