

OVERVIEW

DURATION	48 mins
AGES	6 - 9
MILES RATING	0.93
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

Practice #5 (FUN1)

Sample practice plan for week five 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

Introduction

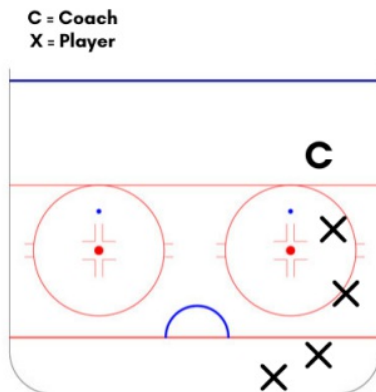
- Coaches introduce themselves
- Outline practice rules or guidelines players are expected to follow
- Explain any signals or whistles that will be used throughout the session
- Explain safety rules

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

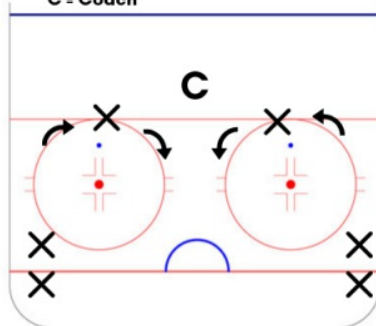
SKILL LESSONS & ACTIVITIES

38 mins

■ Forward Crossover Progression (Step One)

🕒 3 mins

FORWARD CROSSOVER PROGRESSION

X = Player
C = Coach

🔧 Setup

- Line participants up at the edge of one of the free pass circles.

🛡️ Safety

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

Instructions - One Foot

- Introduce or review the "lollipop motion" or C cut.
- Participants skate around the circle using the 1/2 lollipop motion with the outside foot.
- Repeat this drill in the opposite direction (changing the stable foot).

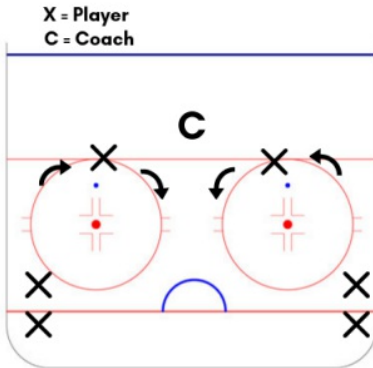
👁️ Key Teaching Points - Lollipop Motion (C-Cut)

- Place feet in V-formation with heels together.
- Perform a C cut with both feet at the same time and then glide on both feet.
- The C cut motion would create a circular pattern on the ice (top of lollipop) and the gliding motion a straight line (the stick).
- They should be trying to make a sound with their skates during the C cut motion and maintain balance during the gliding motion.

■ Forward Crossover Progression (Step Two)

🕒 5 mins

FORWARD CROSSOVER PROGRESSION



🔧 Setup

- Line participants up at the edge of one of the free pass circles.

🛡️ Safety

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

Instructions - Both Feet

- Participants skate around the circle using the 1/2 lollipop motion or C cut with the outside foot
- Following the C cut, the outside foot should continue the motion to bring foot ahead of the other foot.
- Keep the laces of the skate in the front.

👁️ Key Teaching Points - Lollipop Motion (C-Cut)

- Place feet in V-formation with heels together.
- Perform a C cut with both feet at the same time and then glide on both feet.
- The C cut motion would create a circular pattern on the ice (top of lollipop) and the gliding motion a straight line (the stick).
- They should be trying to make a sound with their skates during the C cut motion and maintain balance during the gliding motion.

■ 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

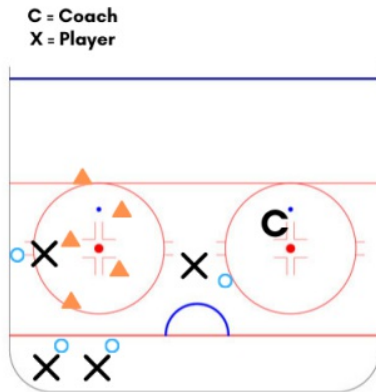
- Keep knees bent.
- Turn head in direction of stop, followed by shoulders and hips (skates will follow).
- Push outward with equal pressure on both feet - make sure they do not drag follow up foot.
- Feet should be shoulder width apart - look for feet too close together or too far apart.

📐 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

■ Ringhandling Obstacle Course

⌚ 5 mins



🔧 Setup

- Place cones in a zigzag pattern.
- Line participants up in the corner.

🛡️ Safety

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

Instructions

- One at a time, player will skate through the obstacle course while carrying a ring.
- Players should try to 'protect the ring' from the pylons as if they were defenders.
- Once they have skated around the last pylon, players can take a shot on the net.

👁️ Key Teaching Points - Ring Protection

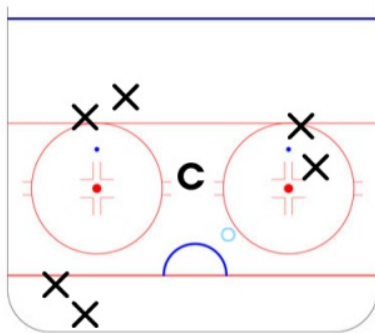
- Keep two hands on the stick.
- Keep head up.
- Keep ring close to the body.
- Position body between ring and checker (or obstacle).

1 v 1 Sweep Checking (In Motion)

Ringette Rings, Ringette Stick

5 mins

C = Coach
X = Player



Setup

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

Safety

- Ensure players are spaced far enough apart to avoid collisions.
- Have players all skate the same direction or designate areas for each pair to avoid collisions.

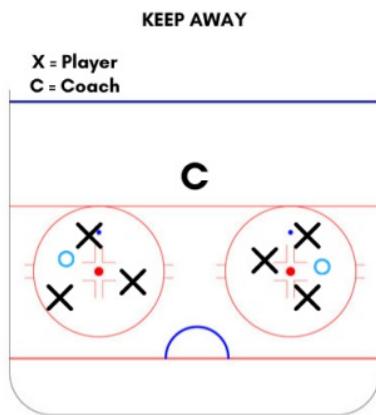
Introduction


- One partner will be designated as the the ring carrier; the other will be the checker.
- The ring carrier skates forward, while the checker skates backward as the pair moves around the ice.
- 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

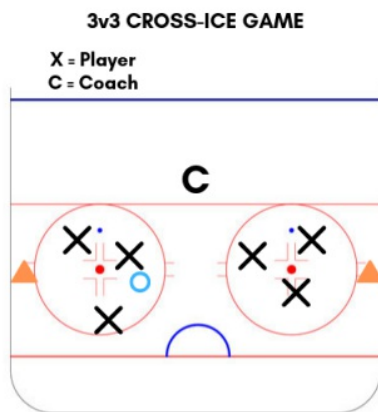
- Proper grip.
- Keep ring close to body and position body between ring and checker.
- Keep head up.

Modifications

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

⌚ 10 mins

■ Cross-Ice Mini Game



🔧 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.