

## OVERVIEW

<b>DURATION</b>	50 mins
<b>AGES</b>	5 - 9
<b>MILES RATING</b>	2.05
<b>STAGE(S) OF ATHLETIC DEVELOPMENT</b>	FUNdamentals (Age 6-9)
<b>SKILL LEVEL</b>	Beginner
<b>DEVELOPMENT FOCUS</b>	<b>Sport Specific Skills</b> Ringette: "T" Start, Agility, Balance, Basic Stance, Skating, Snowplow Stop
<b>SPORT(S)</b>	Ringette
<b>EQUIPMENT</b>	Pylons, Ringette Rings, Ringette Stick
<b>ENVIRONMENT</b>	Ice rink

### FUNdamentals - Technical and Tactical Goals

- Informal competitions in small spaces (cross-ice) and modified games only Introduce and develop foundational skating skills
- Players are taught Gameplay using a variety of territory games and invasion games (Teaching Games for Understanding - TGfU) with partners and teammates learning skills such as attacking together to score and defending together.
- Program requires that all players try all positions, including goaltender

All FUNdamentals practices should include:

- A warm-up period
- Activities and games to develop skills
- A cool down – in the form of a fun game
- Wrap up – Review of skills and a team cheer
- Players at all levels must be mentally engaged in order to best acquire new skills.
- Practices should focus on skill repetition in a games' format.
- If the skills repetition is hidden in the form of a game, children are capable of extended periods of focused effort.
- Play and FUN are the key to emotional engagement in the skills repetition.
- Should coach and participant numbers allow, the activities and games can be done in stations to maximize activity time of participants.

- Keep activity level high to maximize the quality of learning of your practice
- Minimize explanation, demonstration and setup time

# 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.

## INTRODUCTION

5 mins

### Introduction

🕒 5 mins

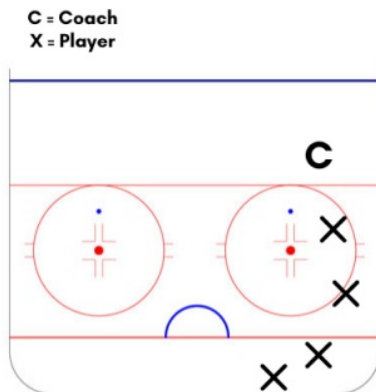
- Coaches introduce themselves
- Outline practice rules or guidelines players are expected to follow
- Explain any signals or whistles that will be used throughout the session
- Explain safety rules

## WARM-UP

5 mins

## ■ Follow the Leader

🕒 5 mins



## 🔧 Setup

- A coach is designated as the leader.
- Participants will line up behind the leader.

## 🛡️ Safety

- Ensure participants keep their heads up while skating to avoid potential collisions.

## Instructions

- The participants will skate around the ice surface following the leader and completing the same motions as the leader.
- The drill can include:
  - T-pushes.
  - Gliding on one foot or both feet.
  - Falling and getting back up.
  - Log rolls.
  - Snow queen slides.
  - Forward skating with the focus on long strides.
  - Backwards skating motions.
  - Edges - Pizzas and Cowboys.
- The more creative and animated you are, the more fun the participants will have.

## 📐 Progression

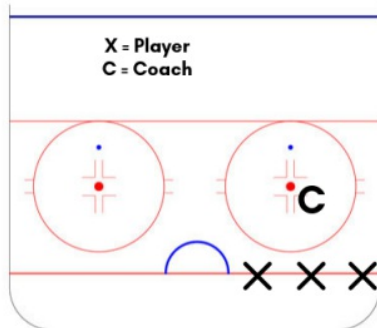
- Have participants take the lead throughout the warm-up

## SKILL LESSONS &amp; ACTIVITIES

35 mins

## ■ Down and Up

🕒 5 mins



## 🔧 Setup

- Space players out evenly in a horizontal line.

## 🛡️ Safety

- Ensure players keep their heads up while skating to avoid potential collisions.

## Instructions

- Introduce the basic steps of how to stand back up after falling down.
- Get players to practice falling and getting back up.

## 👁️ Key Teaching Point

- Get to knees, one leg up, and use stick as stability point to stand back up.

## ■ Basic Stance

🕒 5 mins

### 🛡️ Safety

- Ensure players are spaced far enough apart.



### Instructions


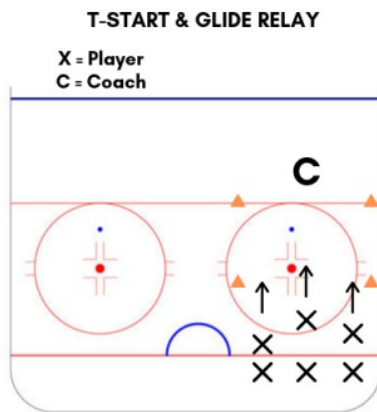
- Coach to introduce (or review) the basic stance and demonstrate.
- Experiment with stability provided in improper stances by gently pushing on players with straight knees, feet together, etc.

