

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

U12-U14 Evaluation Session #2

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

Evaluation Session #2


Complete the following drills

- Chase Drill *if you did not complete it already in Session #1
- Shuttle Drill *if you did not complete it already in Session #1
- Two on Two Dot Drill
- Gap Drill
- 2-3 Cone Shooting Drill

Once you complete all of the drills (be sure to include a 3-5 minute cool down), you can scrimmage for the remainder of session #2

SKILL LESSONS & ACTIVITIES

1 hrs

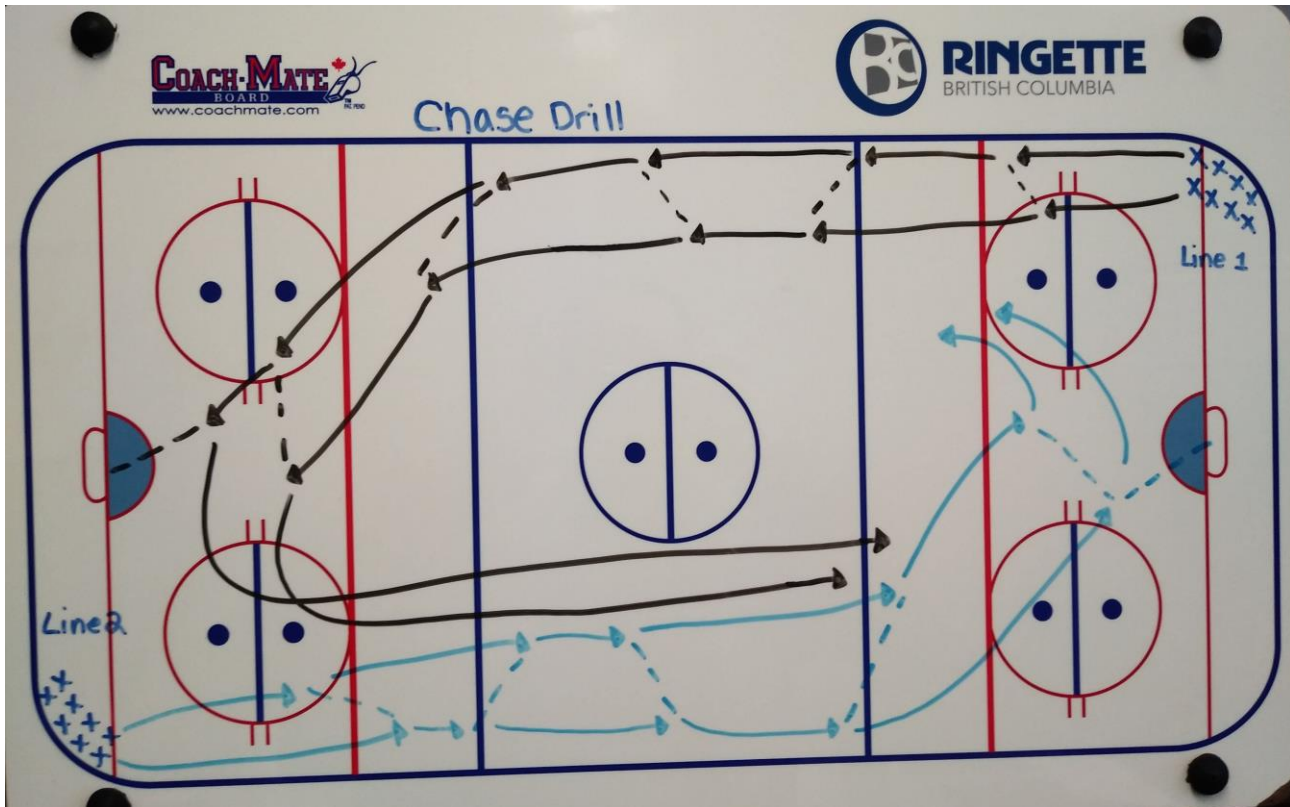
| | | |
|---------------------------|--|---------|
| ■ General Warm-Up |  | 5 mins |
| ■ Chase Drill |  | 10 mins |
| ■ Shuttle Passing Drill |  | 10 mins |
| ■ Two on Two Dot Drill |  | 15 mins |
| ■ Gap Drill |  | 10 mins |
| ■ 2-3 Cone Shooting Drill | <input type="checkbox"/> Cones  | 10 mins |

