



RINGETTE
BRITISH COLUMBIA

U12 COMPETITION INTRODUCTION SEASON OVERVIEW & YEARLY TRAINING PLAN

AN INTRODUCTORY OVERVIEW OF THE PROGRAM

GENERAL TIMELINE





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PROGRAM OVERVIEW

The U12 Competition Introduction program offers U12 aged participants the opportunity for further skill development and get a taste of the competitive stream of play before they opt-in at U14. Participants in U12 are in the late stages of the **Learn to Train** Stage of Development in the Long-Term Athlete Development (LTAD) program. This stage is a critical phase in the development of sport specific skills, including the introduction of basic and individual team tactics. The Competitive Introduction Program will focus on skill development, ringette specific skills (shooting, passing, receiving the ring), physical literacy, and basic ringette strategy including both offensive and defensive tactics. On-ice sessions throughout the season will focus on periodization of skills (progression) and may also include exhibition play at the end of an ice time.

Using the resources included in this document, the U12 Competition Introduction Program should be progressive, organized, varied, and offer participants the opportunity to develop and gain confidence in their sport specific skills while making new friends from across their region, and getting to experience a competitive training environment.

Through October, November and December, sessions will be approximately once per week, or once every two weeks, include the entire group, and should focus on individual skill and tactical development. In December, the coaches will draft teams, and host a team social. Starting in January, teams may schedule an exhibition game, having up to 2 ice times a week. The number of ice times, however, should not exceed 3-4 times per week in combination with their club U12 teams. As such, it may be beneficial to look at the schedule for your region, and schedule exhibition games every other week, or on weeks where you participant's teams may not be as busy.

Once placed on teams, each group should have approximately 1 practice session per week, and 2-3 exhibition games in the months of January and February. Ice can be shared between more than one U12 Competition Introduction Team for practice sessions, or with a local U14 Community, or U14 Competitive team if necessary.



YEARLY TRAINING PLAN

| OCTOBER | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|----------------|---|--|--|--|
| HIGHLIGHTS | Skill Assessment Reviewing Rules of Ringette | Starts & Stops | Passing & Receiving | Basic Skating & Edge Control |
| RING SKILLS | | | Forehand, backhand, lead pass, board pass, stabbing the ring, retrieving open rings | |
| SKATING SKILLS | | V & Crossover starts, acceleration, stride (forward & backwards) V, T & Parallel stops (forwards and backwards) | | Crossovers (forward & backward) sharp turns, stride, one-foot turns (inside/outside edge), one-foot stops (inside/outside edge) |
| GOAL KEEPING | | BASIC SKILLS: <i>Introduction To:</i> Grip, ready position/stance (crouch) & keeping stick on the ice | BASIC SKILLS: <i>Review of:</i> Ready position/stance (crouch) and keeping stick on the ice. <i>Introduction To:</i> Butterfly | BASIC SKILLS & SKATING: <i>Review of:</i> Butterfly <i>Introduction to:</i> Getting up/down quickly, shuffle, and T-push & glide |
| TACTICS | | | | |
| PSYCHOLOGICAL | Ethics, Fairplay, & TrueSport Principles | Ethics, Fairplay, & TrueSport Principles | Positive Thinking, Attitude, Awareness & Adjustment, Dealing with Success and Failure | Positive Thinking, Attitude, Awareness & Adjustment, Dealing with Success and Failure |
| OTHER | First week on the ice! Set expectations and standards | Player & Parent Orientation | | |



