

## OVERVIEW

DURATION	1 hrs
AGES	10 - 14
DEVELOPMENT FOCUS	Sport Specific Skills Ringette: Skating, Passing, Receiving, Shooting, General Knowledge, Goaltending
EQUIPMENT	Cones

## 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.

## OVERVIEW

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### U12-U14 Evaluation Session #1

There will be 3 evaluation sessions for the U12-U14 divisions.

Evaluation Session #1 and #2 have set drills. Whichever drills you do not get through in session #1 should be added to the beginning of session #2. If you get through all the drills before the end of session #2, add a scrimmage to fill the rest of the session.

Evaluation Session #3 should be a full game with referees, minor officials and even teams

## INTRODUCTION

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### Evaluation Session #1

Complete the following drills

- General Warm-up
- Butterfly Skating
- 3 Lanes Skating Drill
- Cross Overs and Pivots
- Zig Zag with Passing Target & Two cone Mohawk Drill

If you still have time at the end of the session (making sure you include a 3-5 minute cool down) use the following drills








- Chase Drill
- Shuttle Drill

If you do not complete any of the above drills, add them to Evaluation Session #2 at the beginning of the session

## SKILL LESSONS & ACTIVITIES

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**1 hrs 10 mins**

■ General Warm-Up		 5 mins
■ Butterfly Skating		 5 mins
■ 3 Lanes Skating Drills	□ Cones	 15 mins
■ Cross Overs and Pivots	□ Cones	 10 mins
■ Zig Zag with Passing Target and Two Cone Mohawk Drill	□ Cones	 15 mins
■ Chase Drill		 10 mins
■ Shuttle Passing Drill		 10 mins