COOL-DOWN

A light skate around the ice

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

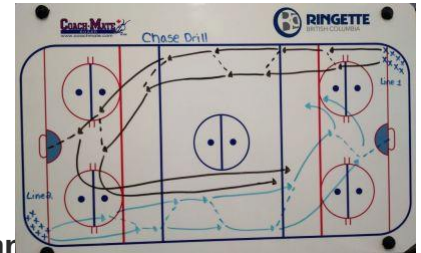
Players start in two opposite corners of the ice. Depending on how many players you have, you may wish to run the drill with one side going at a time, or with both sides leaving at the same time.

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

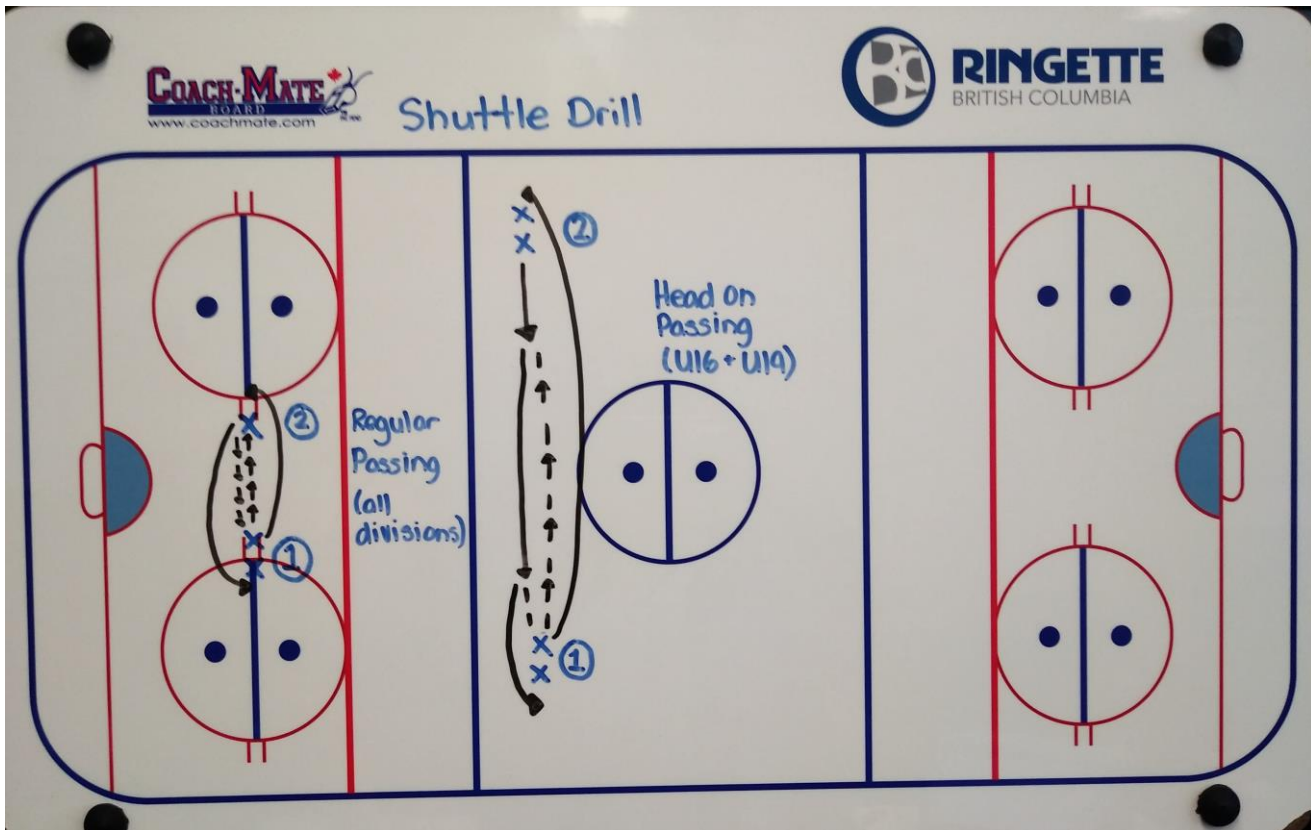
Players will always end in the same side of the ice they started in

