

OVERVIEW

DURATION	50 mins
AGES	6 - 9
MILES RATING	1.87
STAGE(S) OF ATHLETIC DEVELOPMENT	FUNdamentals (Age 6-9)
SKILL LEVEL	Beginner
DEVELOPMENT FOCUS	Sport Specific Skills Ringette: Front ("V") Start, Ringhandling, Skating, Snowplow Stop, Sweep Check
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 #7 (FUN1)

Sample practice plan for week seven 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

■ 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

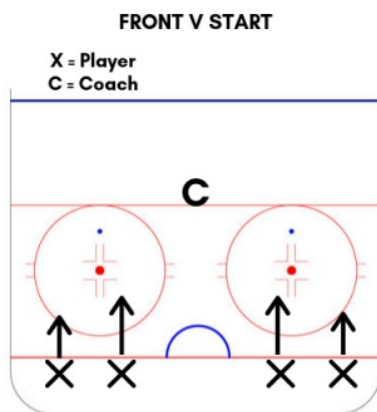
- The coach starts the game by blowing the whistle.
- The fish must skate from one end to the other without being tagged.
- If a fish gets tagged, they become a shark too.
- The game continues all of the players are tagged and become sharks.

SKILL LESSONS & ACTIVITIES

40 mins

■ Front V Start

⌚ 5 mins



🔧 Setup

- Participants line up on the goal line.

🛡️ Safety

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

Instructions

- Coach to introduce (or review) the basics of the V start and demonstrate.
- Participants skate towards the center line, stopping and performing the start when the whistle is blown.
- Repeat in the direction of the goal line.

👁️ Key Teaching Points - Front V Start

- Feet in V shape with heels together.
- Let the body "fall" forward, transferring the body weight forward.
- Take a few short running steps, chopping motion on the front inside edge to create acceleration.
- Shift body weight back to a regular position, resume long complete strides

👁️ Key Teaching Points - Forward Stride

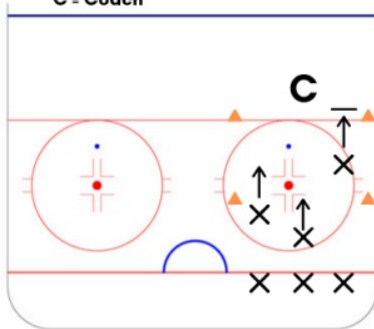
- Full extension of hip, knees and ankles
- Keep knees bent and head and body low and leveled (if players do not keep knees consistently bent, the coach will be able to observe a "bobbing" motion of head and body during the stride)
- Shift body weight evenly from striding leg to striding leg without leaning on stick
- Skate recovery is low and quick - recoil skate under the body and drive the knee

■ Skate, Slide, Stop

🚧 Pylons

⌚ 5 mins

🔧 Setup

SKATE, SLIDE, STOPX = Player
C = Coach

- Introduce and/or review snowplow stop.
- Divide players into equal groups.
- Line groups up on the goal line.
- Ensure there is one cone marking the ringette line and another cone halfway between the goal line and ringette line.

**Safety****Safety**

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

Instructions

- One player from each group goes at a time.
- Players will start at the goal line in a V-Start.
- Player will then begin to skate until they reach the first cone.
- Once they reach the first cone, players must slide on their bellies, get back up and snowplow stop at the ringette line.
- Once the player has reached the final cone at the ringette line, the next player in their group may start.

👁 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 – Forward Stride

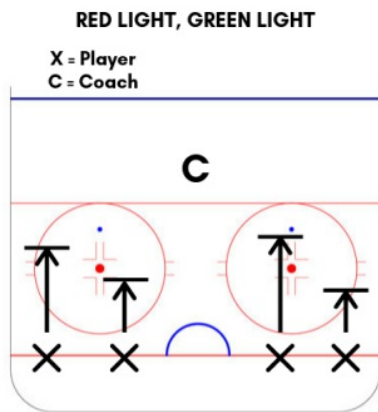
- Full extension of hip, knees and ankles
- Keep knees bent and head and body low and leveled (if players do not keep knees consistently bent, the coach will be able to observe a "bobbing" motion of head and body during the stride)
- Shift body weight evenly from striding leg to striding leg without leaning on stick
- Skate recovery is low and quick - recoil skate under the body and drive the knee

**Progressions**

- Try having players roll while they slide.
- Have players use parallel stop rather than snowplow stop.

⌚ 5 mins

■ Red Light, Green Light



🔧 Setup

- Line players up on the goal line facing the caller.
- Designate player to be the caller or have the coach be the caller.

🛡️ Safety

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

Instructions

- Participants line up on the goal line.
- When the coach yells green light, participants skate forward.
- When the coach yells red light, participants must stop using the snowplow stop.
- Once all participants have reached the blue line, repeat the drill towards the goal 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.

