

## U14 TRAIN TO EXCEL

### VIRTUAL TRAINING PROGRAM

The U14 ***Train to Excel Program*** is designed to provide U14 aged athletes with access to online content that will support their development as ringette athletes. To be eligible to participate athletes must be registered for the 2020 ringette season. Once registered in the ***Train to Excel Program*** athletes will receive access to workshops, activities to test their new knowledge, and skill videos to introduce them to training at home. By taking part in this program, athletes will improve their ringette knowledge and abilities, learn about ringette strategy and tactics, and develop general knowledge important to all athletes.

**The U14 Train to Excel Program is open to Ringette BC U14 aged athletes of all skills, abilities and genders, born in 2007 and 2008.**

The content of the U14 ***Train to Excel Program*** was developed in consultation with U14 and U16 ringette coaches from across the Province of BC, who identified key skills and concepts that are important to develop in U14, an important period for sport specific skill and tactical development. In addition to ringette skills and concepts, athletes will learn about goal setting, self-confidence, communication strategies, and mental focus.

The program will last for 22 weeks (**October 16<sup>th</sup> – March 28<sup>th</sup>**) alternating between live online workshops and individual activities that athletes can do on their own. In addition to the workshops and activities, Ringette BC will be posting a series of Skill Videos for athletes to try at home, or at their next practice.

**As athletes complete the workshops, activities and home-based activities, they will fill in spaces on a RING-O card to win prizes and Ringette BC Swag!**

#### Prizes include

- Toques
- Drawstring bags
- Warm-up balls
- Phone accessories
- Shoelaces
- Sunglasses
- AND MORE!

**Top engagers will also have the chance to win premium prizes like backpacks and t-shirts!**

Each week, athletes will receive a link to join a Live Virtual Workshop, or a home-based activity that may include a worksheet, watching a recorded video, or both! A program calendar, samples of activities and the RING-O card have been included in this document.

**To register for the U14 Train to Excel Program [CLICK HERE](#)**

### Program Eligibility:

- This program is open to U14 athletes born in 2007 and 2008.
- Train to Excel is open to athletes of all skills, abilities and genders
- Athletes must be registered with a local ringette association in BC and have completed all necessary registration processes including waivers and payment for the 2020-2021 ringette season.

### Program Registration

- The cost of the program is \$90.00 for 22 weeks.
- Players register online through RAMP

To register for the U14 Train to Excel Program [CLICK HERE](#)

### Responsible Coaching Movement

- For online training workshops Ringette BC will be adhering to the [Responsible Coaching Movement's](#) Virtual sessions best practices.
- All facilitators will be screened through the Ringette BC Volunteer Screening Process.
- A minimum of two trained and screened coaches will be present at all sessions
- Every athlete **must** have a parent present in the room when participating in the Live Virtual Workshops

### Live Virtual Workshops

- Virtual Workshops will take place using Zoom
- Athletes should have access to a phone, computer, or device with a microphone and speaker

For more details on the program, contact Ringette BC at the contact information below.

#### Rebecca Tamil Selven

*Technical Director*

Ringette BC

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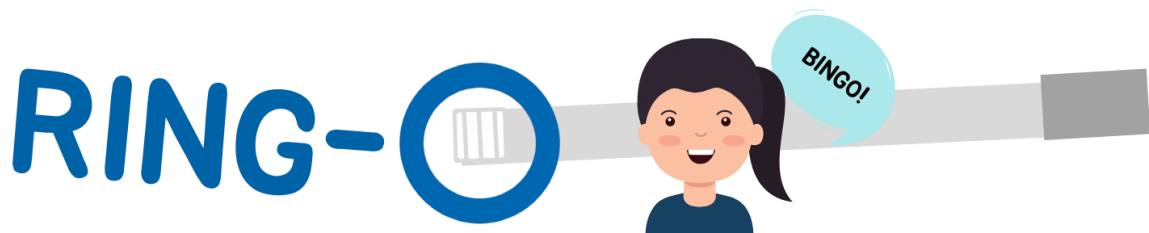
## U14 Train to Excel Program Calendar

