

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	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

Introduction

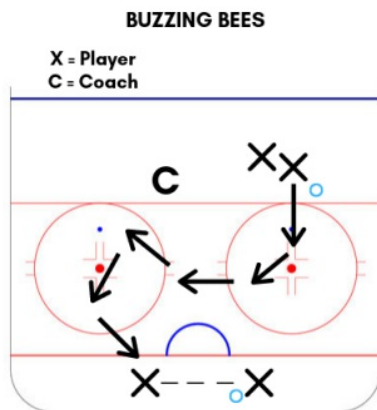
- Coaches introduce themselves
- Outline practice rules or guidelines players are expected to follow
- Explain any signals or whistles that will be used throughout the session
- Explain safety rules

WARM-UP

5 mins

■ 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.

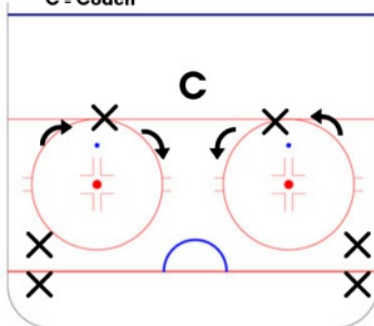
SKILL LESSONS & ACTIVITIES

40 mins

■ Forward Crossover Progression (Step One)

🕒 5 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).

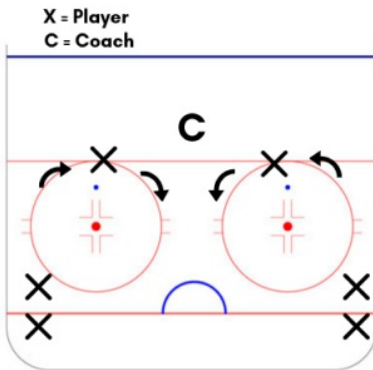
👁️ Key Teaching Points - Lollipop Motion (C-Cut)

- 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)

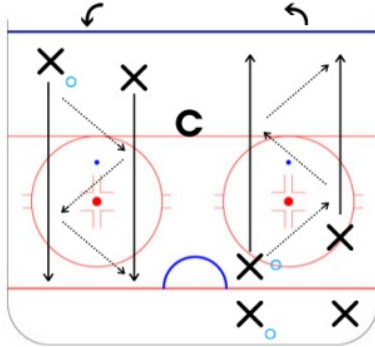
- Place feet in V-formation with heels together.
- Perform a C cut with both feet at the same time and then glide on both feet.
- The C cut motion would create a circular pattern on the ice (top of lollipop) and the gliding motion a straight line (the stick).
- They should be trying to make a sound with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

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.

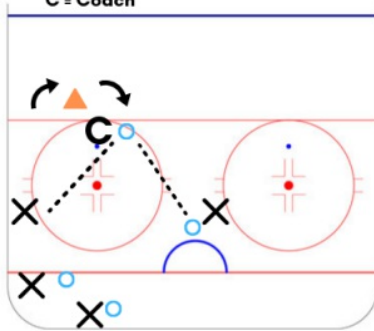
Pass, Receive and Shoot

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.

PASS, RECEIVE & SHOOTX = Player
C = Coach **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.

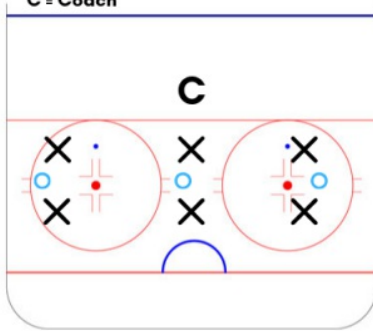
1 v 1 Sweep Checking (Introduction)

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.

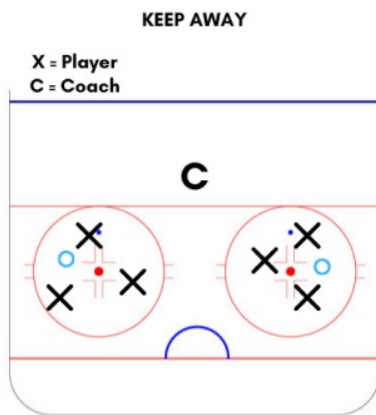
Introduction


- 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.

■ 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).

■ 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

■ Blob 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 two players to be the taggers or "The Blob".

🛡️ 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 link elbows with the tagger, become part of "The Blob".
- Every time a Blob becomes four players it splits into two separate blobs of two players.
- The game continues all of the players become part of Blobs.
- If a player skates out of bounds while trying to avoid being tagged, they must connect with the nearest Blob and continue play.