| NOVEMBER | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 |
|-----------------------|---|--|--|--|
| HIGHLIGHTS | Shooting | Changes in Direction | Shooting & Dekes | Transitions |
| RING SKILLS | Forehand shot, backhand shot (use all, teach wrist shot form & technique) | | Break-a-ways, body & head fakes, fake forehand shots/passes, backhand & cross-ice shot | |
| SKATING SKILLS | | Crossovers, two-foot slalom, sharp turns, basic pivot turn (front to back, back to front) | | Review of basic pivots, two-foot mohawk (front to back, back to front), one-foot mohawk |
| GOAL KEEPING | <p>BASIC SKILLS WITH FOCUSED SHOTS:</p> <p><i>Review of:</i> Butterfly, getting up/down quickly, shuffle, T-push & glide</p> <p><i>Introduction To:</i> The knowledge of when to stay up/when to go down</p> | <p>ACQUIRED SKILLS WITH FOCUS ON TELESCOPING:</p> <p><i>Review of:</i> Shuffle, T-push & glide</p> <p><i>Introduction To:</i> Butterfly slides & telescoping (understanding angles)</p> | <p>ACQUIRED SKILLS WITH FOCUS ON TELESCOPING:</p> <p><i>Review of:</i> Understand when to stay up/when to go down, butterfly slides, telescoping (understanding angles)</p> <p><i>Introduction To:</i> Break-a-ways & cross-ice shots</p> | <p>PASSING & SHOT CONTROL:</p> <p><i>Introduction to:</i> Forehand/backhand passes, shot handling (cushioning a shot)</p> |
| TACTICS | | | Break-a-ways, 1 V 1 Individual tactics, Goal side, 2 V 1 Skills, Considering Options, Maintaining position | |
| PSYCHOLOGICAL | Personal Strength & Weaknesses | Goal Setting (Individual & Team): Process & Outcome | Goal Setting (Individual & Team): Short/Long Term | Effective Communication Strategies |
| OTHER | Ice Breaker Tournament | | Team Canada Day! | Spirit of Winter, World Ringette Championships |



| DECEMBER | WEEK 9 | WEEK 10 | WEEK 11 | WEEK 12 |
|----------------|---|---|--|-----------------|
| HIGHLIGHTS | Checking | Offensive Cycling & Defensive Triangle | Offensive Cycling & Defensive Triangle | |
| RING SKILLS | Body positioning, side stick, double teaming, checking in corners and on boards, protecting the ring, back checking | <u>Encourage the use of:</u> Forehand/backhand lead passes, shooting, drop passes, fake passes, fake shots | <u>Encourage the use of:</u> Forehand/backhand lead passes, shooting, drop passes, fake passes, fake shots | |
| SKATING SKILLS | | <u>Encourage the use of:</u> Pushing, crossovers, sharp turns, pivots, body & head fakes | <u>Encourage the use of:</u> Pushing, crossovers, sharp turns, pivots, body & head fakes | |
| GOAL KEEPING | SKATING SKILLS: <i>Review of:</i> Shuffle, T-push & glide, butterfly slides <i>Introduction To:</i> Catching and trapping reflexes, finding posts | ACQUIRED SKILLS WITH FOCUS ON PLAY: <i>Review of:</i> Telescoping, butterfly slides, handling shots, catching and trapping reflexes & finding posts <i>Introduction To:</i> Watching the play at all times, positioning play in the triangle, hugging the posts, options when screened, shot deflection & shot clock time | ACQUIRED SKILLS WITH FOCUS ON QUICK PLAY: <i>Review of:</i> Telescoping, butterfly slides, handling shots, watching the play at all times, positioning play in the triangle, finding and hugging the posts, options when being screened, shot deflection, shot clock time <i>Introduction To:</i> Ice geography, playing the angles, reading the play & pad walk | |
| TACTICS | | Offensive cycling, defensive triangle, goal side, body positioning, reading the play | Offensive cycling, defensive triangle, goal side. Body positioning, reading the play | |
| PSYCHOLOGICAL | Effective Communication Strategies | Team Building and Social Development | Team Building and Social Development | |
| OTHER | | Team Draft! | 1 st Team Social | Christmas Break |



