

OVERVIEW

DURATION	50 mins
AGES	6 - 9
MILES RATING	2.33
STAGE(S) OF ATHLETIC DEVELOPMENT	FUNdamentals (Age 6-9)
SKILL LEVEL	Beginner
DEVELOPMENT FOCUS	Sport Specific Skills Ringette: Agility, Balance, Passing, Receiving, Skating, Snowplow Stop
SPORT(S)	Ringette
EQUIPMENT	Cones, Pylons, Ringette Rings, Ringette Stick
ENVIRONMENT	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

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

Practice #2 (FUN1)

Sample practice plan for week two of the FUNdamentals 1 stage of Children's Ringette.

- 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

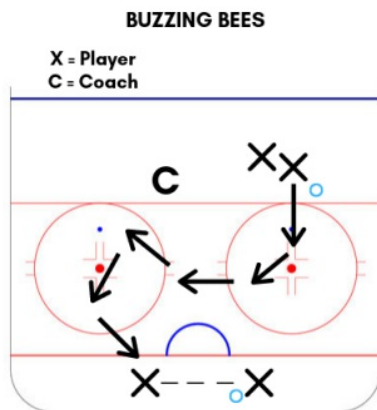
- Coaches introduce themselves
- Outline practice rules or guidelines players are expected to follow
- Explain any signals or whistles that will be used throughout the session
- Explain safety rules

WARM-UP

5 mins

■ Buzzing Bees

⌚ 5 mins



🔧 Setup

- Pair up participants.

🛡️ Safety

- Remind players to keep heads up when skating to avoid collisions.

Instructions

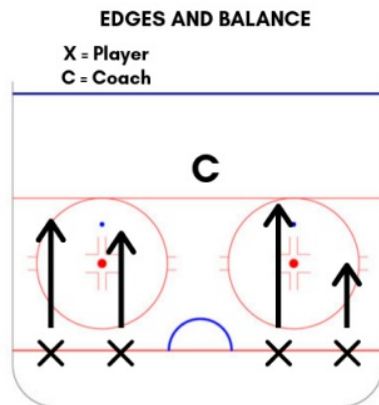
- Participants will work in pairs with one ring.
- Participant A will start with the ring and skate around the ice surface.
- Participant B must follow A around as closely as possible.
- The goal is not to steal the ring, but to become A's shadow.
- When the whistle blows, participants stop and pass the ring back and forth with their partner.
- They should be completing short passes.
- On the second whistle, B skates away with the ring with A shadowing.
- This process is repeated for the duration of the warm-up.

SKILL LESSONS & ACTIVITIES

35 mins

■ Edges and Balance

🕒 5 mins



🔧 Setup

- Line participants up on the goal line.

🛡️ Safety

- Ensure players are spaced far enough apart.

Instructions

Participants will skate from red line to free play line using the following techniques:

- Tip toes (walking).
- Heels (walking).
- Forward C-cuts.

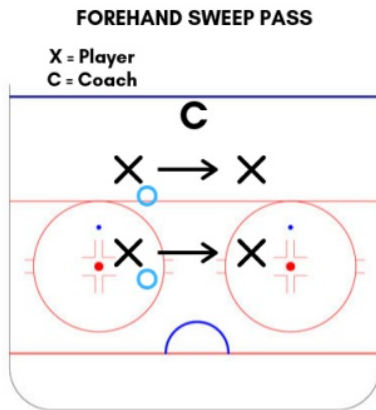
Have participants try each technique twice.

👁️ **Key Teaching Points - Edges**

- It is important to emphasize that the participants feel the edges of their skates while completing this drill. Use the following comparisons to help the participants understand the concepts:
 - Slice of pizza = inside edge (*Place feet in a 'pizza' slice shape (toes in, triangle shape) to feel inside edges.*)
 - Cowboys = Outside edge (*The sensation one gets when placing both feet on the outside edges of the skate will resemble that of the bow legs of a cowboy.*)

Forehand Sweep Pass

⌚ 5 mins



Setup

- Pair up participants.

Safety

- Ensure pairs are spaced far enough apart.

Instructions

- Coach to introduce and demonstrate the basics of the sweep pass.
- Participants work in pairs, passing the ring back and forth from a distance of 1-2m.

Key Teaching Points - Forehand Sweep Pass

- Proper grip - top hand pushes in, bottom hand pushes out.
- Body parallel to target, ring starts at the back skate and is brought to the front skate where it is released (half moon motion with stick).
- Transfer weight from back foot to front foot.
- Follow through - point at target with stick upon release.

