

OVERVIEW

DURATION	50 mins
AGES	6 - 9
MILES RATING	2.33
STAGE(S) OF ATHLETIC DEVELOPMENT	FUNdamentals (Age 6-9)
SKILL LEVEL	Beginner, Intermediate
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

■ 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.

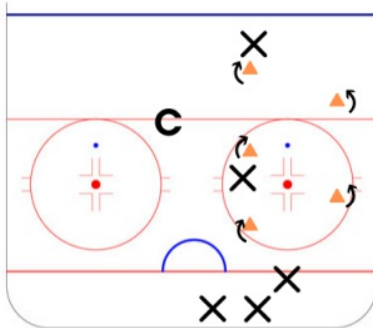
SKILL LESSONS & ACTIVITIES

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.

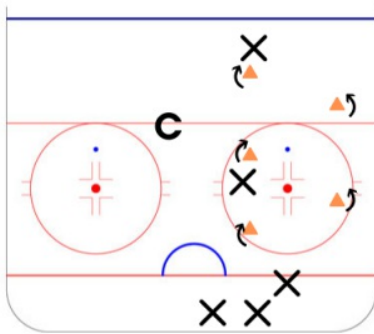
📐 Progression

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

■ Protect the Ring

⌚ 5 mins

X = Player
C = Coach



🔧 Setup

- Place cones in a zigzag pattern.
- Assign a defender to each pylon.
- Line participants up behind the first cone.

🛡️ 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 executing a sharp turn around each cone.
- Players should try to protect the ring from the defenders stationed at each cone who will be trying to check the ring away.
- Once they have skated around the last pylon, players can take a shot on the net.

👁️ Key Teaching Points - Sharp Turns

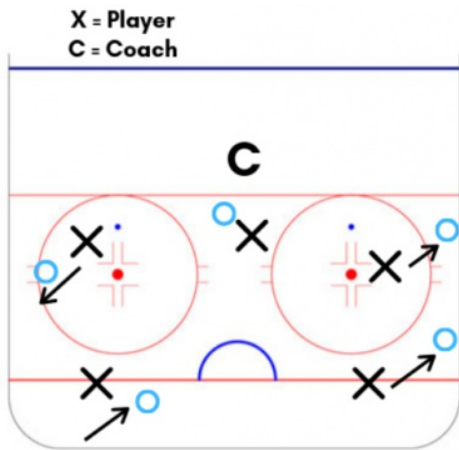
- Keep knees flexed.
- Inside foot leads in the turn.
- Rotate head and shoulders around the point of the turn (pylon).
- On completing turn, cross outside foot over inside.

👁️ Key Teaching Points - Ring Protection

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

⌚ 5 mins

■ Backhand Passing (In Motion)



🔧 Setup

- Ensure every participant has a ring.

🛡️ Safety

- Ensure pairs are spaced far enough apart.

Instructions

- Participants skate around the boards with a ring.
- While skating, participants practice passing the ring off the boards using their backhand and picking it back up again.


👁️ Key Teaching Points - Backhand Passing


- Proper grip - back of the bottom hand facing the target.
- Ring is brought from back foot to front foot with sweeping motion across the body.
- Weight transfer from back foot to front foot.
- Follow through after release and point stick at target.

👁️ Key Teaching Points - Receiving

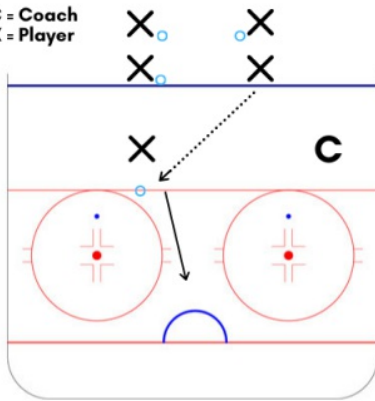
- Call for the ring.
- Follow the end of your stick with your eyes into the centre of the ring as it approaches.
- Use skates to stop the ring if it is missed.

■ Backhand Lead Pass with Shot

 Ringette Rings, Ringette Stick

 5 mins

C = Coach
X = Player



Setup

- Have players form two lines on the blue line facing the goal.
- All players should have a ring.

Safety

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

Instructions

- Player 1 skates in over blue line and receives a backhand pass from the first player in the other line.
- Player 1 continues to skate towards the nets to take a shot.
- The player that passed to Player 1 then skates over blue line and receives a backhand pass from the other line.
- Once players take their shot, they should circle behind the net and return to the back of the opposite line.


Key Teaching Points - Backhand Passing


- Proper grip - back of the bottom hand facing the target.
- Ring is brought from back foot to front foot with sweeping motion across the body.
- Weight transfer from back foot to front foot.
- Follow through after release and point stick at target.

Progression

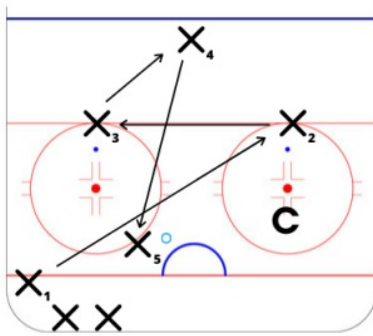
- Coaches can place target in the net for players to aim at or use a goalie.

■ Star Passing

 Ringette Rings, Ringette Stick

 5 mins

C = Coach
X = Player



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.

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

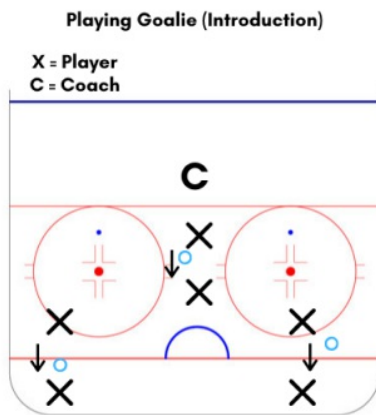
- Communication - call for the ring.
- Head up watching for the pass.
- Follow the end of your stick with your eyes into the centre of the ring as it approaches.
- Use skates to stop the ring if it is missed.

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.

■ Playing Goalie

⌚ 5 mins



🔧 Setup

- Have players set up in partners.
- Ensure pairs are spaced out.

🛡️ Safety

- Ensure players are spaced far enough apart.

Instructions

- One partner will be the 'goalie' and the other partner will be shooting.
- Have the player who is shooting to shoot on the ice and aim for the 'goalies' feet.
- The 'goalie' player will practice dropping to her knees to stop the ring.

👁️ Key Teaching Points - Goalie Basic Stance

- Feet comfortably apart for balance and mobility.
- Knees bent, weight slightly forward resting on the balls of feet.
- Glove hand in 'ready' position; arm extended out to the side, glove hand half way between knee and shoulders.

■ 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

■ 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.