

GYM RINGETTE: BASIC SKILLS CHEAT SHEET



BASIC STANCE:

Before any gameplay or movement skills start, it is important to ensure the stance of the participant is correct.

The features of a correct stance include:

- The feet shoulder width apart.
- Weight on the balls of the feet.
- Head up, eyes forward.
- Hold stick with hands comfortably apart and tip of stick touching the floor - slightly to one side of the body on lower arm side (forehand).
- Lower arm almost straight, upper arm bent at elbow.

PASSING:

Emphasize the importance of passing in ringette. It is a team sport and all team members are important in its success.

The features of a correct pass include:

- In ready position, look where the pass is to go.
- With the stick-tip in the ring, pull the ring slightly back.
- Use a sweeping arm and wrist action to send the ring forward - lift stick slightly at end of action.
- Release ring when slightly ahead of front foot.
- For faster pass, shift body weight forward as the pass is made.
- For accuracy, the tip of the stick follows through to where you want the ring to go.
- Keep stick tip LOW on follow-through - no high sticking!
- Make sure the ring slides along the gym floor.
- Practice both forehand and backhand passing.

RECEIVING:

With passing comes receiving! If a team wants to fully capitalize off of their passing abilities, they must be able to receive the ring just as well.

The features of a correctly received pass include:

- In ready position with knees bent (don't bend at waist) and eyes on ring.
- Stick held a couple of inches off the ground slightly in front of body.
- As ring approaches, tip of stick follows middle of ring.
- Quick downward stabbing motion to trap the ring - make firm contact with ground in the centre of the ring.



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SHOOTING:

In ringette, the aim of the game is to score more goals on your opponent than your opponent does on you, in order to do this you must shoot the ring.

The features of a correct shooting include:

- Shoot the ring faster than when passing by drawing the ring back further and using a more powerful forward motion with arms and wrist.
- Press the tip of the stick into the floor during forward motion, and lift tip at release (this will bend the stick during forward motion, and it will spring back when released -making the ring go faster)
- When you pass the ring it's important to keep it on the gym floor, but when shooting you can try lifting the ring. Do this by lifting the tip of the stick just as the ring is being released.
- Practice shooting both low and high into the goal.
- Practice shooting forehand and backhand.

CHECKING:

Be sure to explain that this is not the same as checking in hockey. Checking in ringette means lifting your opponent's stick so they lose contact with the ring, giving you the opportunity to take possession of the ring.

The features of a correct check include:

- Checker is balanced, in control, and close to the ring carrier (opponent).
- Checker places end of stick under opponent's stick, making sure not to hit ring carrier's hands or body.
- Holding stick firmly, checker flicks stick up - lifting ring carrier's stick off ring.
- Checker immediately traps ring and pulls it away from opponent.



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