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

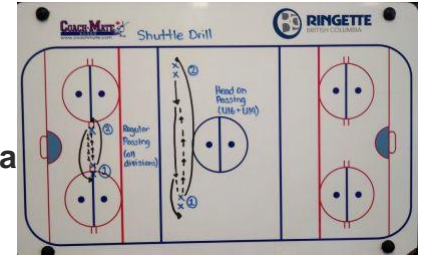
Instructions

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

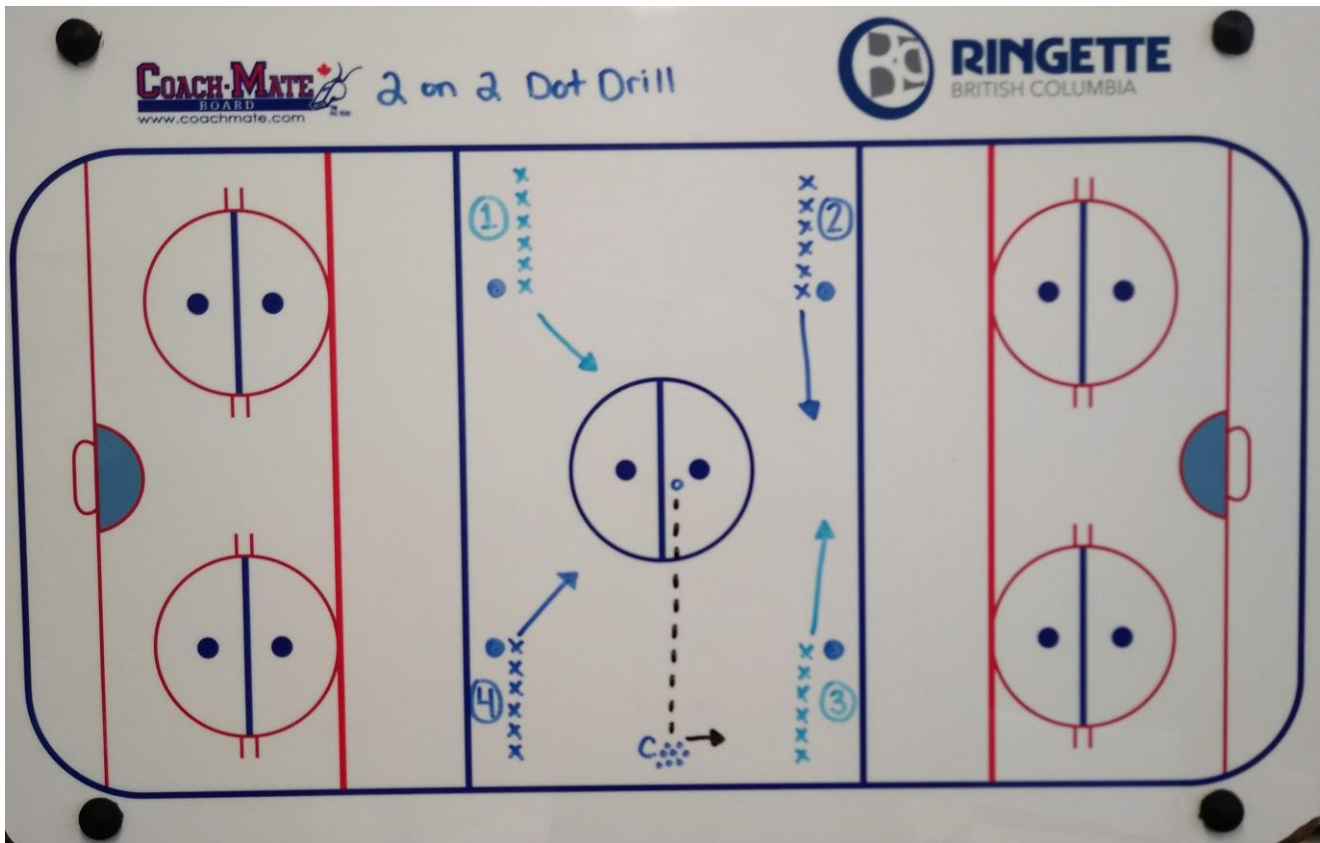
If a group of 3, the ring should start in the line with 2 players