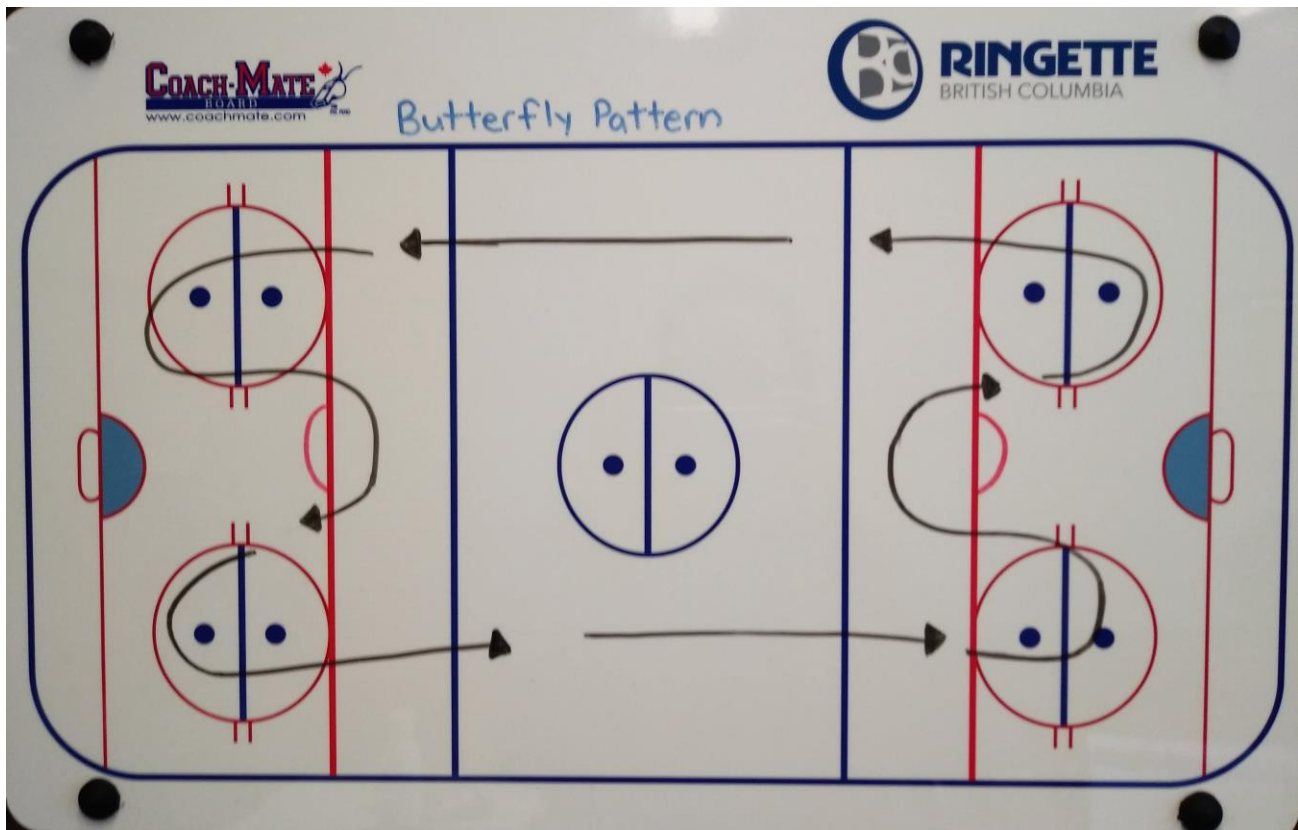
## COOL-DOWN

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A light skate around the ice

## OVERVIEW

DURATION	5 mins
AGES	10 - 14
DEVELOPMENT FOCUS	Sport Specific Skills Ringette: Skating



### □ Setup

Move nets up to the ringette lines on both sides of the ice

### ☀ Safety

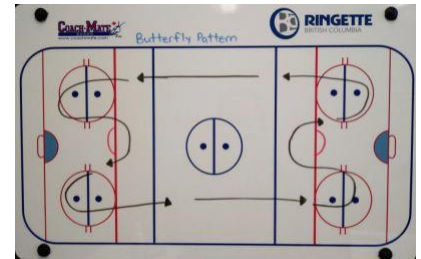
Ensure that all participants are keeping their head up and watching where they are going.

Space participants out prior to starting.

