

## OVERVIEW

<b>DURATION</b>	50 mins
<b>AGES</b>	6 - 9
<b>MILES RATING</b>	1.40
<b>STAGE(S) OF ATHLETIC DEVELOPMENT</b>	FUNdamentals (Age 6-9)
<b>SKILL LEVEL</b>	Beginner, Intermediate
<b>DEVELOPMENT FOCUS</b>	<b>Sport Specific Skills</b> Ringette: Agility, Balance, Passing, Receiving, Skating, Snowplow Stop
<b>SPORT(S)</b>	Ringette
<b>EQUIPMENT</b>	Pylons, Ringette Rings, Ringette Stick
<b>ENVIRONMENT</b>	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

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### 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

### ■ 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

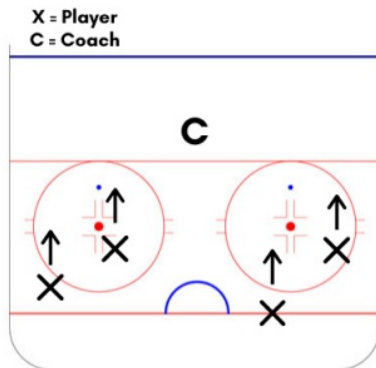
- The coach starts the game by blowing the whistle.
- Players skate around in the playing area and try to avoid being tagged by the taggers.
- When a player gets tagged they must stand still (frozen) until a teammate touches them to become free or unfrozen again.

## SKILL LESSONS &amp; ACTIVITIES

40 mins

## ■ Forward C-Cuts

🕒 5 mins



## 🔧 Setup

- Players start on the goal line facing the coach.
- 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

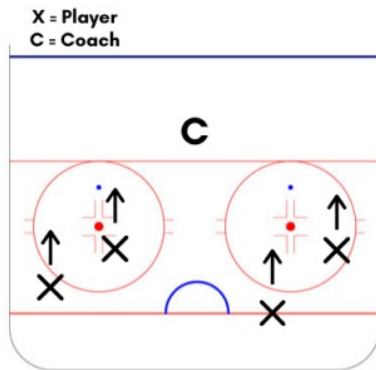
- Players start in a basic stance.
- Pushing with one foot only, make semi circles or "C-cuts" down the length of the ice without lifting the feet off the ice.
- Return using the opposite foot.

## 👁️ 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 Sculling

🕒 5 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

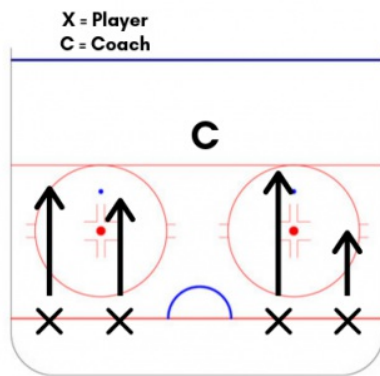
- Players start in a basic stance.
- Pushing with one foot only, make semi circles or "C-cuts" down the length of the ice without lifting the feet off the ice.
- Return using the opposite foot.

### 👁️ 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 Bubbles

🕒 5 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).

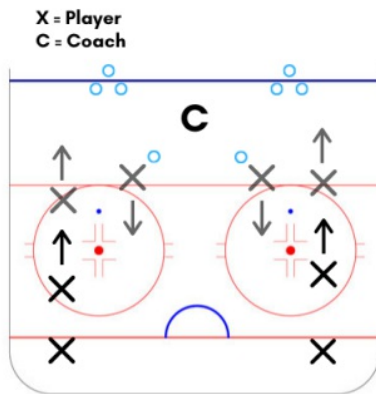
## 👁️ Key Teaching Points - C-Cuts

- 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 .



⌚ 5 mins

## ■ Backwards Relay Race



### 🔧 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.

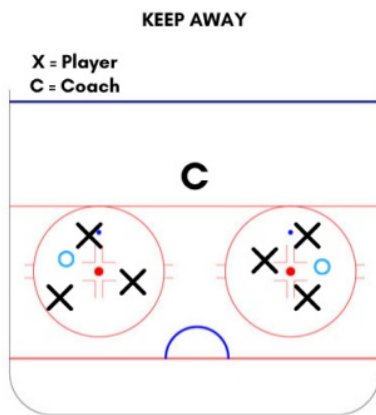
## 👁️ Key Teaching Points - C-Cuts

- 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.

## ■ 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.

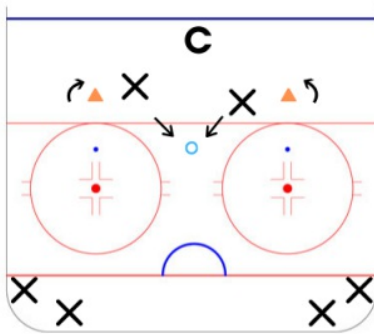
## Modifications

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

⌚ 5 mins

## ■ Race for the Ring

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.

## ■ Half-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

- 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

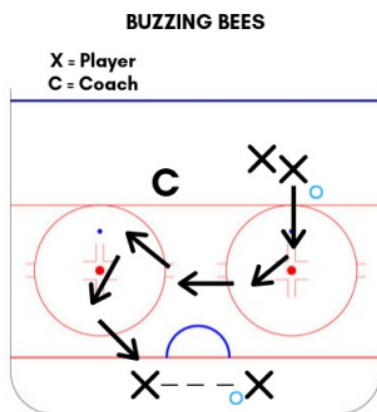
- Have a fourth or fifth player on each team try playing goalie.
- Players can use a goalie stick but should not use other goalie equipment.
- Ensure all players have a turn trying out the position.

## COOL-DOWN

5 mins

## ■ 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.