

OVERVIEW

DURATION	50 mins
AGES	6 - 9
MILES RATING	1.40
STAGE(S) OF ATHLETIC DEVELOPMENT	FUNdamentals (Age 6-9)
SKILL LEVEL	Beginner, Intermediate
DEVELOPMENT FOCUS	Sport Specific Skills Ringette: Defensive Ringette, Forward Crossover Turns, Offensive Strategies, 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

- 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

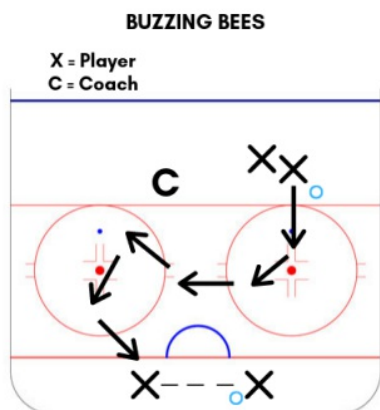
- Coaches introduce themselves
- Outline practice rules or guidelines players are expected to follow
- Explain any signals or whistles that will be used throughout the session
- Explain safety rules

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

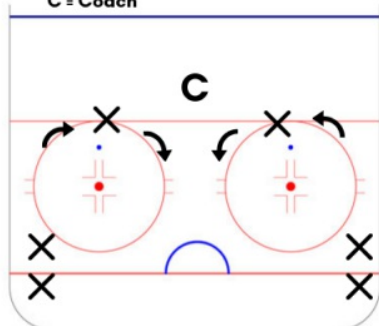
40 mins

■ Forward Crossover Progression (Step Four)

🕒 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

- 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, keeping the laces of the skate in the front.
- After the C cut, the outside foot should complete the cross over by stepping over the stationary foot and becoming the inside foot.
- **The stationary foot should now step back in towards the inside of the circle to regain the basic stance.**
- **Repeat this drill in the opposite direction (changing the stable foot).**

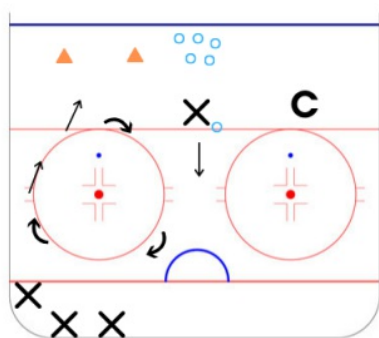
Key Teaching Points - Lollipop Motion (C-Cut)

- 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 Relay

🕒 5 mins

C = Coach
X = Player



🔧 Setup

- Have players line up on the goal line in one of the corners.
- Place two pylons at least a metre apart at the blue line directly above the free play circle.
- Place a pile of rings in the middle of the blue line.

🛡️ Safety

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

Instructions

- At the coach's signal, the first player in line will start skating around the entire circle using their forward crossover turns.
- Once the player has completed the full circle, they will then skate forwards and slide on their belly between the two pylons.
- The player will then get up, pick up a ring from the pile and head towards the net to take a shot.
- The next player in line can then start.



Modification

- Run this drill from both corners to make it a relay race.
- Have a player or coach stand in net to act as a goalie.

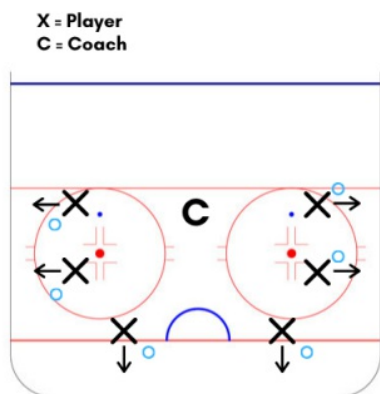


Key Teaching Points - Forward Crossovers

- Keep knees bent.
- Rotate head, shoulder, arms and stick in the desired direction of travel.
- Push and fully extend outside leg before swinging it over the inside leg.
- Then push inside leg to full extension before returning it under the body.
- Push with equal pressure on each leg.

■ 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.