Key Teaching Points - Receiving

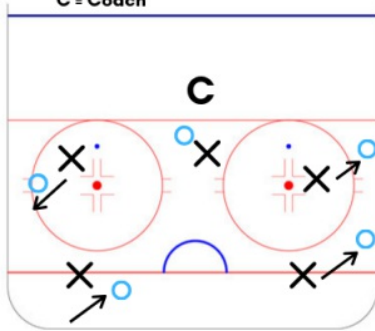
- Call for the ring.
- Follow the end of your stick with your eyes into the centre of the ring as it approaches.
- Use skates to stop the ring if it is missed.

Forehand Sweep Pass (In Motion)

🕒 5 mins

FOREHAND SWEEP PASS (IN MOTION)

X = Player
C = Coach



🔧 Setup

- Ensure every participant has a ring.

🛡️ Safety

- Ensure pairs are spaced far enough apart.

Instructions

- Participants skate around the boards with a ring.
- While skating, participants practice passing the ring off the boards and picking it back up again.

👁️ Key Teaching Points - Forehand Sweep Pass

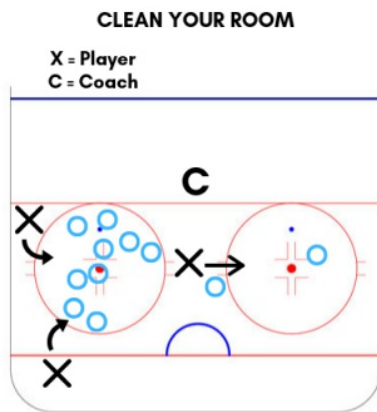
- The ring should complete a half moon pattern on the ice as they bring the ring back and propel it forward.
- The passing motion should end with the stick pointing toward the target.

👁️ Key Teaching Points - Receiving

- Call for the ring.
- Follow the end of your stick with your eyes into the centre of the ring as it approaches.
- Use skates to stop the ring if it is missed.

■ Clean Your Room

🕒 5 mins



🔧 Setup

- Coach scatters all rings around the playing area.

🛡️ Safety

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

Instructions

- Participants must pick up all the rings and bring them back to the designated area (free pass circle) using their stick.

👁️ Key Teaching Points

- Two hands on their stick.
- Head up.

■ Stops and Starts (With a Ring)

⌚ 5 mins



🔧 Setup

- Set up 4 or 5 cones in a zigzag pattern along the boards between the goal line and the blue line.
- Line players up in the corner.
- Each player should have a ring.

🛡️ Safety

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

Instructions

- Players start in the corner with a ring.
- When the coach gives the signal, one player at a time will skate through the pylons, making a complete stop at every pylon.
- Players will skate around the last pylon and head towards the net.
- Players can then take a shot on net before returning to the back of the 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.

Key Teaching Points - Parallel Stop

- Keep knees bent.
- Turn head in direction of stop, followed by shoulders and hips (skates will follow).
- Push outward with equal pressure on both feet - make sure they do not drag follow up foot.
- Feet should be shoulder width apart - look for feet too close together or too far apart.

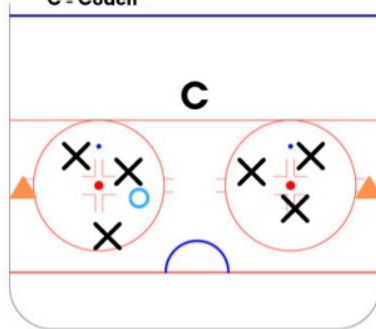
📐 Progressions

- Players can try parallel stop rather than snowplow stop if they are ready.
- Coaches can place target in the net for players to aim at or use a goalie

■ Cross-Ice Mini Game

⌚ 10 mins

🔧 Setup

3v3 CROSS-ICE GAMEX = Player
C = Coach

- 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**

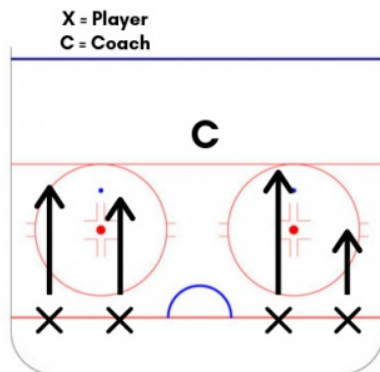
- Implement the use of a passing line (either using existing ice markings or drawing the line).

COOL-DOWN

5 mins

■ Superhero Slides

🕒 5 mins



🔧 Setup

- Line players up on the goal line.

🛡️ Safety

- Ensure players are spaced far enough apart to avoid collisions.

Instructions

- On the whistle, players start skating forwards as hard as they can.
- Once they reach the free play line, players will dive onto their bellies and slide as far as they can with arms extending out in front of them.



Modification

- Same as above, except while sliding on the ice, players roll like a log, keeping control of their body (and stick) then get up as quickly as possible.