

OVERVIEW

DURATION	50 mins
AGES	6 - 9
MILES RATING	1.40
STAGE(S) OF ATHLETIC DEVELOPMENT	FUNdamentals (Age 6-9)
SKILL LEVEL	Beginner
DEVELOPMENT FOCUS	Sport Specific Skills Ringette: Backward Striding, Lead Passing/Receiving, Passing, Receiving, Shooting
SPORT(S)	Ringette
EQUIPMENT	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 #8 (FUN1)

Sample practice plan for week eight 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

Instructions

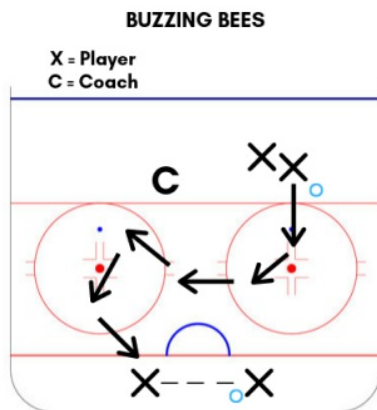
- Coaches introduce themselves
- Outline practice rules or guidelines players are expected to follow
- Explain any signals or whistles that will be used throughout the session
- Explain safety rules

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

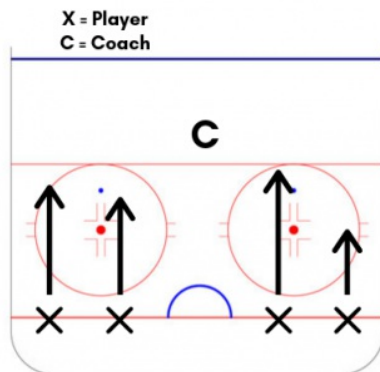
- Participants will work in pairs with one ring.
- Participant A will start with the ring and skate around the ice surface.
- Participant B must follow A around as closely as possible.
- The goal is not to steal the ring, but to become A's shadow.
- When the whistle blows, participants stop and pass 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

40 mins

■ Backwards Bubbles

🕒 2 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

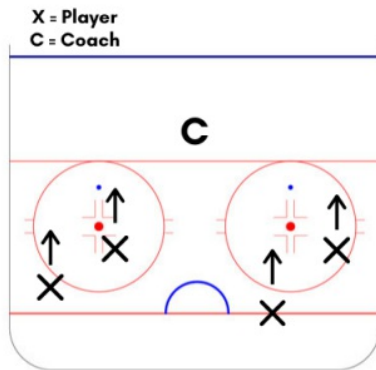
- Players start in a snowplow stop position.
- Players then push out with both feet and make semi-circles until their feet come together again heel to heel.
- Players continue to push out and pull in again making circles (bubbles) all the way down the length of the ice (never lifting the feet off the ice).

👁️ 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 .

■ Backwards Sculling

🕒 3 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

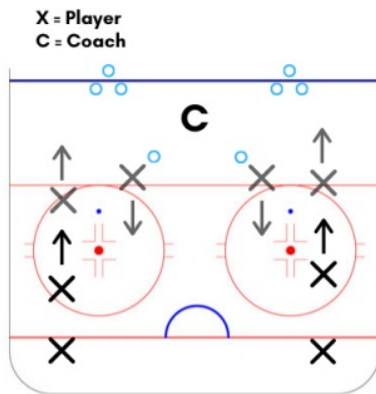
- Players start in a basic stance.
- Pushing with one foot only, make semi circles or "C-cuts" down the length of the ice without lifting the feet off the ice.
- Return using the opposite foot.

👁️ 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.

■ Backwards Relay Race

⌚ 5 mins



🔧 Setup

- Players start in equal groups on the goal line facing the near end boards.
- Space groups apart.

🛡️ Safety

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

👁️ Instructions

- On the coach's signal, the first player from each group will start skating backwards to the ringette line.
- At the ringette line, players must transition to forward skating and continue skating towards the blue line.
- At the blue line, players pick up a ring and turn around.
- Players skate forwards until the ringette line.
- At the ringette, players transition back to backwards skating until they reach the goal line.
- Once they have returned, the next player in the group can start.

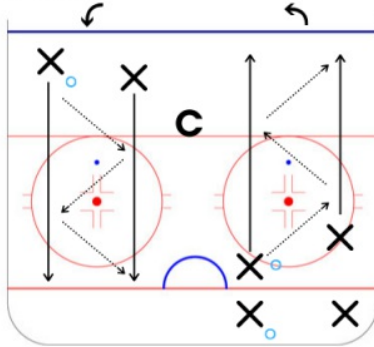
👁️ Key Teaching Points - C-Cuts

- 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.

Partner Passing (In Motion)

Ringette Rings, Ringette Stick

⌚ 5 mins

 C = Coach
X = Player


Setup

- Have players form two lines on the goal line.
- The players in one line should have a ring.

Safety

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

Instructions

- Player one skates forward and calls for the ring.
- Player two leads player one with a pass, then skate ahead of her and calls for a pass.
- The ring should be passed as soon as it is received.
- Players continue passing the ring back and forth ahead of the receiver until they reach the centre line and then players return up the other side.