| JANUARY | WEEK 13 | WEEK 14 | WEEK 15 | WEEK 16 | WEEK 17 |
|-----------------------|---|---|--|---|--|
| HIGHLIGHTS | Team Breakout | Team Defense | Team Centre, Offensive & Defensive Free Pass | Situational Play (1 on 1, 2 on 1, 3 on 2) | Team Centre, Offensive & Defensive Free Pass |
| RING SKILLS | <u>Encourage the use of:</u> Forehand/backhand lead passing, board passing, stabbing/retrieving/ protecting the ring | | <u>Encourage the use of:</u> Forehand/backhand lead passing, board passing, fake passing, stabbing/ retrieving/ protecting the ring | <u>Encourage the use of:</u> Forehand/backhand lead passing, shooting, drop passes, fake passing, fake shots, passing options, stabbing/ protecting the ring | <u>Encourage the use of:</u> Forehand/backhand lead passing, board passing, shooting, drop passes, fake passing, fake shots, passing options, stabbing/ protecting the ring |
| SKATING SKILLS | <u>Encourage the use of:</u> Sharp turns, acceleration, crossover start, change in direction, stops and starts, body and head fakes | <u>Encourage the use of:</u> V and crossover start, acceleration, stride, backwards skating | <u>Encourage the use of:</u> Sharp turns, acceleration, crossover start, change in direction, stops and starts, body and head fakes | <u>Encourage the use of:</u> T-pushing, crossovers, sharp turns, pivots, body and head fakes | <u>Encourage the use of:</u> Sharp turns, acceleration, crossover start, change in direction, stops and starts, body and head fakes |
| GOAL KEEPING | RING DISTRIBUTION: <i>Review of:</i> Forehand and backhand passing, reading the play <i>Introduction To:</i> Ring distribution (flat with aim), pass to the open ice/lead pass | RING CONTROL & RING DISTRIBUTION: <i>Review of:</i> Cushioning a shot, shot deflection, ring distribution (flat with aim) and pass to the open ice and lead pass <i>Introduction To:</i> Control of rebounds, deflecting shots to beneficial areas | ACQUIRED SKILLS WITH FOCUS ON QUICK PLAY: <i>Review of:</i> All previously acquired skills <i>Introduction To:</i> Positional play during a free pass | SITUATIONAL POSITIONING: <i>Review of:</i> All previously acquired skills <i>Introduction to:</i> 1 on 1, 2 on 1, 3 on 2 | ACQUIRED SKILLS WITH FOCUS ON QUICK PLAY: <i>Review of:</i> All previously acquired skills <i>Introduction To:</i> Pulling the goaltender |
| TACTICS | Team Breakout: flare, power, high-low, low-low, L cut, etc. *pick 1* | Team Defense: man on, zone, 2-on, etc. *pick 1* (defending against team breakout) reading the play, staying goal side, body positioning, double teaming, checking in corners and on the boards backchecking | Team Centre, offensive & defensive free pass, body and head fakes | Situational Play (1 on 1, 2 on 1, 3 on 2) reading the play, body positioning, goal side, decision making, defensive tactics, offensive plays | Team Centre, offensive & defensive free pass, body and head fakes |



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|----------------------|--|---|--|---|---|
| PSYCHOLOGICAL | Game Preparation and Routine, Stress Management, Relaxation Strategies | Game Preparation and Routine, Understanding Team Roles and Finding Where They Fit | Game Preparation and Routine, Visualization Strategies | Game Preparation and Routine, Arousal Strategies | Game Preparation and Routine, Concentration and Coping Strategies |
| OTHER | Exhibition Game | West Coast Classic (Athletes may be busy) | Exhibition Game | Exhibition Game | Pacific Ring Tournament |

| FEBRUARY | WEEK 18 | WEEK 19 | WEEK 20 |
|-----------------------|---|---|--|
| HIGHLIGHTS | Team Tactics & Skill | Team Tactics & Skill | Fun Practice! |
| RING SKILLS | | | |
| SKATING SKILLS | | | |
| GOAL KEEPING | CONTINUED CONSOLIDATION & REFINEMENT: Of previously learned skills through drills and game-like situations | CONTINUED CONSOLIDATION & REFINEMENT: Of previously learned skills through drills and game-like situations | FUN PRACTICE: Skating warm-up followed by fun games and fun scrimmage like competitions |
| TACTICS | Work on a team tactic or skill set that could be consolidated and refined | Work on a team tactic or skill set that could be consolidated and refined | Skating warm-up followed by fun games and fun scrimmage like competitions |
| PSYCHOLOGICAL | Decision Training Variable Practice & Random Practice | Decision Training Variable Practice & Random Practice | |
| OTHER | | Program Year End Social! Exhibition Game | Exhibition Game |



