

OVERVIEW

DURATION	50 mins
AGES	6 - 9
MILES RATING	1.87
STAGE(S) OF ATHLETIC DEVELOPMENT	FUNdamentals (Age 6-9)
SKILL LEVEL	Beginner, Intermediate
DEVELOPMENT FOCUS	Sport Specific Skills Ringette: Agility, Balance, Passing, Receiving, Skating, Snowplow Stop
SPORT(S)	Ringette
EQUIPMENT	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

- 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

■ Frozen Tag

🕒 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 multiple players to be the taggers or "IT".



🛡️ Safety

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

Instructions

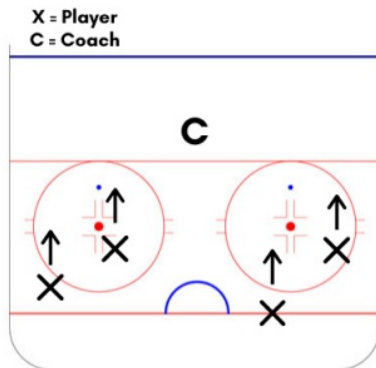
- The coach starts the game by blowing the whistle.
- Players skate around in the playing area and try to avoid being tagged by the taggers.
- When a player gets tagged they must stand still (frozen) until a teammate touches them to become free or unfrozen again.

SKILL LESSONS & ACTIVITIES

40 mins

■ Forward C-Cuts

🕒 5 mins



🔧 Setup

- Players start on the goal line facing the coach.
- Space players apart.

🛡️ Safety

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

📖 Instructions - One Foot Sculling

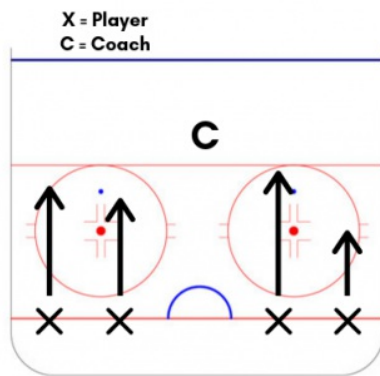
- Players start in a basic stance.
- Pushing with one foot only, make semi circles or "C-cuts" down the length of the ice without lifting the feet off the ice.
- Return using the opposite foot.

👁️ Key Teaching Points - C-Cuts

- Knees bent.
- Keep weight on starting foot.
- Make a full extended "C" with skating foot with a focus on cutting the ice.
- Return skating foot underneath body .

⌚ 5 mins

■ Backwards March



🔧 Setup

- Players start on the goal line facing the near end boards.
- Space players apart.

🛡️ Safety

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

📖 Instructions

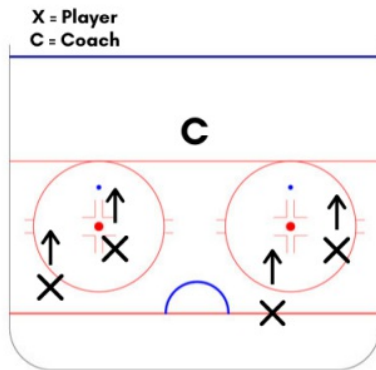
- Players start in a snowplow stop position.
- Players then march backwards from the goal line to the ringette line.

👁️ Key Teaching Points - Backwards March

- Knees bent .
- Head up and looking over shoulder.
- Pick up both feet, alternating between the left and right.

■ Backwards Sculling

🕒 5 mins



🔧 Setup

- Players start on the goal line facing the near end boards.
- Space players apart.

🛡️ Safety

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


Instructions - One Foot Sculling


- Players start in a basic stance.
- Pushing with one foot only, make semi circles or "C-cuts" down the length of the ice without lifting the feet off the ice.
- Return using the opposite foot.

👁️ Key Teaching Points - C-Cuts

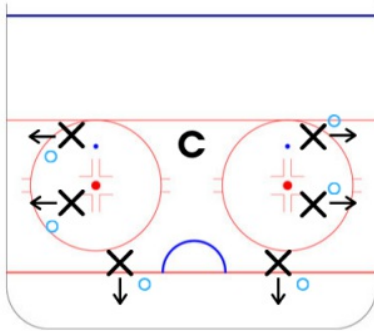
- Knees bent.
- Keep weight on starting foot.
- Make a full extended "C" with skating foot with a focus on cutting the ice.
- Return skating foot underneath body.

■ Backhand Passing - Introduction

 Ringette Rings, Ringette Stick

 5 mins

X = Player
C = Coach



Setup

- Participants will work as individuals.
- Space participants out evenly along the boards.

Safety

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

Instructions

- Coach will first demonstrate the backhand pass.
- On their own, each participant will complete 10-15 stationary backhand passes off the boards.

Progression - In Motion

- Participants skate along the boards completing backhand passes while in motion.

Key Teaching Points - Backhand Passing

- Proper grip - back of the bottom hand facing the target.
- Ring is brought from back foot to front foot with sweeping motion across the body.
- Weight transfer from back foot to front foot.
- Follow through after release and point stick at target.

■ 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.

■ Pass, Receive and Shoot

 Pylons, Ringette Rings, Ringette Stick

⌚ 5 mins



🔧 Setup

- Place a pylon just above the ringette line and one of the free pass circles.
- Line participants up in the corner.
- Ensure each participant has a ring.
- One coach must stand at the top of the free pass circle.

🛡️ Safety

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

Instructions

- Players start lined up in the corner with a ring.
- When the coach signals, the player starts skating and passes the ring to the coach standing stationary.
- The player continues and skates around the pylon and heads towards the net.
- The player will receive a pass back from the coach before they reach the net.
- The player must then stab the ring and take a shot on net.

👁️ Key Teaching Points - Forehand Sweep Pass

- Body parallel to target.
- Ring starts at back foot and is brought forward and released at front foot.
- Transfer weight from back foot to front foot.
- Ensure proper follow through with stick pointing at 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.

👁️ Key Teaching Points - Forehand Sweep Shot

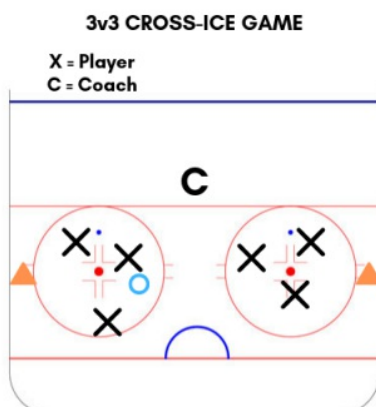
- Body parallel to target.
- Ring starts at back foot and is brought forward and released at front foot.
- Transfer weight from back foot to front foot.
- Ensure proper follow through with stick pointing at open area of the net.

📐 Progressions

- Have players use their backhand passes.
- Have players practice using their backhand flip shots.

■ 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

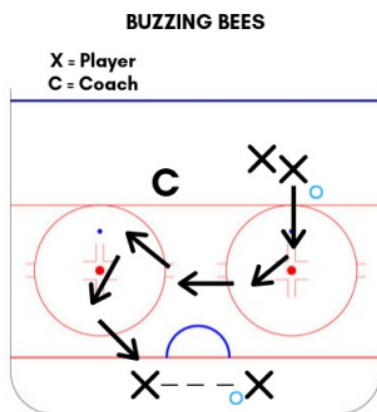
- Implement the use of a passing line (either using existing ice markings or drawing the line).

COOL-DOWN

5 mins

■ 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.