All divisions will complete this part of the drill



OVERVIEW

| | |
|-------------------|--|
| DURATION | 15 mins |
| AGES | 10 - 14 |
| DEVELOPMENT FOCUS | Sport Specific Skills Ringette: Skating, Passing, Receiving, Shooting, General Knowledge, Goaltending |



Setup

A pile of rings should be placed against the boards on one side of the centre of the ice.

Safety

- Remind players to keep their heads up while skating
- Players should vacate the playing area once their turn is over and return to the line-up

Instructions

Players will be split into 4 groups, and line-up behind each of the 4 dots in the neutral zone.

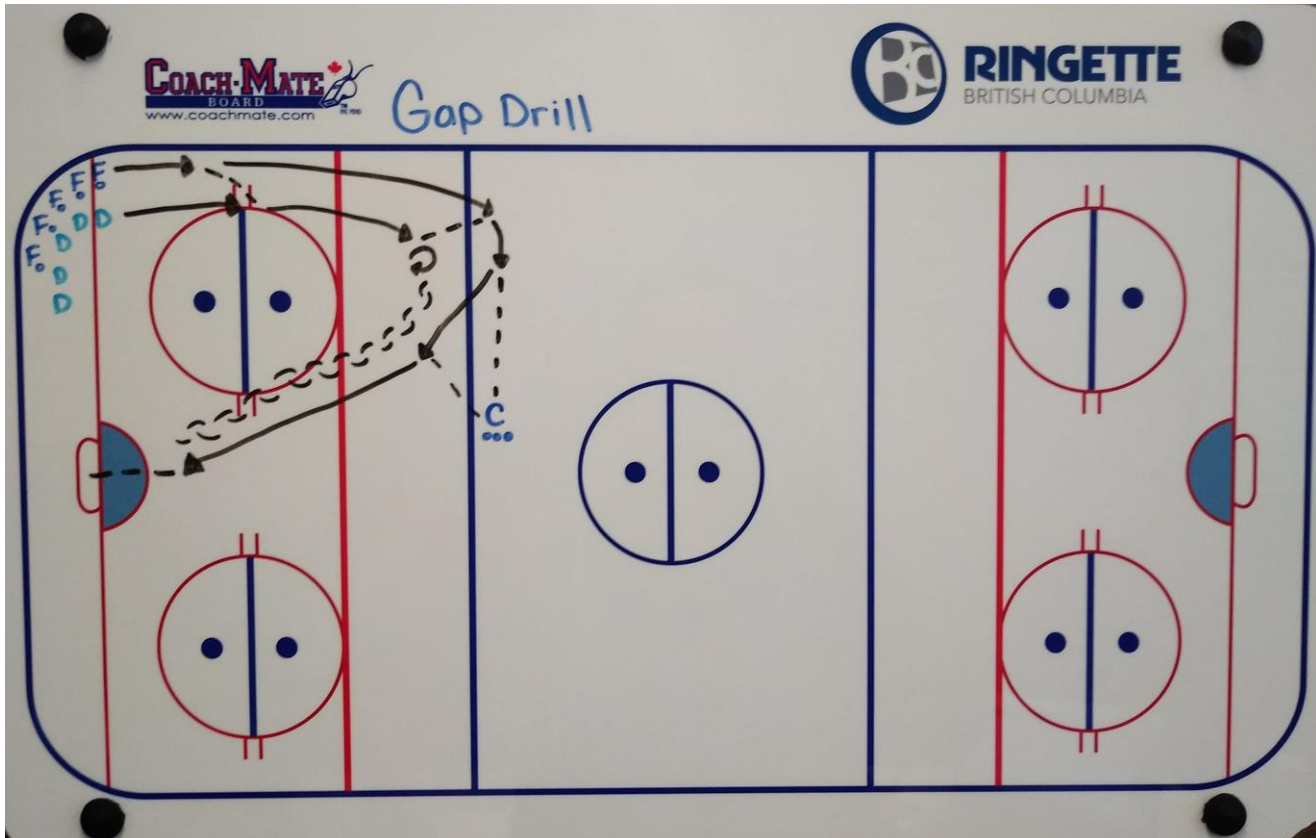
Players in Lines 1 & 3 are on the same team, players in Lines 2 & 4 are on the same team