Key Teaching Points - Lead Passing


- Proper grip - top hand pushes in, bottom hand pushes out.
- Pass ring to open ice (where the player will be - not where they are).
- Follow through - point at target with stick upon release.
- Communicate - call for ring.

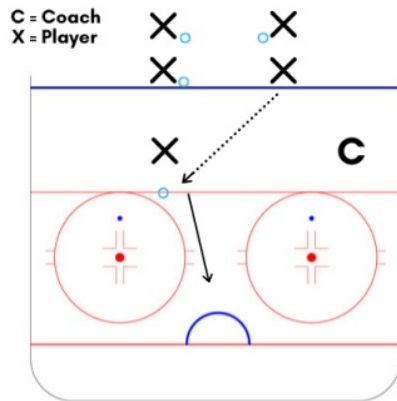
Key Teaching Points - Receiving

- 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.

Lead Pass with Shot

 Ringette Rings, Ringette Stick

 5 mins



Setup

- Have players form two lines on the blue line facing the goal.
- All players should have a ring.

Safety

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

Instructions

- Player 1 skates in over blue line and receives pass from first player in other line.
- Player 1 continues to skate towards the nets to take a shot
- The player that passed to Player 1 then skates over blue line and receives pass from other line.
- Once players take their shot, they should circle behind the net and return to the back of the opposite line.

Key Teaching Points - Lead Passing

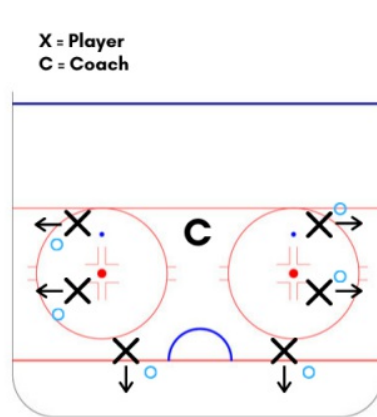
- Proper grip - top hand pushes in, bottom hand pushes out.
- Pass ring to open ice (where the player will be - not where they are).
- Follow through - point at target with stick upon release.
- Communicate - call for ring.

Progression

- Coaches can place target in the net for players to aim at or use a goalie.

■ Backhand Flip Shot - Introduction

🕒 5 mins



🔧 Setup

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

🛡️ Safety

- Ensure players are spaced far enough apart.

Instructions

- Coach to demonstrate the basics of the backhand flip shot.
- Participants practice shot at distance of 1-2 m from the boards.



Progression

- Get participants to pick a target on the boards to aim for.

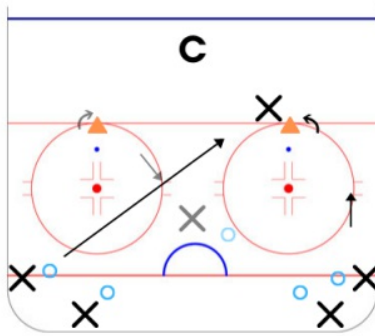


Key Teaching Points - Backhand Flip Shot

- Participants should turn their body so that when standing in the basic stance position, their foot near the ring is closest to the boards.
- Transfer weight from back foot to their front foot.
- Use the term "rocking back and forth" to help players understand the concept.
- To lift the ring, participants should be using a shovelling motion as they propel the ring forward (using terminology such as "shovelling snow" to help players grasp the concept).

■ Horseshoe

C = Coach
X = Player



🔧 Setup

- Divide players into two equal groups, with one group lined up in each corner.
- Place a pylon above each free pass circle.
- Each corner needs multiple rings.

🛡️ Safety

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

Instructions

- The first player from one of the corners will skate forwards and then skate around the pylon.
- The player will then receive a pass from the first player in the other corner and then head to the net to take a shot before returning to the back of one of the lines.
- As soon as a player passes the ring, they can start skating toward their respective pylon to receive a pass.

📐 Progression

- Have a player or coach act as a goalie to make it more difficult.
- Have players use their backhand.

👁️ 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

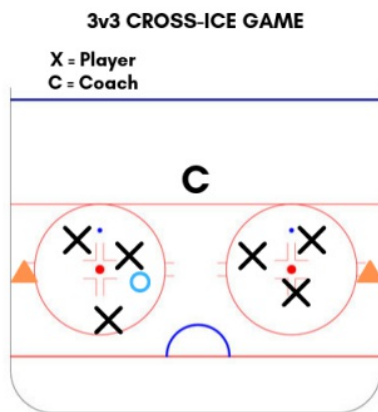
- Call for the ring.
- Follow the end of your stick with your eyes into the centre of the ring as it approaches.
- Use skates to stop the ring if it is missed.

👁️ 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.

⌚ 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

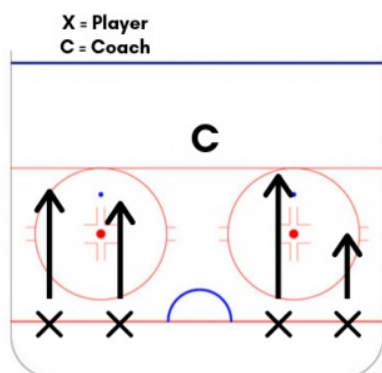
- Implement the use of a passing line (either using existing ice markings or drawing the line).

COOL-DOWN

5 mins

■ 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.