

OVERVIEW

DURATION	1 hrs
AGES	14 - 18
DEVELOPMENT FOCUS	Sport Specific Skills Ringette: Skating, Passing, Receiving, Shooting, General Knowledge, Goaltending, Defensive Strategies.
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

U16-U19 Evaluation Session #2

There will be 3 evaluation sessions for the U16-U19 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
- Big Ice Drill
- Gap Drill
- Tumo Box 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

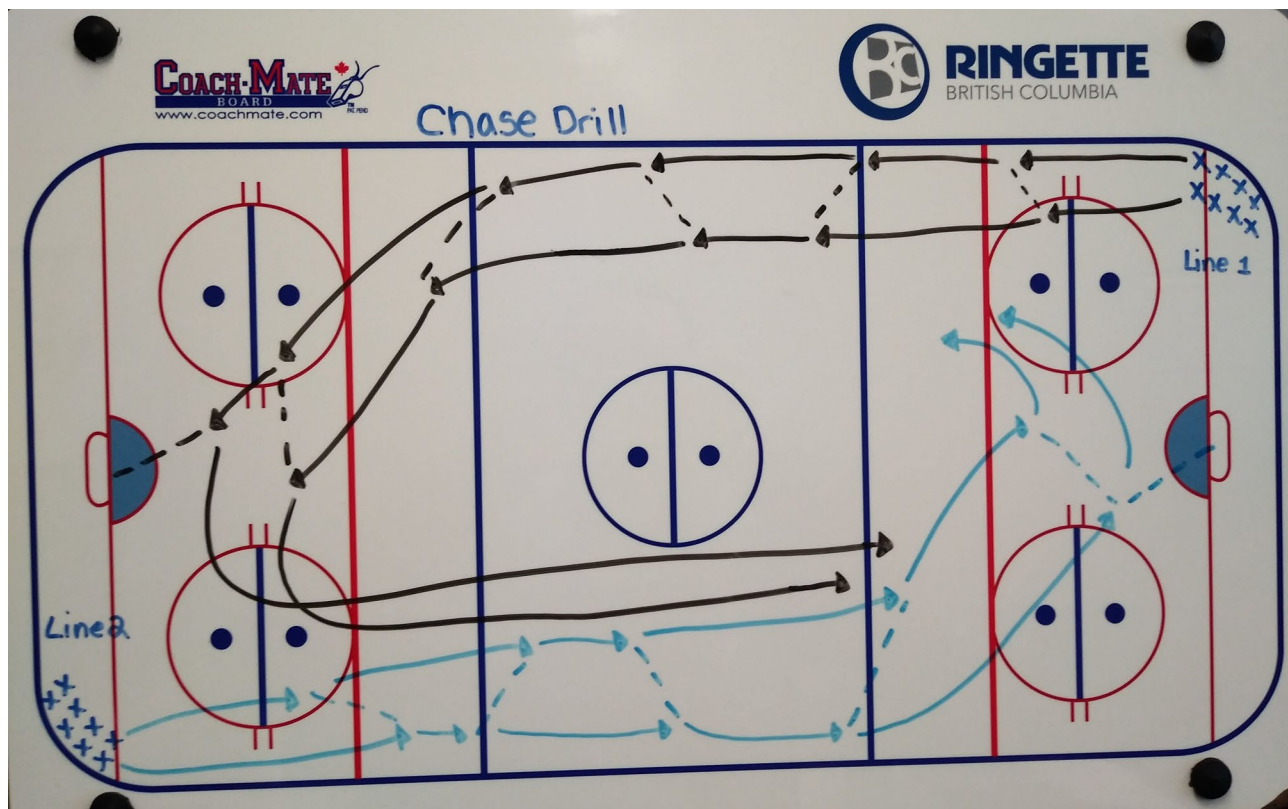
■ General Warm-Up	 5 mins
■ Chase Drill	 10 mins
■ Shuttle Passing Drill	 10 mins
■ Big Ice Drill	 10 mins
■ Gap Drill	 10 mins
■ Tumo Box Drill	 15 mins

COOL-DOWN

A light skate around the ice

OVERVIEW

DURATION	10 mins
AGES	14 - 18
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

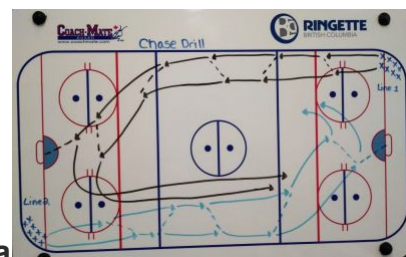
Players start in two opposite corners of the ice. Depending on how many players you have, you may wish to run the drill with one side going at a time, or with both sides leaving at the same time.

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	14 - 18
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	10 mins
AGES	14 - 18
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 both sides of the centre of the ice.