- Coach points in a direction with their stick (towards one end) to show which direction the group will be going
- Coach passes a ring into the centre of the ice, and the players must race for the ring
- Whichever team gets the ring first is on offense, whichever team does not get the ring is on defense
- The group plays 2 on 2 towards the end the coach originally pointed
- If the defending team gets the ring, continue going in the same direction the coach pointed
- The play is dead after the first shot on goal, or when the coach tells the group to go back to the line



OVERVIEW

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



□ Setup

Split group into two groups

Rings should be placed in the corner for the players, and a few just outside the blue line for the coach

⚠ Safety

Wait until one group is finished prior to sending the next pair

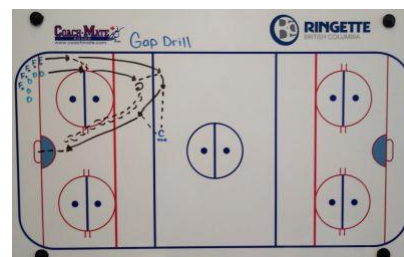
Players should vacate the playing area and return to the line after their shot on net.

Instructions

This drill will be running out of two ends of the ice simultaneously

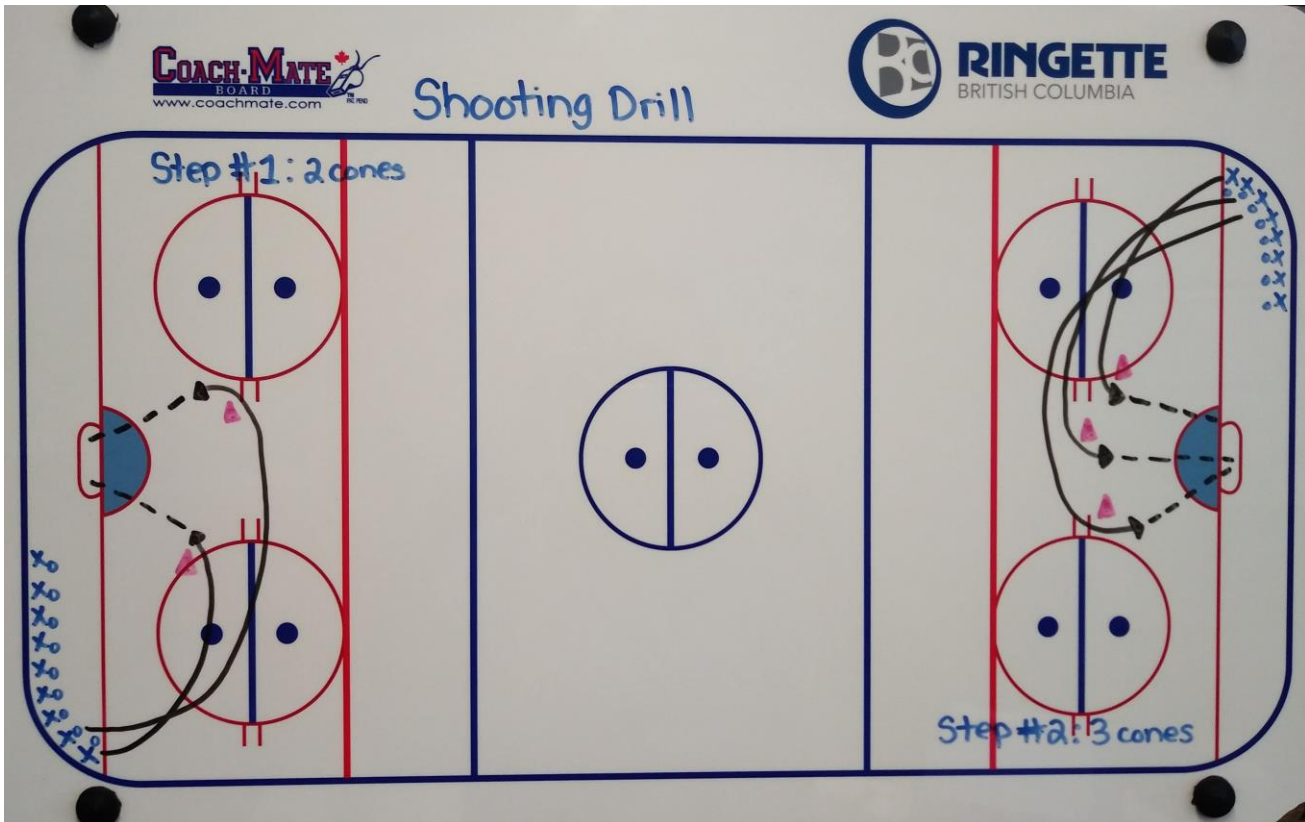
- Players create two lines in the corner
- Line closest to the boards - Forward
- Line closest to the net - Defense
- **encourage players to switch lines and play both positions**
- One player from each line leaves at the same time
- Forward starts with the ring, passes to the defense
- The defense passes the ring to the forward over the blue line
- The defense then pivots to backwards
- The forward receives the ring, passes it to the coach, then receives it back from the coach over the blue line