### Instructions

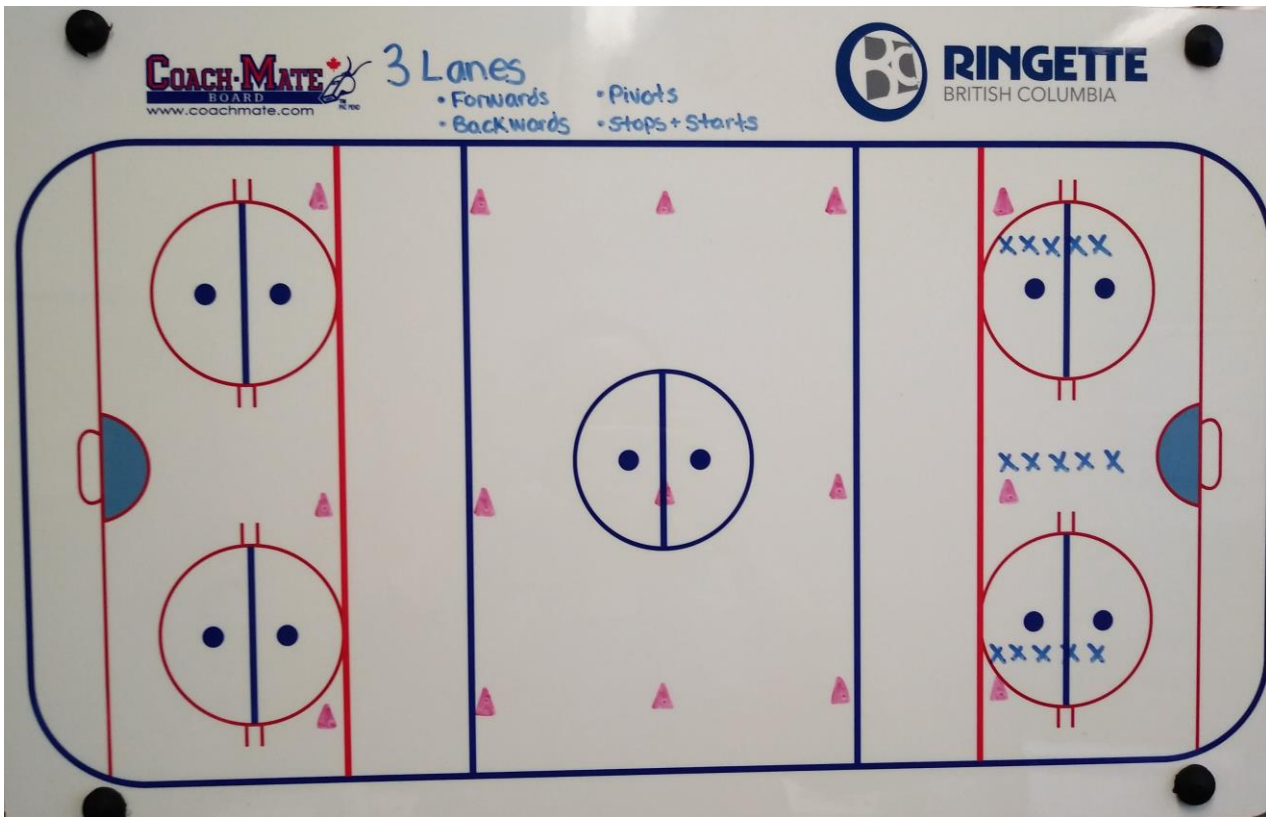
Participants will all skate in one direction around the rink in a butterfly pattern.

- 1 whistle -- change in speed (faster, then to slower)
- Do this drill with forward skating and backwards skating



## OVERVIEW

DURATION	15 mins
AGES	10 - 14
DEVELOPMENT FOCUS	Sport Specific Skills Ringette: Skating
EQUIPMENT	Cones



## □ Setup

Set-up 3 lanes of 5 cones down the length of the ice. Split up athletes into 3 groups and have their line-up on one side of the ice, behind the first cone.

## ☀ Safety

- Make sure participants stay in their lanes and skate with their heads-up
- When skating backwards, remind participants to slow down just prior to the line to avoid crashing into the other participants
- Wait until the participant in front gets to the blue line, or center line, before next participant starts.

## Instructions

With participants in 3 different lines behind each cone, go through the following skills