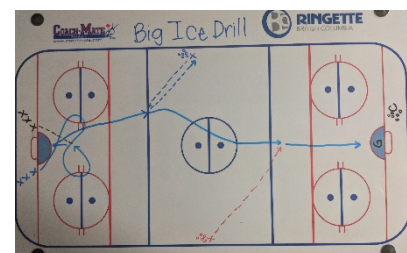
⚠ Safety

- 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 2 groups, and line-up on either side of the net at one end. One player will line up next to the rings on both sides at center ice.

Players in Lines next to the net will skate a butterfly pattern in front of the net.



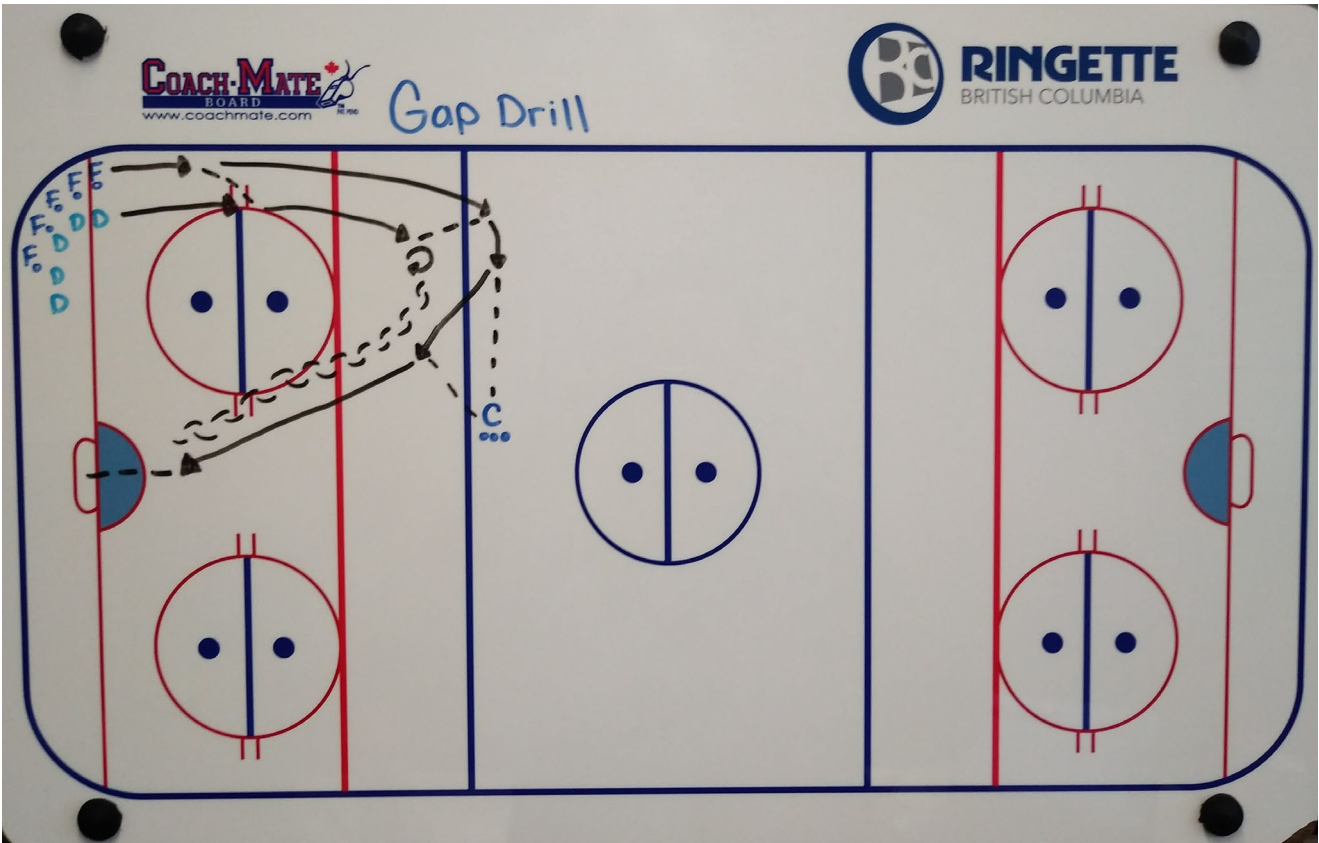
- After each tight turn the player skating will receive a pass from the opposite line up then takes a shot. Each player receives 2 passes and takes 2 shots.
- One player at center ice will make a head on pass to the skater then receive the same ring back.
- The other player at center ice will make a lead pass to the skater over the second blue line.
- After receiving the lead pass the skater will skate towards the goalie for a shot.

Coaches can add a pass from the coach behind the net they take the last shot on to represent a rebound.

Players can switch the passers position to give everyone an opportunity to run through the drill in every position.

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□ 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

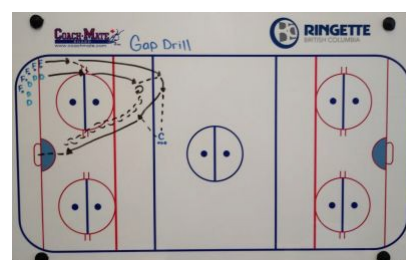
Players should vacate the playing area and return to the line after their shot on net.