U12 SKILLS MATRIX: LEARNING TO TRAIN – LATE STAGE

Overall Focus: Acquisition of Basic Ring Skills, Focus is Primarily on Fun and Skating Skills in a Controlled Environment

There are four stages of skill development utilized in the table below. At each stage, we have different expectations of how much knowledge and ability each participant has, to complete the skill.

INITIATION

- First contact with the skill

Training Emphasis:

- Basic Stances and Positions
- Getting the idea of what movements are about and look like

ACQUISITION

- The athlete can coordinate and execute the key components in the correct order (execution is still inconsistent and lacks precision)
- Timing of the skills lacks synchronization, rhythm and flow
- The athlete needs to think about what they are doing during execution

Training Emphasis:

- Global Execution
- General Form of Movement

CONSOLIDATION

- Performance is inconsistent but movement is starting to show coordination
- Skill is performed with control and rhythm under stable conditions
- Some elements of performance are maintained (when athlete is under pressure, conditions change or demands increase)

Training Emphasis:

- Maintaining the form of movements
- Some performance consistency under a variety of conditions under stress

REFINEMENT

- Performance is very consistent and precision is high in demanding conditions
- Movements are automated with only minor fine-tuning necessary
- Critical reflection and correction is possible by athlete

Training Emphasis:

- Creating conditions that stress the specific elements that need adjustments



SKILLS AND TECHNIQUES OF FOCUS

Ring Skills and Techniques — All passing, receiving and checking are taught and performed from both sides.

| | | |
|------------------|----------------------|---------------------------|
| GENERAL | REFINEMENT | Stick Safety |
| | | Grip |
| PASSING | CONSOLIDATION | Carrying the Ring |
| | | Protecting the Ring |
| | CONSOLIDATION | Forehand Sweep |
| | | Backhand Sweep |
| PASSING | ACQUISITION | Lead Passing |
| | INITIATION | Board Passing |
| | | Drop Passing |
| RECEIVING | ACQUISITION | Directing Ring with Skate |
| | | Stabbing the Ring |
| | INITIATION | Retrieving Open Rings |
| | INITIATION | Off the Boards |

| | | |
|-------------------|-----------------------|---------------------|
| CHECKING | CONSOLIDATION | Sweep |
| | ACQUISITION | Body Position |
| | | Side Stick |
| | | Double Teaming |
| | | Checking in Corners |
| INITIATION | Checking along Boards | |
| SHOOTING | INITIATION | Back Check |
| | CONSOLIDATION | Forehand Sweep |
| | ACQUISITION | Backhand Sweep |
| | | Forehand Flip |
| | | Backhand Flip |
| INITIATION | Forehand Wrist | |
| | Backhand Wrist | |
| DEKES | INITIATION | Fake Passes |
| | | Body and Head Fakes |



Skating Skills and Techniques — All performed using both edges, going both directions.

| | | |
|----------------------------------|----------------------|----------------------------------|
| STARTING AND ACCELERATION | REFINEMENT | V-Start T-Start |
| | ACQUISITION | Acceleration |
| | INITIATION | Crossover Start |
| STOPPING | REFINEMENT | Edge Control Snowplow Stop |
| | CONSOLIDATION | One-Foot T-Stop |
| | ACQUISITION | Backward V-Stop |
| | | Backward T-Stop |
| | | One-foot Outside Edge Stop |
| INITIATION | Parallel Stop | |
| TRANSITIONS | ACQUISITION | Pivots |
| | | Basic Pivot Turn (Front to Back) |
| | | Basic Pivot Turn (Back to Front) |
| | INITIATION | Two-Foot Mohawk (Front to Back) |
| | | Two-Foot Mohawk (Back to Front) |
| | | One-Foot Mohawk (Front to Back) |
| | | One-Foot Mohawk (Back to Front) |