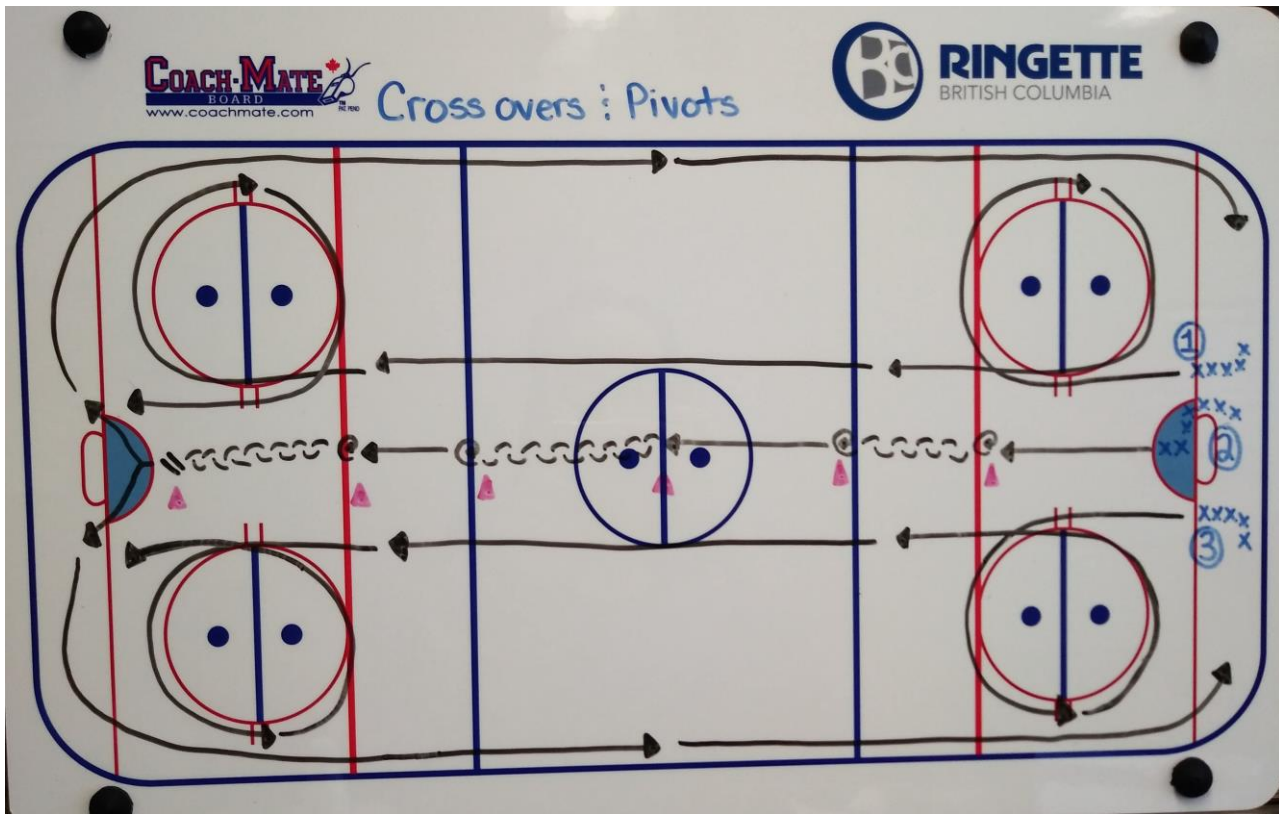
- Forward Skating
- Backward Skating
- Stops and Starts
- always facing the same direction (when going either direction)
- Pivots



Participants go one way down the ice, then wait in line at the other end for everyone else to go. Go through each skill 2-3 times. Check in with evaluators before moving on to the next skill.

## OVERVIEW

DURATION	10 mins
AGES	10 - 14
DEVELOPMENT FOCUS	Sport Specific Skills Ringette: Skating
EQUIPMENT	Cones



## Setup

Leave the middle line of cones from the 3 lanes drill

## Safety

- Emphasize skating up the boards to come back to the line-ups
- Keep your head up at all times (even when skating up the boards)
- Lines 1 and 3 should stay on the lines of the circle, avoiding going too wide
- Line 2 should remain in the centre of the ice

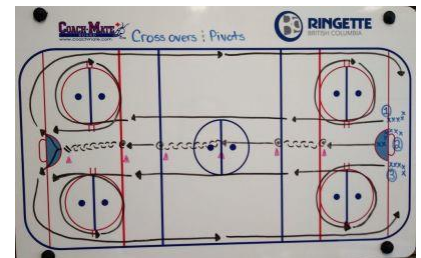
## Instructions

### Form 3 lines on the ice

- two on each side side of the net
- one in the middle

### Lines 1 and 3

- Skate around the closest circle, starting on the middle side of the circle, doing forward crossovers
- After the first circle, players skate hard down the ice to the far circle on the same side of the ice
- Starting on the middle side of the circle again, they will do crossovers around this circle
- Stay on the line of the circle, not too far to the outside
- After completing the second circle, curl to the closest boards and come back to the line-ups at the other side of the ice



### Line 2

- Skates up the centre of the ice, pivoting at each cone (forward to backward, backward to forward)
- Stop when you reach the hashmarks of the circle
- Choose one side of the ice after completing and skate back to the line-ups along the boards

All participants should rotate between lines, going in the order of Line 1, 2, then 3.



