

OVERVIEW

DURATION	50 mins
AGES	6 - 9
MILES RATING	0.93
STAGE(S) OF ATHLETIC DEVELOPMENT	FUNdamentals (Age 6-9)
SKILL LEVEL	Beginner, Intermediate
DEVELOPMENT FOCUS	Sport Specific Skills Ringette: Parallel Stop, Passing, Receiving, Ringhandling, Sharp Turns
SPORT(S)	Ringette
EQUIPMENT	Cones, 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

- 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

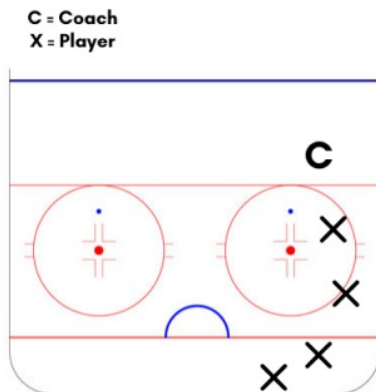
- Coaches introduce themselves
- Outline practice rules or guidelines players are expected to follow
- Explain any signals or whistles that will be used throughout the session
- Explain safety rules

WARM-UP

5 mins

Follow the Leader

⌚ 5 mins



Setup

- A coach is designated as the leader.
- Participants will line up behind the leader.

Safety

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

Instructions

- The participants will skate around the ice surface following the leader and completing the same motions as the leader.
- The drill can include:
 - T-pushes.
 - Gliding on one foot or both feet.
 - Falling and getting back up.
 - Log rolls.
 - Snow queen slides.
 - Forward skating with the focus on long strides.
 - Backwards skating motions.
 - Edges - Pizzas and Cowboys.
- The more creative and animated you are, the more fun the participants will have.

Progression

- Have participants take the lead throughout the warm-up

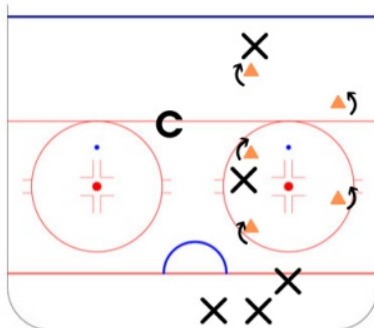
SKILL LESSONS & ACTIVITIES

40 mins

■ Sharp Turns

🚧 Cones

🕒 5 mins

X = Player
C = Coach

🔧 Setup

- Players start lined up on the goal line.
- Spread pylons evenly out in a "zigzag" pattern.

🛡️ Safety

- Ensure players keep their heads up while skating to avoid collisions.
- Ensure players are spaced out evenly.

👁️ Instructions

- Coach will first demonstrate the basics of a sharp turn.
- When the coach signals, the first player in line will skate through the pylon course, completing a sharp turn around each pylon before continuing to skate towards the next pylon.
- Once the first player has reached the second pylon, the next player in line can begin.
- Once the player has completed the course, they can return to the back of the line.

👁️ Key Teaching Points - Sharp Turns

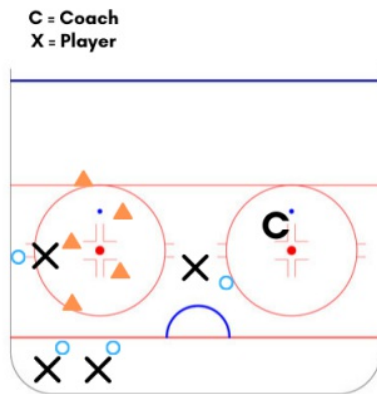
- Keep knees flexed.
- Inside foot leads in the turn.
- Rotate head and shoulders around the point of the turn (pylon).
- On completing turn, cross outside foot over inside.

📐 Progression

- Have players carry a ring through the pylon course and turn back towards the net after the last pylon to go take a shot.

■ Ringhandling Obstacle Course

🕒 5 mins



🔧 Setup

- Place cones in a zigzag pattern.
- Line participants up in the corner.

🛡️ Safety

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

Instructions

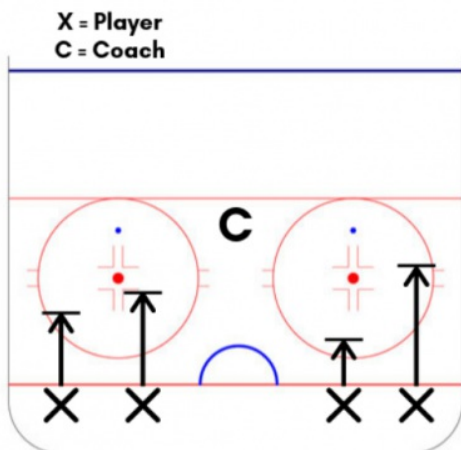
- One at a time, player will skate through the obstacle course while carrying a ring.
- Players should try to 'protect the ring' from the pylons as if they were defenders.
- Once they have skated around the last pylon, players can take a shot on the net.

