

## OVERVIEW

<b>DURATION</b>	50 mins
<b>AGES</b>	6 - 9
<b>MILES RATING</b>	1.87
<b>STAGE(S) OF ATHLETIC DEVELOPMENT</b>	FUNdamentals (Age 6-9)
<b>SKILL LEVEL</b>	Beginner, Intermediate
<b>DEVELOPMENT FOCUS</b>	<b>Sport Specific Skills</b> Ringette: Agility, Balance, Passing, Receiving, 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

### 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

2 mins

### Introduction

🕒 2 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

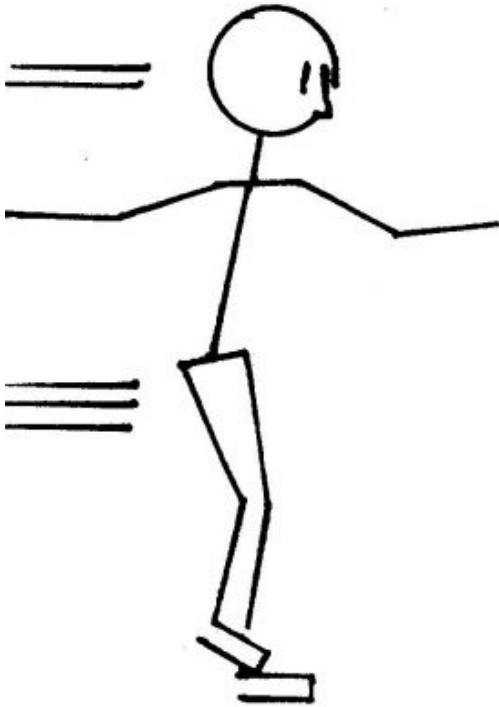
8 mins

## Instructions

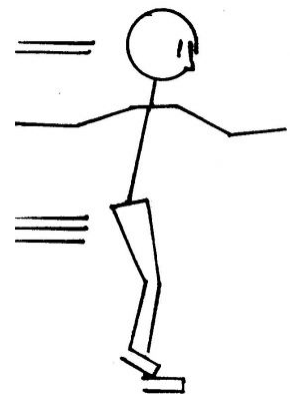
- Divide players into equal groups and ensure groups are spaced far enough apart.
- Line groups up on the goal line.
- One player from each group goes at a time.

## ■ Push and Glide (3.5.1)

⌚ 2 mins



- Push off the inside edge of one foot and then glide for 3 counts.
- Continue the length of the ice, alternating feet and concentrating on full extension in each push.



- Repeat the drill but gradually decrease the gliding time so that it ends up being slow motion continuous striding.

### ■ Knee Drop (3.15.1)

⌚ 2 mins

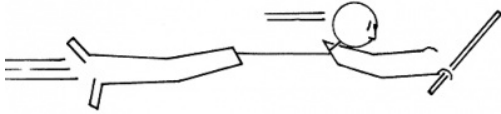
- Standing in their own space, players drop to their knees (using their hands to break the fall) and get back up again as quickly as possible.
- Then players do the same while skating - dropping at each blue line and getting up and skating again.



- This drill can also be done with players only touching one knee to the ice at a time while skating.

### ■ Snow Queen (3.15.2)

⌚ 2 mins



- Players start on the goal line and skate forward the length of the ice.
- At the first blue line, they dive forward under control and slide on their stomach (with their stick directly out in front - if carrying one).
- Then they get up as quickly as possible.



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

### ■ Lengthen Strides (3.5.2)

⌚ 2 mins

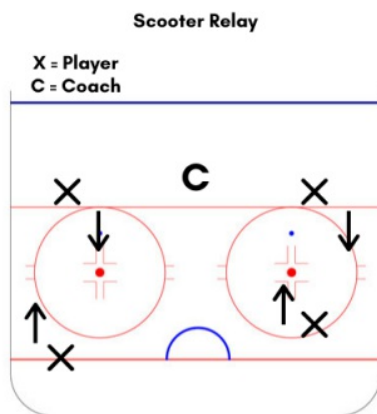
- Skating the length of the ice, start off with short, quick strides and gradually increase to long, powerful strides.

## SKILL LESSONS &amp; ACTIVITIES

35 mins

## ■ Scooter Relay

🕒 5 mins



## 🔧 Setup

- One partner begins the relay on the goal line.
- The other partner starts on the ringette line.

## 🛡️ Safety

- Ensure participants keep heads up while skating to avoid collisions

**Instructions**

- The participant on the goal line must make their way to their partner while balancing on one foot and pushing with the other.
- Once they reach the free play line, their partner must make their way to the goal line using the same technique.
- The relay is then repeated while balancing on the other foot.

👁️ **Key Teaching Point - Gliding on one foot**

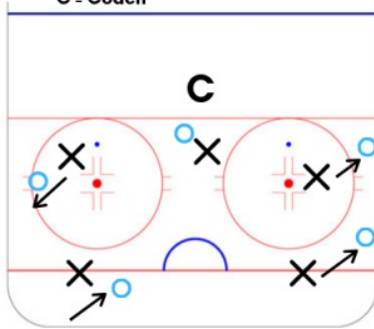
- Use the example of pushing forward on a skate board to explain the skating technique to the participants.