# Zig Zag with Passing Target and Two Cone Mohawk Drill

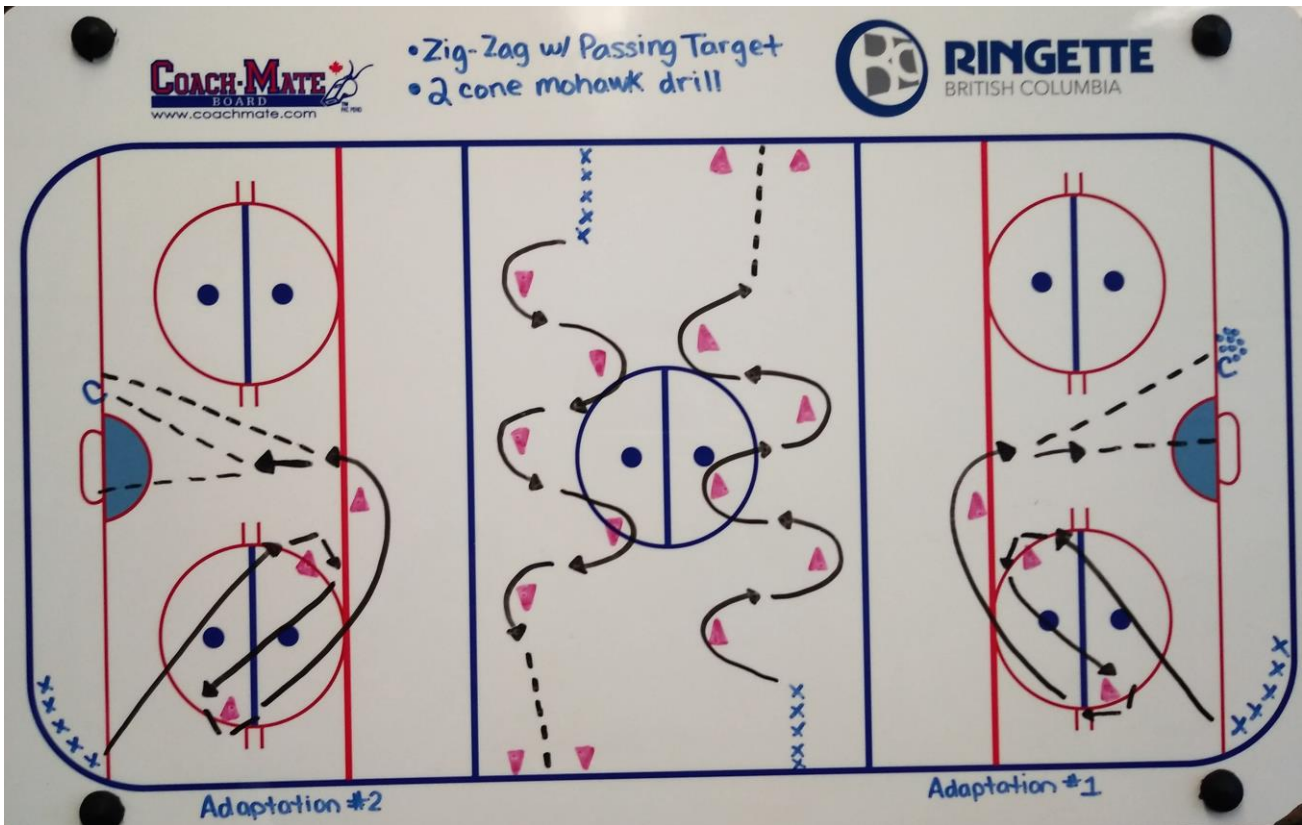
Two different drills happening simultaneously to showcase turning, passing, pivoting and shooting