### 👁️ Key Teaching Points - Basic Stance

- Knees bent, bum down, back straight, head up.
- Two hands on stick.
- Feet shoulder width apart.
- Weight over balls of feet.

## ■ T-Start and Glide Relay

 Pylons

 5 mins


### Setup

- Introduce and/or review T-Start and 2 foot glide.
- Divide players into equal groups.
- Line groups up on the goal line.
- Ensure there is one cone marking the ringette line and another cone halfway between the goal line and ringette line.

### Safety

- Ensure participants keep their heads while skating to avoid collisions.
- Ensure players are spaced far enough apart.

## Instructions

- One player from each group goes at a time.
- Players will start at the goal line in a T-Start.
- Player will then push off their back foot and glide on both feet until they reach the first cone.
- Once they reach the first cone, players must drop to their knees and get back up before reaching the final cone.
- Once the player has reached the final cone at the ringette line, the next player in their group may start.
- The first group to finish the relay wins.

### Key Teaching Points - T-Start

- Make a "T" using your skates.
- Hard push using back blade.

### Key Teaching Points - Two Foot Glide

- Maintain basic stance while gliding.
- Equal pressure on both feet.
- Both knees bent.



## ■ Snowplow Stop

⌚ 5 mins



### 🔧 Setup

- Line up participants on the goal line.

### 🛡️ Safety

- Ensure participants keep their heads up while skating to avoid collisions.
- Ensure participants are spaced evenly apart.

## Instructions

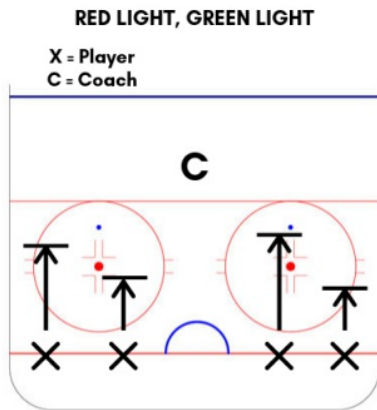
- Coach to introduce and demonstrate the basics of the stop.
- Players start skating forward and complete the snowplow stop on the sound of the coach's whistle.

## 👁️ Key Teaching Points - Snowplow Stop

- Knees bent.
- Push outward with inside edges of skates.
- Toes point in, heels point out.
- Maintain equal pressure on both feet.

## Red Light, Green Light

🕒 5 mins



### 🔧 Setup

- Line players up on the goal line facing the caller.
- Designate player to be the caller or have the coach be the caller.

### 🛡️ Safety

- Ensure players keep their heads up while skating to avoid potential collisions.

### Instructions

- Participants line up on the goal line.
- When the coach yells green light, participants skate forward.
- When the coach yells red light, participants must stop using the snowplow stop.
- Once all participants have reached the blue line, repeat the drill towards the goal line.

### Key Teaching Points - Snowplow Stop

- Knees bent.
- Push outward with inside edges of skates.
- Toes point in, heels point out.
- Maintain equal pressure on both feet.

### 📐 Progression

- Participants must carry a ring with them throughout the game.
- Players can try parallel stop rather than snowplow stop.

## Cross-Ice Mini Game

🕒 10 mins

### 🔧 Setup

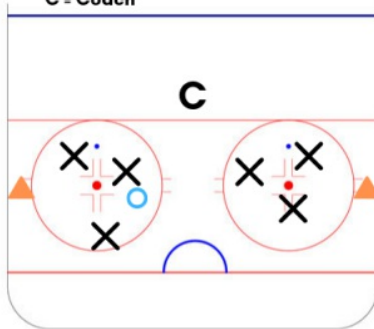
- Split participants into two equal teams.
- Place a smaller ('right-size net') or pylon at each end of the playing area to act as the 'net'.

### 🛡️ Safety

- Remind participants keep their heads up while skating to avoid collisions.

**3v3 CROSS-ICE GAME**

X = Player  
C = Coach

**Instructions**

- Two groups play 3v3 cross-ice mini game.
- A team scores by getting the ring in the net or hitting the pylon with the ring.

**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 a Goal**

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

**Key Teaching Points**

- The emphasis should be on team play, passing and understanding the basic concept of "trying to score goals" and "trying to stop the other team from scoring goals".
- The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.

**Note**

- Make sure all players receive equal playing time.
- Shift change can occur every 2 minutes if necessary.

**1 Progression**

- Have a fourth player on each team try playing goalie.
- Players can use a goalie stick but should not use other goalie equipment.
- Ensure all players have a turn trying out the position.

**2 Progression**

- Implement the use of a passing line (either using existing ice markings or drawing the line).

## COOL-DOWN

5 mins

### ■ Hit the Skate

🕒 5 mins



#### 🔧 Setup

##### Setup

- Give each player a ring.

#### 🛡️ Safety

##### Safety

- Remind participants keep their heads up while skating to avoid collisions

### Instructions

- All participants skate around with a ring and try to hit the skate of one of the coaches.
- When a coach is hit, they must crouch down as they are out of the game.
- The goal of the game is to hit all of the coaches' skates.
- Repeat this drill if time allows.