## ■ 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.



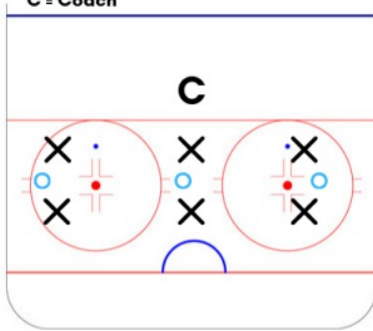
## 1 v 1 Sweep Checking (Introduction)

Ringette Rings, Ringette Stick

5 mins

### 1 V 1 SWEEP CHECKING (INTRODUCTION)

X = Player  
C = Coach



### Setup

- Pair up participants.
- Each pair needs one ring.
- Space pairs out evenly.

### Safety

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

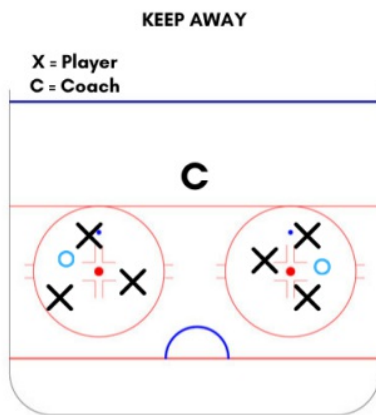
## Introduction


- One partner will be designated as the the ring carrier; the other will be the checker.
- The ring carrier stands still with the ring in the basic stance position.
- The checker has 4-5 turns to perform the checking motion.
- The roles are reversed and the drill is repeated.

## Key Teaching Points - Sweep Check

- Position body facing opponent.
- Sweep stick across the body from one side to the other.
- Contact is made where the opponent's stick meets the ring.
- Follow through with motion.
- The checking motion should resemble a slicing motion and not a lifting motion.

## ■ Keep Away



 Ringette Rings, Ringette Stick

 5 mins

## Setup

- Group participants in groups of 2 to 4 players.
- Each group needs one ring.
- Use the free pass circles to create boundaries for the game.
- Depending on the size of your groups and the ice you have available, you may need to create additional areas with pylons.

## Safety

- Ensure participants keep their heads up while skating to avoid collisions.
- Ensure participants keep their sticks at a safe height.

## Introduction

- One player in each group starts with the ring.
- When the coach signals, the player with the ring must try to avoid the other player(s) who are trying to check them.
- If a player successfully checks the ring away, they then try to protect the ring from the other player(s) who becomes the checker.

## Key Teaching Points - Sweep Check

- Position body facing opponent.
- Sweep stick across the body from one side to the other.
- Contact is made where the opponent's stick meets the ring.
- Follow through with motion.
- The checking motion should resemble a slicing motion and not a lifting motion.

## Key Teaching Points - Ring Protection

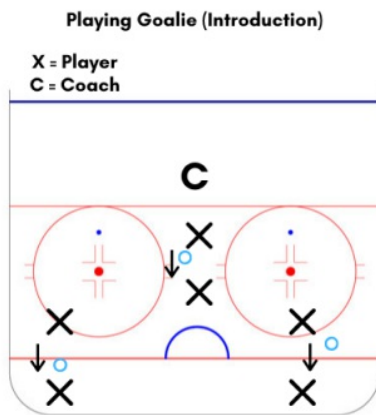
- Proper grip.
- Keep ring close to body and position body between ring and checker.
- Keep head up.

## Modifications

- Adjust the size of the groups based on the skill level of participants (i.e. start with 1 v 1 checking for beginners).

## ■ Playing Goalie

⌚ 5 mins



### 🔧 Setup

- Have players set up in partners.
- Ensure pairs are spaced out.

### 🛡️ Safety

- Ensure players are spaced far enough apart.

## Instructions

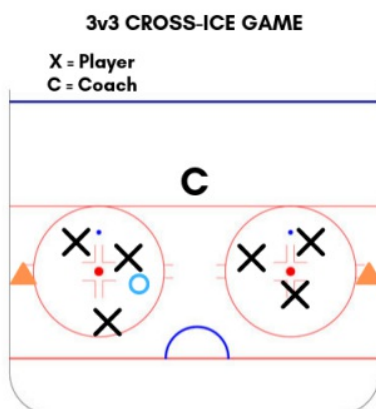
- One partner will be the 'goalie' and the other partner will be shooting.
- Have the player who is shooting to shoot on the ice and aim for the 'goalies' feet.
- The 'goalie' player will practice dropping to her knees to stop the ring.

## 👁️ Key Teaching Points - Goalie Basic Stance

- Feet comfortably apart for balance and mobility.
- Knees bent, weight slightly forward resting on the balls of feet.
- Glove hand in 'ready' position; arm extended out to the side, glove hand half way between knee and shoulders.

## ■ 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.

## 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

## ■ Sharks and Fish

🕒 5 mins

 Setup

- Create boundaries for the game using pylons or existing ice markings.
- Sticks can be placed outside the playing area.
- Designate one or two players to be the "sharks" or taggers.
- The rest of the players are the "fish".

 Safety

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

**Instructions**

- The coach starts the game by blowing the whistle.
- The fish must skate from one end to the other without being tagged.
- If a fish gets tagged, they become a shark too.
- The game continues all of the players are tagged and become sharks.