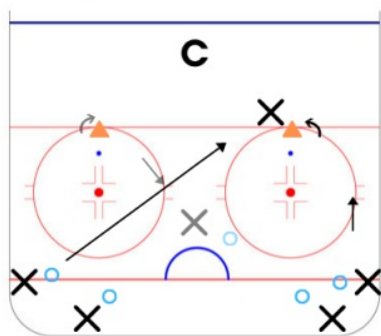
Key Teaching Points - Backhand Flip Shot

- 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

🕒 5 mins

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.

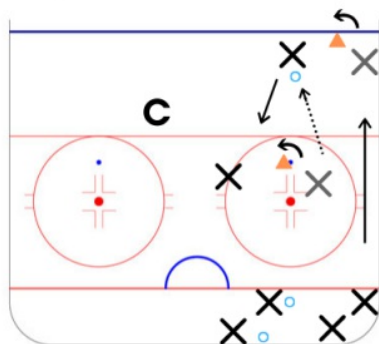
👁️ Key Teaching Points - Forehand Sweep Shot

- 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.

1 on 1

⌚ 5 mins

C = Coach
X = Player



🔧 Setup

- Divide players into two lines on the goal line
- The line closest to the net is the defensive line and the other line is the offensive line
- The players in the defensive line should all have a ring
- Place a pylon in front of the defensive line at the top of the free play circle
- Place a pylon in front of the offensive line at the blue line

🛡️ Safety

- Ensure players keep heads up while skating to avoid collisions.
- Ensure players keep their sticks at a safe height while checking.

Instructions

- At the coach's signal, the first player from the offensive line will begin to skate towards their pylon at the blue line.
- Once the offensive player is halfway to their pylon, the coach will signal to the first player in the defensive line to begin skating with a ring towards their pylon at the top of the free play circle.
- Once the offensive player has skated around their pylon, they will receive a pass from the defensive player.
- The offensive player then heads to the net to try to take a shot on the net while the defensive player attempts to check the ring away and prevent the shot.
- The drills ends either when a shot has been taken or the ring has been checked away, and players will then return to the back of the lines.
- Make sure players rotate through both lines.

👁️ 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 distances of the pylons to make it harder or easier for the defense.
- Have a player stand in as a goalie or put a target in the net for offense to aim at.

Offense and Defense

- Explain the differences between defense and offense.
- A few questions to ask players:
 - Where does the defense play? Where do the forwards play?
 - What job do the defenders have? What job do the forwards have?

Position Introductions

🕒 5 mins

C = Coach
X = Player



🔧 Setup

- Designate players as either a forward or a defense (no more than three players in the same position at the same time).
- Have the defense start in front of the net and the forwards start outside of the blue line.

🛡️ Safety

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

Instructions

- To start, the coach will pass the ring over the blue line to the forwards.
- The forwards will then skate and pass to each other in the offensive zone.
- All forwards must touch the ring at least once before a shot can be taken on net.
- The defense will try to stop the forwards either by checking the ring away or intercepting a pass.
- Once a shot has been taken, reset the activity, ensuring all players have a turn in each position.

👁️ Key Teaching Points - Playing Forward

- Communicate - call for the ring if you are open.
- Keep your head up to see where the defenders and your teammates are positioned.
- Keep moving to find and create space.

👁️ Key Teaching Points - Playing Defense

- Keep your head up to see where your opponents are.
- Keep the offense out of the area in front of the goal or outside of the defensive triangle.
- Avoid screening the goalkeeper.

■ 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

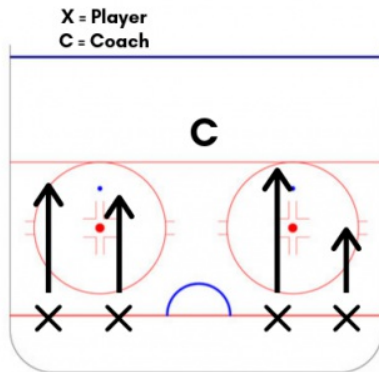
- Have a fourth or fifth player on each team try playing goalie.
- Players can use a goalie stick but should not use other goalie equipment.
- Ensure all players have a turn trying out the position.

COOL-DOWN

5 mins

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.