

GYM RINGETTE: SESSION PLAN TEMPLATE



ACTIVITY	TIME	DESCRIPTION	EQUIPMENT
Introduction	5 minutes	<ul style="list-style-type: none"> • Introduce yourself & the sport of ringette • Give a brief overview of the session, the safety rules & expectations. 	<ul style="list-style-type: none"> • Promotional materials
Warm-up	3-5 minutes	<ul style="list-style-type: none"> • Game or activity to get everyone moving (e.g. tag) 	
Skill: Basic stance	3 minutes	<ul style="list-style-type: none"> • Explain & demonstrate • Have participants try out the stance 	<ul style="list-style-type: none"> • Sticks
Game: Basic stance	5 minutes	<ul style="list-style-type: none"> • Choose an age and stage appropriate basic stance game - see the Gym Ringette Teacher's Manual for ideas! 	<ul style="list-style-type: none"> • Sticks
Skill: Passing	2-5 minutes	<ul style="list-style-type: none"> • Explain & demonstrate technique as well as strategy implementation • Try different passes (forehand, backhand) • Increase difficulty progressively (increase distance, create consecutive passing goals, etc.) 	<ul style="list-style-type: none"> • Sticks • Rings
Game: Passing	5-10 minutes	<ul style="list-style-type: none"> • Choose an age and stage appropriate passing game - see the Gym Ringette Teacher's Manual for ideas! 	<ul style="list-style-type: none"> • Sticks • Rings
Skill: Checking	2-5 minutes	<ul style="list-style-type: none"> • Explain & demonstrate technique and strategy implementation • Try different types of checks (rainbow, sweep etc.) 	<ul style="list-style-type: none"> • Sticks • Rings



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Game: Checking	5 minutes	<ul style="list-style-type: none"> Choose an age and stage appropriate checking game - see the Gym Ringette Teacher's Manual for ideas! 	<ul style="list-style-type: none"> Sticks Rings
Skill: Shooting	2-5 minutes	<ul style="list-style-type: none"> Explain & demonstrate technique and strategy implementation Try different types of shots (sweep, backhand, wrist, etc.) 	<ul style="list-style-type: none"> Sticks Rings Net (use cones to create net if one is not available)
Game: Checking	5-10 minutes	<ul style="list-style-type: none"> Choose an age and stage appropriate shooting game - see the Gym Ringette Teacher's Manual for ideas! 	<ul style="list-style-type: none"> Sticks Rings Net (use cones to create net if one is not available)
Game time!	10 minutes to 1 hour	<ul style="list-style-type: none"> Choose a game layout and timeframe appropriate for age and stage. Older and more developed groups will need less time to learn and consolidate skills and will often spend more time in gameplay. Younger and less developed groups may spend less time on gameplay or the game may be modified to be age & stage appropriate. 	<ul style="list-style-type: none"> Sticks Rings Net (use cones to create net if one is not available) Pinnies Line markings Protective equipment Whistle Timer
Conclusion	5 minutes	<ul style="list-style-type: none"> Review what was learned Provide opportunity for questions Promote any upcoming events Thank participants! 	<ul style="list-style-type: none"> Promotional materials