## OVERVIEW

DURATION 15 mins

AGES 10 - 14

EQUIPMENT Cones



## □ Setup

### Split up players into 3 groups

#### Zig Zag with Passing Target

- set-up two sets up 5 cones in a zig zag pattern
- at the end of each set, put two cones against the boards
- U12 - 2-3 feet apart
- U14 - 2 feet apart
- put rings at the start of each line

#### Two Cone Pivot Drill

- **\*\*set-up on both ends of the ice, but on the same side so players shoot forehand and backhand\*\***
- set-up cones as shown on the diagram
- total of 3 cones
- put rings beside the net for the coach

## ☒ Safety

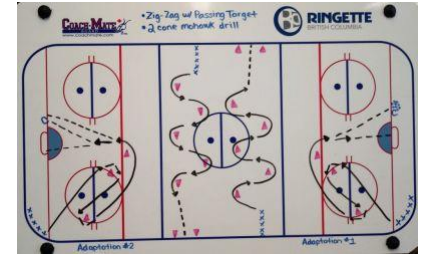
- Skate with head up
- Stay in your current area of the ice

## Instructions

These two drills are happening simultaneously. Rotate groups through each station after approx. 5 minutes.

### Zig Zag with Passing Target

- two lines formed (one on either side of the circle, behind each set up cones)
- players skate with a ring around each cone
- at the end, just as they exit the last cone, the player passes the ring and tries to hit the boards between the two cones
- player then joins the other line and completes the same drill on the other side



Two Cone Mohawk Drill - this drill is happening on both ends of the ice, but on the same side to make sure that all players go on their forehand and backhand, encourage players to shoot forehand and backhand

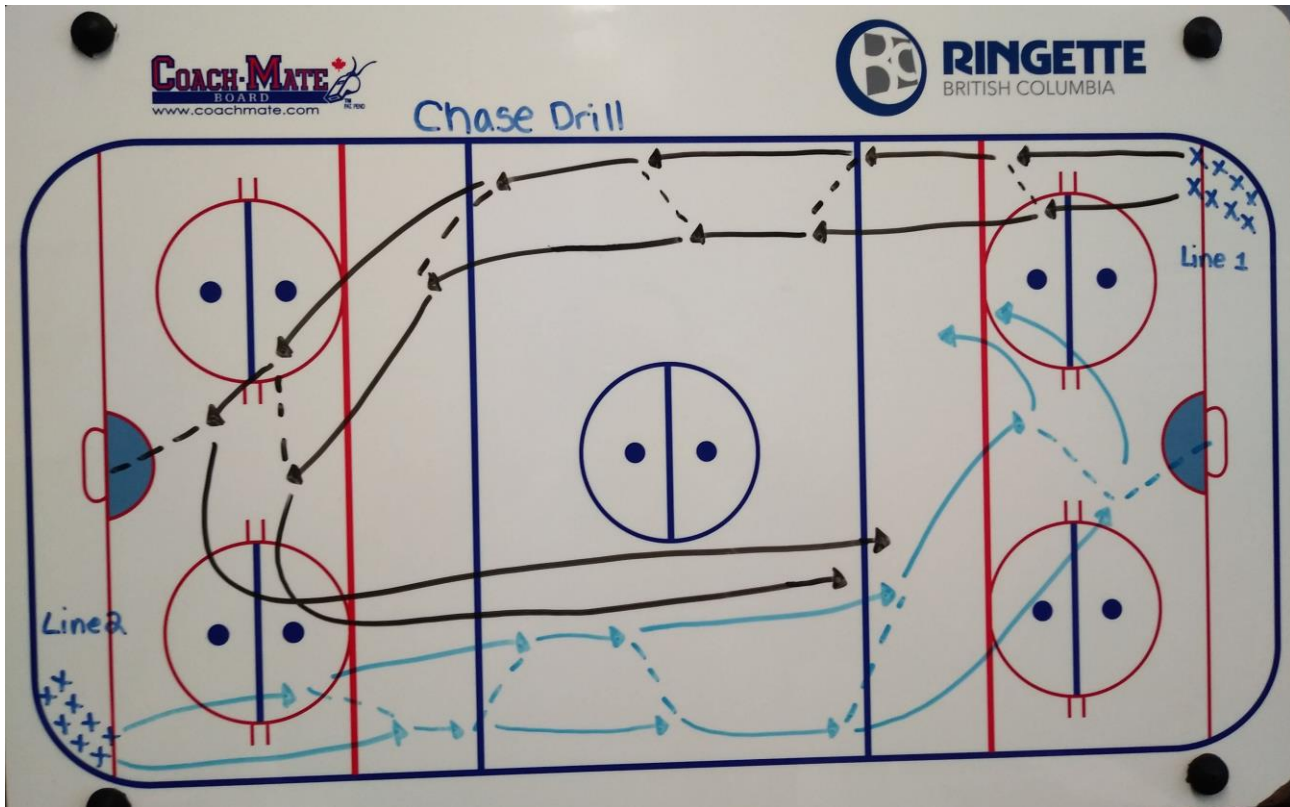
- Players line up the corner (same side as the cones)
- one at a time, a player will skate up to the first cone, on the net side, and do a mohawk, facing the line up they just came from
- They will then skate to the second cone, on the net side, and do a mohawk, facing the first cone
- Player will then skate around the 3rd cone just outside the free play line
- After coming around the 3rd cone, follow the following progressions and adaptations