- The players go towards the net for a 1 on 1
- Defense should try to keep a stick length gap between them and the forward

Switch corners of the ice after about 5 minutes so all players get the chance to be on their forehand and backhand



OVERVIEW

| | |
|-------------------|--|
| DURATION | 10 mins |
| AGES | 10 - 14 |
| DEVELOPMENT FOCUS | Sport Specific Skills Ringette: Shooting, Goaltending |
| EQUIPMENT | Cones |



□ Setup

Set-up 2 cones on both sides of the ice as shown on the diagram for Step #1

Have a 3rd cone available for moving to Step #3 part way through the drill

Split the players into two groups

☀ Safety

Space groups out enough to allow for the goalies to move back to their starting post and have a short breather.

Instructions

This drill is being run on both sides of the ice simultaneously

No deking - shooting only

- Players start with rings in the corner of the ice

Step #1 (2 cones) - to showcase goaltenders ability to track the ring and move in their crease

- Two players leave at the same time
- First player skates around the closest cone, shoots
- Second player skaters around the far cone, shoots

Step #3 (3 cones) - to showcase athletes shooting abilities

- Three players leave at the same time
- First player skates around the closest cone, shoots
- Second player skaters around the second cone, shoots
- Third player skates around the far cone, shoots

Switch sides of the ice after 5 minutes to allow all players the chance to shoot on their forehand and backhand.