👁️ Key Teaching Points - Ring Protection

- Keep two hands on the stick.
- Keep head up.
- Keep ring close to the body.
- Position body between ring and checker (or obstacle).

⌚ 5 mins

■ Parallel Two Foot Stop



🔧 Setup

- Participants line up on the goal line.

🛡️ Safety

- Ensure participants keep their heads up while skating to avoid collisions.
- Ensure participants are spaced evenly apart.

🗨️ Instructions

- Coach to introduce and demonstrate the basics of the stop.
- Players start skating forward and complete the parallel stop on the sound of the coach's whistle.

👁️ Key Teaching Points - Parallel Stop

- Keep knees bent.
- Turn head in direction of stop, followed by shoulders and hips (skates will follow).
- Push outward with equal pressure on both feet - make sure they do not drag follow up foot.
- Feet should be shoulder width apart - look for feet too close together or too far apart.

📐 Regression

- If players are having trouble using both feet, have them start by primarily using just their outside foot to push out

■ Stops and Starts (With a Ring)

⌚ 5 mins



🔧 Setup

- Set up 4 or 5 cones in a zigzag pattern along the boards between the goal line and the blue line.
- Line players up in the corner.
- Each player should have a ring.

🛡️ Safety

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

Instructions

- Players start in the corner with a ring.
- When the coach gives the signal, one player at a time will skate through the pylons, making a complete stop at every pylon.
- Players will skate around the last pylon and head towards the net.
- Players can then take a shot on net before returning to the back of the 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.


Key Teaching Points - Parallel Stop


- Keep knees bent.
- Turn head in direction of stop, followed by shoulders and hips (skates will follow).
- Push outward with equal pressure on both feet - make sure they do not drag follow up foot.
- Feet should be shoulder width apart - look for feet too close together or too far apart.

📐 Progressions

- Players can try parallel stop rather than snowplow stop if they are ready.
- Coaches can place target in the net for players to aim at or use a goalie

■ Star Passing

 Ringette Rings, Ringette Stick

 5 mins

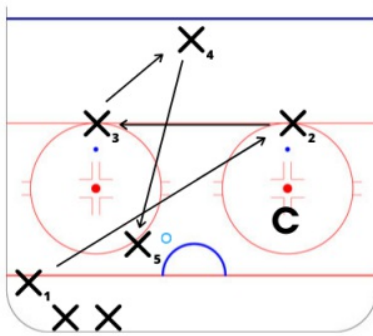
Setup

- Set out four pylons in star formation.
- Have one player on each of the pylons and the rest lined up in the corner with rings.

Safety

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

C = Coach
X = Player



Instructions

- Player 1 passes to player 2 then follows pass to replace position of player 2.
- Player 2 passes to player 3 and the player 2 skates to replace player 3.
- Player 3 passes to player 4 and the player 3 skates to replace player 4.
- Player 4 passes to player 5 and the player 4 skates to replace player 5.
- Player 5 then shoots on net and then player 5 returns to back of line.

Progression

- Have players use their backhand passes.
- Have players practice using their backhand flip shots.

Key Teaching Points - Receiving

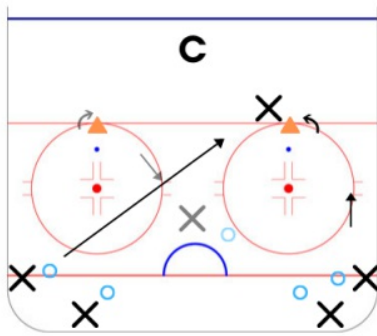
- Communication - call for the ring.
- Head up watching for the pass.
- Follow the end of your stick with your eyes into the centre of the ring as it approaches.
- Use skates to stop the ring if it is missed.

Key Teaching Points - Forehand Sweep 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.

■ 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.

■ 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

■ Capture the Gold

 Pylons, Ringette Rings

 5 mins

Setup



- Split the participants up into two equal teams.
- Participants do not need to use their sticks and can place them aside safely.
- Designate a 'gold area' at opposite ends of the playing area for each of the teams using pylons and place an equal amount of rings in each area.

Safety

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

Instructions

- On the whistle, teams must try and capture the other teams' gold (the rings) and bring it back to their 'gold area'.
- If a player with gold in their hands is tagged by an opponent, the gold must be returned.
- Participants are not allowed to guard the 'gold area' - they must be 1-2 m away.
- Gold areas are considered safe zones, participants cannot be tagged.
- The team with the most gold at the end wins.