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|------------------------|--|--|---|----------------------|
| FORWARD SKATING | REFINEMENT | Two-Foot Glide One-Foot Glide | | |
| | CONSOLIDATION | Glide on a Curve Stride Double Sculling Power Pushes | | |
| | | ACQUISITION | Acceleration Sharp Turns Crossovers | |
| | | | INITIATION | Two-Foot Slalom |
| | | | BACKWARD SKATING | CONSOLIDATION |
| ACQUISITION | One-Foot Glide Glide and Touch Toes | | | |
| | INITIATION | Acceleration Sharp Turns Double Sculling Power Pushes | | |



Psychological Development — Introduction of mental preparation decision training, introduce decision making in competitive situations.

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|-----------------------|---|--------------------------------------|
| TEAM DYNAMICS | ACQUISITION | Team Building and Social Development |
| | | Teamwork |
| | | Fair Play |
| | | Sportsmanship |
| | | Ethics |
| | | Shared Leadership Opportunities |
| | INITIATION | Effective Communication Strategies |
| | Understanding Team Roles and Finding Where they fit | |
| SELF AWARENESS | ACQUISITION | Positive Thinking |
| | | Attitude, Awareness and Adjustment |
| | | Dealing with Success and Failure |
| | INITIATION | Independence |
| | | Personal Strengths and Weaknesses |
| GOAL SETTING | INITIATION | Individual |
| | | Process and Outcome |
| | ACQUISITION | Team |
| | | Short and Long Term |

| | | |
|---|--------------------|--------------------------|
| FOCUS/ ANXIETY MANAGEMENT AND ATTENTIONAL/ EMOTIONAL CONTROL | ACQUISITION | Visualization Strategies |
| | | Concentration Strategies |
| | | Coping Strategies |
| | INITIATION | Relaxation Strategies |
| | | Arousal Strategies |
| | | Stress Management |
| GAME PREPARATION AND ROUTINE | ACQUISITION | Game Strategies |
| DECISION TRAINING | INITIATION | Variable Practice |
| | | Random Practice |



Goalkeeping Skills and Techniques — Introduction of goalkeeper specific drills. Concentration on identification and development of maximum number of players interested and with ability. Players interested in playing goal should start to play 50% of the time.

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|---|--------------------|--|
| GENERAL | ACQUISITION | Grip |
| | | Ready Position/ Stance |
| | | Keeping Stick on the Ice |
| | | Getting Up and Down Quickly |
| | | Reading the Play |
| STYLE | ACQUISITION | Stand-up |
| | | Crouch |
| | | One-knee Drop |
| | INITIATION | Butterfly |
| | | Inverted V |
| MOBILITY (LATERAL, FORWARD AND BACKWARD) | ACQUISITION | Shuffle |
| | | T-Push and Glide |
| | | Push and Glide |
| | | Telescoping (Understanding Angles) |
| | INITIATION | Butterfly Slide (Top of Crease & Back to Post) |
| | | Butterfly Pad Walk |



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|--------------------------------------|----------------------|--|
| STICKWORK | CONSOLIDATION | Forehand and Backhand Passes |
| | ACQUISITION | Keeping Stick Flat on the Ice |
| | | Handling Shots |
| | | Cushioning the Shot |
| | | Shot Deflection |
| RING SKILLS | ACQUISITION | Blocker |
| | | Stopping |
| | | Throwing the Ring (Flat with Aim) |
| | | Catching/Trapping Reflexes |
| | | Ring Distribution |
| | | Control of Rebounds |
| | INITIATION | Pass to the Open Ice/Lead Passes |
| | | Show Options when Screened |
| | | Learn to Deflect Shots to Beneficial Areas |
| | | Use the Goalie as the Receive of the Ring |
| COMMUNICATION AND INTERACTION | ACQUISITION | Calling When Open |
| | INITIATION | Shot Clock Time |
| | | Pulling the Goaltender |
| | | Enhance and Refine Transition Work with Defense (Breakout) |

