

OVERVIEW

DURATION	50 mins
AGES	6 - 9
MILES RATING	2.33
STAGE(S) OF ATHLETIC DEVELOPMENT	FUNdamentals (Age 6-9)
SKILL LEVEL	Beginner, Intermediate
DEVELOPMENT FOCUS	Sport Specific Skills Ringette: Agility, Defensive Ringette, Offensive Strategies, Ringhandling
SPORT(S)	Ringette
EQUIPMENT	Nets, Pylons, Ringette Rings, Ringette Stick
ENVIRONMENT	Ice rink

FUNdamentals - Technical and Tactical Goals

- 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

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

FUN = Learning

- 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.

Notes

- 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

Introduction

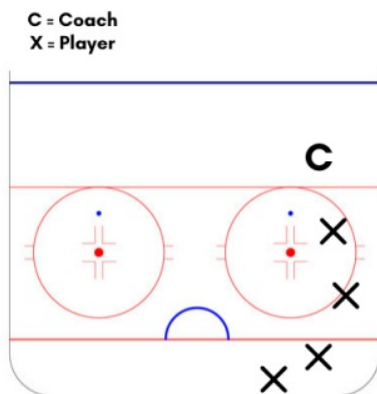
- Coaches introduce themselves
- Outline practice rules or guidelines players are expected to follow
- Explain any signals or whistles that will be used throughout the session
- Explain safety rules

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

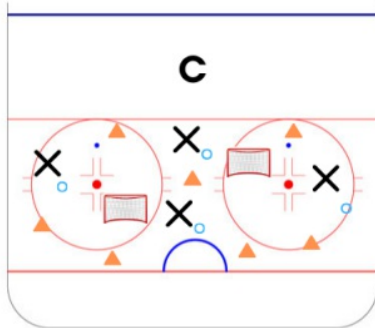
SKILL LESSONS & ACTIVITIES

40 mins

■ Chaos

Nets, Pylons, Ringette Rings, Ringette Stick

⌚ 5 mins

C = Coach
X = Player

🔧 Setup

- Create boundaries for the game using pylons or existing ice markings.
- Spread obstacles (nets, rings, cones) out within the playing space.
- Ensure each player has a ring.

🛡️ Safety

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

Instructions

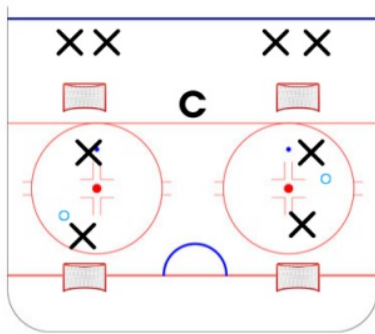
- The coach starts the activity by blowing the whistle.
- Participants will skate around the obstacles with a ring and avoid other participants.
- There is no set pattern for them to follow but encourage them to try to skate around as many obstacles as possible.

👁️ Key Teaching Points - Ring Protection

- Keep two hands on the stick.
- Keep head up.
- Keep ring close to the body.
- Position body between ring and checker (or obstacle).

1 vs 1 Mini Game

C = Coach
X = Player



 Nets, Ringette Rings, Ringette Stick

 10 mins

Setup

- Divide the participants up into two equal lines.
- Place nets or cones to create two playing surfaces (see picture for example).
- Place a ring in the middle of each playing surface.


Safety

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

Instructions

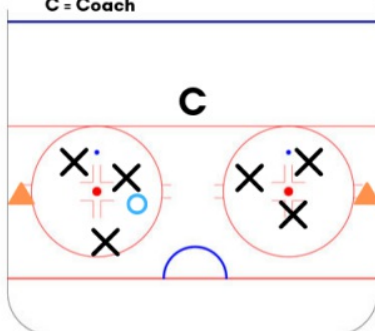
- The coach starts the activity with a whistle.
- The first two players from each line will play against each other on one side and the second players from each line will play each other on the other.
- The two groups will play a mini 1v1 game at the same time.
- Each game will last 30 seconds.
- The coach will whistle to signal the end of each game and four new players will take their place and start to play.

Cross-Ice Mini Game

 25 mins

3v3 CROSS-ICE GAME

X = Player
C = Coach



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.

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

■ Capture the Gold

🏏 Pylons, Ringette Rings

🕒 5 mins

🔧 Setup



- Split the participants up into two equal teams.
- Participants do not need to use their sticks and can place them aside safely.
- Designate a 'gold area' at opposite ends of the playing area for each of the teams using pylons and place an equal amount of rings in each area.

🛡️ Safety

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

Instructions

- On the whistle, teams must try and capture the other teams' gold (the rings) and bring it back to their 'gold area'.
- If a player with gold in their hands is tagged by an opponent, the gold must be returned.
- Participants are not allowed to guard the 'gold area' - they must be 1-2 m away.
- Gold areas are considered safe zones, participants cannot be tagged.
- The team with the most gold at the end wins.