Step 1: Player starts with ring, skates with ring around cones, and shoots on the goalie after the 3rd cone

Step 2: Player skates without ring, receives a pass from the coach after coming around the 3rd cone and shoots on the goalie (Adaptation #1)

## OVERVIEW

DURATION	10 mins
AGES	10 - 14
DEVELOPMENT FOCUS	Sport Specific Skills Ringette: Skating, Passing, Receiving, Shooting, General Knowledge, Goaltending



## □ Setup

- rings in two opposite corners
- split players into two groups

## ☀ Safety

If running out of two sides at once, ensure the two groups do not get too close together. If they do, blow the whistle and re-start from the two corners to space the groups out again.

## Instructions

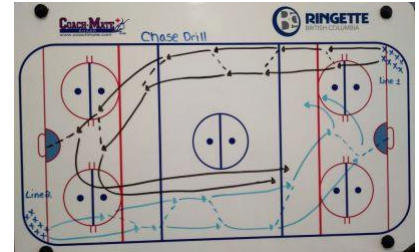
Players start in two opposite corners of the ice. Depending on how many players you have, you may wish to run the drill with one side going at a time, or with both sides leaving at the same time.

### To start

- two players in one corner of the ice start by skating up the ice and passing the ring to each other, when they get to the other end, they take a shot on net
- as soon as they shoot (and not before) the first two players in the line-up at that end of the ice will leave
- the two players who just shot the ring on net will skate to catch up with, and check the new players
- if the checking players get the ring, they continue down the ice in the same direction and shoot on the goalie on the side where they came from
- After shooting, the second set of players then chase the next two down the ice and end up in the same end of the ice they started in