| | | |
|--------------------|--------------------|---|
| POSITIONING | ACQUISITION | Finding the Posts |
| | | Hugging the Posts |
| | | Learn Positional Play during a Free Pass Ring |
| | | Learn Positional Play in the Triangle |
| | INITIATION | Playing the Angles |
| | | Ice Geography |
| | | Cross Ice Shot |
| | | Watching the Play at all Times |
| | | Break-a-ways |
| | | 1 on 1 |
| | | 2 on 1 |
| 3 on 2 | | |
| | | Inverted Triangle |



PSYCHOLOGICAL SKILL DEVELOPMENT RESOURCES

When developing Psychological skills, consider having athletes identify their strengths, or set goals, by using some of the following statements.

I AM PLAYING: LEARN TO TRAIN (8 TO 11 YEARS OF AGE)



PHYSICAL

1. I can play or be active for longer durations.
2. I am becoming stronger by using my own body weight, especially my upper body and legs, to improve my power, speed and change of direction.
3. I have started developing my core strength using my body weight -- if my technique is excellent and I am supervised by an adult, I will sometimes use a medicine or stability ball.
4. My body awareness is growing and I know how to gain more flexibility by using different exercises through a wide range of motion.
5. I am starting to push myself and work as hard as possible for short periods.

TECHNICAL/TACTICAL/STRATEGIC

1. I can frequently demonstrate good dynamic skating techniques.
2. I can always demonstrate the power position.
3. I am demonstrating a variety of shooting techniques more often and making good choices about when, where and what shot to use.
4. I can show a quick change of direction with proper technique.
5. I have started to learn how to create space and build offensive advantages.
6. I have started to learn advanced individual defensive tactics.
7. I have started to learn advanced offensive and defensive team tactics.
8. When it's my turn to play goalie, I use goalie equipment.

PSYCHOLOGICAL

1. I support my teammates and like being supported by them as well.
2. I can describe how my athletic skills have improved and how my persistence helps me get better.
3. I have started to describe a setback or a struggle as a learning opportunity to improve.
4. I am starting to set my own short-term personal goals with guidance.
5. I am using "Think Aloud" to help me describe how I feel to others when I am nervous or not sure how to change a skill.
6. "Think Aloud" helps me describe what I am seeing, doing and what I can change.
7. I am learning what distracts me and how to regain focus and beginning to develop visualization habits.

LIFE SKILLS

1. I can talk about my learning from other sports that I play with my parents, coaches and teammates.
2. I know the time and location of my training or games and arrive prepared to participate.
3. I can take on small leadership roles when asked.
4. I am developing coping skills for setbacks and disappointments.
5. I am able to describe how my actions have impact on myself and others.
6. I am better at communicating and expressing myself to my coaches and teammates.
7. I am most often choosing healthy snacks before and after training and games.
8. I can talk about "fair play" and bullying.
9. I am getting better at putting my equipment on by myself.

ETHICAL LITERACY

- KEEP IT FUN:** We always have fun when we have inter-squad or inter-club games or drills.
- GO FOR IT:** Even when I lose, I am happy with the effort I put in the game.
- PLAY FAIR:** On my team, everyone gets to participate. Opportunities to compete are earned through effort and commitment, not just ability.
- RESPECT OTHERS:** My teammates and I take part in fun team-building exercises.

- STAY HEALTHY:** I'm learning to fuel my body with healthy foods I can choose myself.
- INCLUDE EVERYONE:** Being friendly, respectful and kind with teammates, parents, coaches, officials, and opponents is important.
- GIVE BACK:** My coach asks each player on the team to think about our preferred True Sport Principle and share our choice and rationale with our teammates.



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RESOURCES

[Technical Skills Matrix - Ringette Canada](#)

[Welcome to the Essentials - Ringette Canada](#)

[Long Term Player Development - Ringette Canada](#)