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

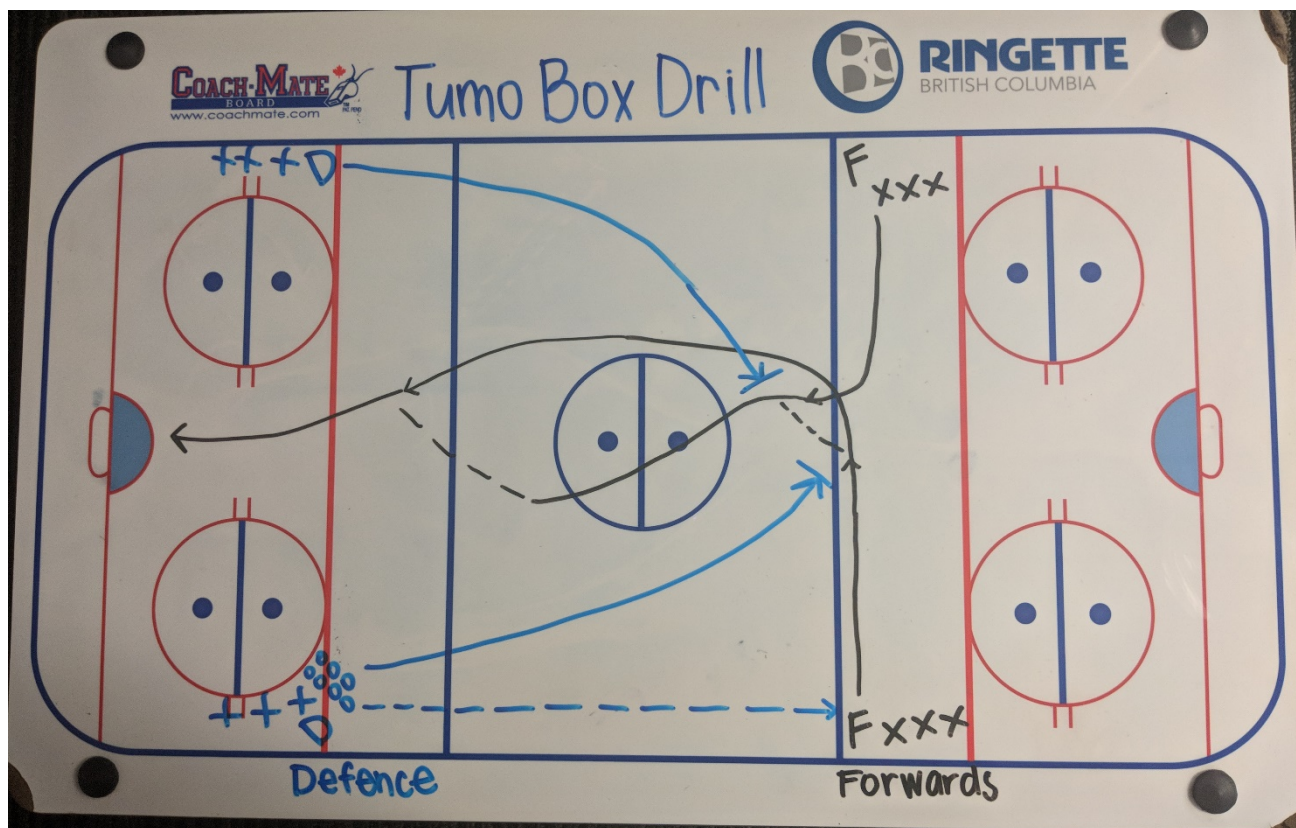


OVERVIEW

DURATION 15 mins

AGES 14 - 18

DEVELOPMENT FOCUS Sport Specific Skills
Ringette: Defensive Strategy, Shooting, Goaltending



Tumo Box Drill

A drill to showcase players playing a tight man on

Setup

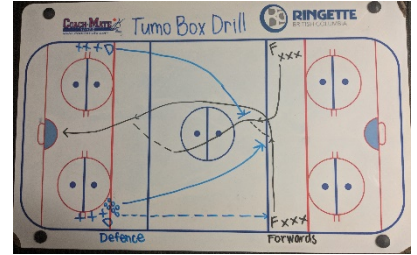
Four lines: 2 lines of forwards and 2 lines of defense one on each side of the ice.

Safety

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

Instructions

- One defense starts with rings and makes a pass the length of The ice to the forward in the line on the same side.
- The two forwards skate down the ice making sure to pass over The blue lines, using a minimum of 3 passes to get to the end.
- Forwards continue on towards the goalkeeper for a shot.
- The drill ends with a shot, the next group starts once the shot is taken.



If the defense steals the ring they become forwards and the players previously forwards would now need to defend.

Defenders play man on, communicating who they are covering.