

OVERVIEW

DURATION	50 mins
AGES	6 - 9
MILES RATING	2.10
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	Cones, 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

5 mins

Introduction

🕒 5 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

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

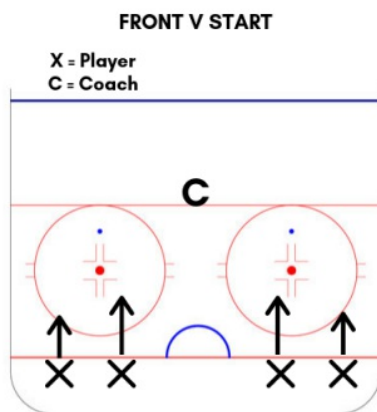
- The coach starts the game by blowing the whistle.
- Players skate around in the playing area and try to avoid being tagged by the taggers.
- When a player gets tagged they must stand still (frozen) until a teammate touches them to become free or unfrozen again.

SKILL LESSONS & ACTIVITIES

35 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

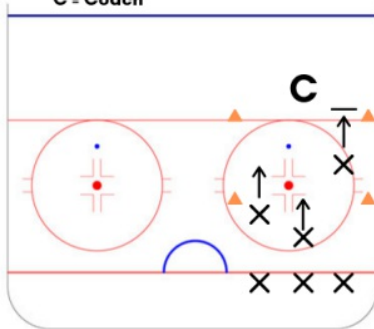
- Full extension of hip, knees and ankles
- Keep knees bent and head and body low and leveled (if players do not keep knees consistently bent, the coach will be able to observe a "bobbing" motion of head and body during the stride)
- Shift body weight evenly from striding leg to striding leg without 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

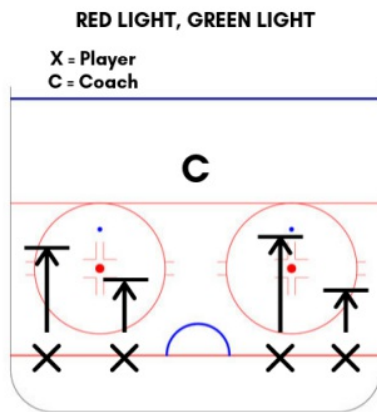
- Full extension of hip, knees and ankles
- Keep knees bent and head and body low and leveled (if players do not keep knees consistently bent, the coach will be able to observe a "bobbing" motion of head and body during the stride)
- Shift body weight evenly from striding leg to striding leg without 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

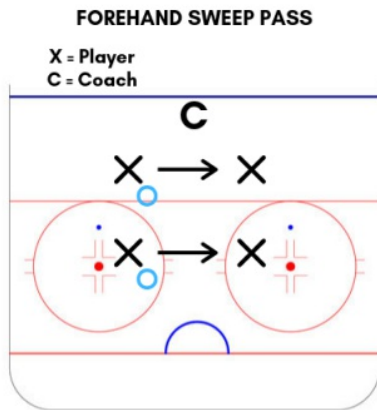
- Knees bent.
- Push outward with inside edges of skates.
- Toes point in, heels point out.
- Maintain equal pressure on both feet.

📐 Progression

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

Forehand Sweep Pass

🕒 5 mins



🔧 Setup

- Pair up participants.

🛡️ Safety

- Ensure pairs are spaced far enough apart.

Instructions

- Coach to introduce and demonstrate the basics of the sweep pass.
- Participants work in pairs, passing the ring back and forth from a distance of 1-2m.

👁️ Key Teaching Points - Forehand Sweep Pass

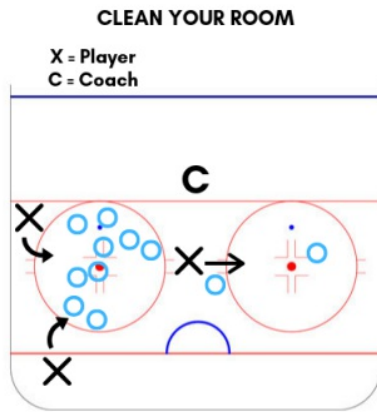
- Proper grip - top hand pushes in, bottom hand pushes out.
- Body parallel to target, ring starts at the back skate and is brought to the front skate where it is released (half moon motion with stick).
- Transfer weight from back foot to front foot.
- Follow through - point at target with stick upon release.

👁️ 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.

■ Clean Your Room

⌚ 5 mins



🔧 Setup

- Coach scatters all rings around the playing area.

🛡️ Safety

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

Instructions

- Participants must pick up all the rings and bring them back to the designated area (free pass circle) using their stick.

👁️ Key Teaching Points

- Two hands on their stick.
- Head up.

■ Half-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 or 4v4 half-ice mini game (choose based the number of players at practice).
- A team scores by getting the ring in the net or hitting the pylon with the ring.
- Implement the use of a passing line (either using existing ice markings or drawing the line).

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 or fifth 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.

COOL-DOWN

5 mins

■ 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.