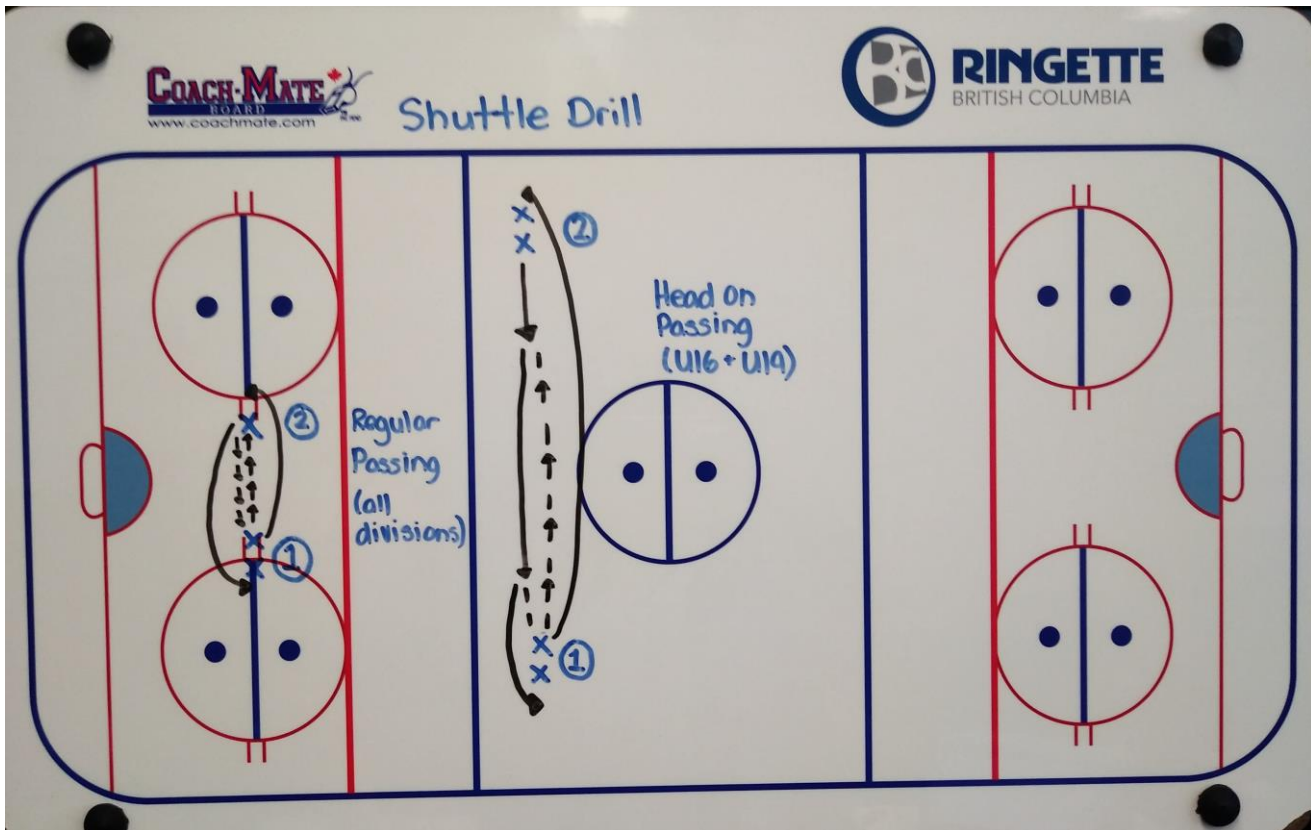
Players will always end in the same side of the ice they started in

They cannot leave the corner until the pair that is chasing them shoots the ring



## OVERVIEW

DURATION	10 mins
AGES	10 - 14
DEVELOPMENT FOCUS	Sport Specific Skills Ringette: Passing, Receiving



## Setup

Players should be in groups of 3-4, spread out on the ice (all going the same direction)  
 Each set of players should have a ring

## Safety

All players should be lined up passing in the same direction along the ice

## Instructions

In groups of 3-4, players will showcase their passing and receiving skills

- Player in line 1 passes to the first person in line in line 2
- Player who passed the ring from line 1 skates to the other side and joins the back of line 2
- Player from line 2 receives the ring, then passes to the first player in line 1
- Continue

If a group of 3, the ring should start in the line with 2 players

All divisions will complete this part of the drill