📐 Progression

- Participants must carry a ring with them throughout the game.
- Players can try parallel stop rather than snowplow stop.

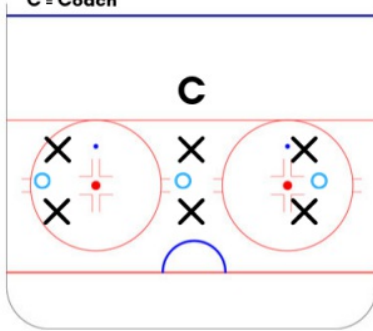
1 v 1 Sweep Checking (Introduction)

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

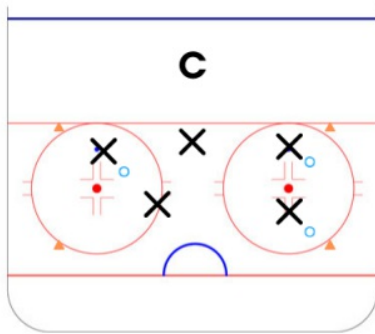
- Position body facing opponent.
- Sweep stick across the body from one side to the other.
- Contact is made where the opponent's stick meets the ring.
- Follow through with motion.
- The checking motion should resemble a slicing motion and not a lifting motion.

■ Last Player Standing

 Ringette Rings, Ringette Stick

 5 mins

C = Coach
X = Player



Setup

- Create boundaries for the game using pylons or existing ice markings.
- Designate one or two players to be "it"; all other players need a ring.

Safety

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

Instructions

- The two players who are "it" must try and check the players who have the rings.
- When they successfully check the ring, they then shoot that ring outside of the zone.
- The player who lost their ring joins the players who are "it".
- The last player remaining with a ring is the winner.

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.

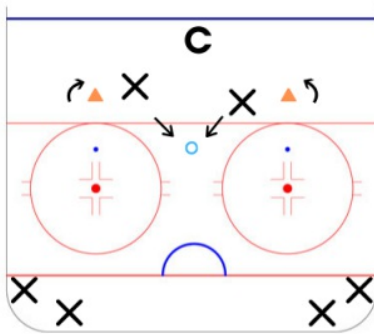
Key Teaching Points - Ring Protection

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

■ Race for the Ring

⌚ 5 mins

X = Player
C = Coach



🔧 Setup

- Divide players into two equal groups, with one group lined up in each corner.
- Place a pylon above each free pass circle.
- Place a ring directly in the middle of both pylons.

🛡️ Safety

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

Instructions

- At the signal from the coach, the first player from each line will race each other to the ring.
- Players must complete a sharp turn around the pylon before continuing on to the ring.
- The player who reaches the ring first will be on offense and will attempt to score on net.
- The second player to reach the ring will be on defense and will try to check the player with the ring.

👁️ Key Teaching Points - Sharp Turns

- Keep knees flexed.
- Inside foot leads in the turn.
- Rotate head and shoulders around the point of the turn (pylon).
- On completing turn, cross outside foot over inside.

👁️ 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.

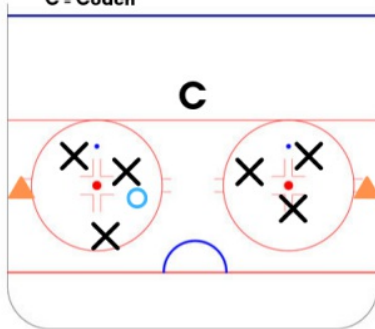
■ Cross-Ice Mini Game

⌚ 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

3v3 CROSS-ICE GAMEX = Player
C = Coach

- 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).

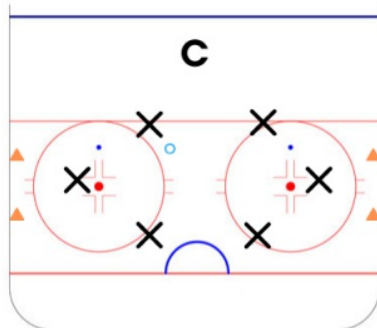
COOL-DOWN

5 mins

■ Ring Soccer

🏠 Pylons, Ringette Rings

🕒 5 mins

C = Coach
X = Player

🔧 Setup

- Split the participants up into two equal teams.
- Participants do not need to use their sticks and can place them aside safely.
- Set up pylons at each end of the playing surface as nets.

🛡️ Safety

- Ensure players keep their heads up while skating to avoid collisions.
- Ensure players only kick the ring with the side of their skate blade to keep skates low to the ice.

Instructions

- The coach will throw the ring in the center of the playing area to start the game.
- Teams will then try to score on the opposite team's net.
- Players can only use their skates to kick the ring around the playing surface.
- Goalkeepers (if any) cannot use a stick or lie on the ice.
- Remember, players can only kick the ring with the side of their skate blade.