Week	Date	Topic	Description
1	Oct. 16	Ring Possession	Athletes will learn about how to make decisions with the ring to maintain possession. Including support passes, use of the ice, and positioning.
2	Oct. 23	Decision Making Activity	Worksheet on decision making, passing, and support positions.
3	Oct. 30	Goal Setting & Time Management	Your best you. Set yourself up for success by learning how to set and reach your goals, while managing school, sports and a social life.
4	Nov. 6	Nutrition & Exercise Activity	Worksheet on what it means to eat like an athlete. Learn some tips and healthy, easy snacks options.
5	Nov. 13	Breakouts	Learn the two basic breakouts, and variations of each to successfully break the ring out of your end.
6	Nov. 20	Breakouts Activity	Worksheet on drawing basic breakouts, and identifying them in game film.
7	Nov. 23	Self Confidence & Body Image	Led by <a href="#">Dr. Shaunna Taylor</a> , this workshop will discuss strategies to increase self-confidence, including topics like body image and positive self-talk.
8	Dec. 4	Mental Focus Activity	Mental health is an important part of performance, and mental skills training can help to enhance self-awareness, resiliency, communication and positively affect performance. Attendees will complete worksheets to practice mental focus strategies.
9	Dec. 11	Offensive Cycling	Offensive cycling is more than just skating around in a circle and passing the ring. Learn how to use speed, cycle wide, and create scoring opportunities.
10	Dec. 18	Offensive Game Film Activity	Watch game film while identifying plays, counting passes, and analyzing offensive strategy.
11	Jan. 8	Game Control	The team who controls the game, wins the game. Learn about smart line changes and how to do them, and how you can use the shot clock to your advantage.
		Live Virtual Workshop	Individual Activity

## U14 Train to Excel Program Calendar

Week	Date	Topic	Description
12	Jan. 15	Positions Activity	What do I do if I'm a forward? A defense? What about if my defense gets stuck and I'm the first one back? Learn about the different responsibilities and roles of each position.
13	Jan. 22	How to talk to my coach	How can I let my coach know about my great ideas? What about if I want to try to play a different position, or try the 3 on 2? This workshop will give athletes some tips and tricks on how to talk to their coaches.
14	Jan. 29	Special Situations Activity	An introduction to the strategies used during a 3 on 2, 4 on 3, when you're up a goal, down by a goal, and when your team pulls the goalie.
15	Feb. 5	Dekes, Fakes & Deception	This session will highlight the different ways you can use dekes and fakes whether it's to break the ring up ice, crash the triangle, get a pass to a teammate or ultimately bury the ring in the back of the net
16	Feb. 12	Drawing Offensive Plays Activity	Worksheet on drawing different offensive plays, and including different skills and strategies learned throughout the U14 Train to Excel Program
17	Feb. 19	Defensive Triangle Geography	Learn about the geography of a proper triangle, body positioning, and movement among players. Play a defensive triangle takes teamwork and communication.
18	Feb. 26	Defense Activity	A worksheet where athletes will apply the concepts they learned during the defensive triangle geography workshop.
19	Mar. 5	Checking and Body Positioning	This workshop will introduce athletes to the defensive system of Man On. Where should you be? Who's your check?
20	Mar. 12	Team Defense Game Film Activity	A worksheet with accompanying game film where athletes will learn about 3 different team defensive systems, and learn to identify them.
21	Mar. 19	Next Steps in My Player Pathway	Where can I go from here? We will discuss BC Winter Games, the Zone program, Excellence Ringette and Canada Winter Games.
22	Mar. 26	Program Wrap Up	A fun, inclusive program wrap-up.
		Live Virtual Workshop	Individual Activity

## RING-O Card Instructions



### U14 TRAIN TO EXCEL VIRTUAL TRAINING PROGRAM

Take part in workshops and activities, fill in the RING-O sheet and win prizes! Submit your sheet as you complete each level.

#### LEVEL 1

1 line

#### LEVEL 2

2 lines

#### LEVEL 3

2 lines

#### LEVEL 4

3 lines

#### LEVEL 5

### BLACKOUT

First 10 athletes - Ringette BC Backpack  
Next 15 Athletes - Ringette BC t-shirt  
Remaining Athletes - Ringette BC water Bottle

#### PRIZES INCLUDE

Shoelaces      Drawstring  
Sunglasses      Bags  
Warm Up Balls      & More!

Levels do not include any lines counted from previous levels.  
Example: Level 1 = 1 line, Level 2 = 2 lines (total of 3 lines completed)

### How to Complete your RING-O card

#### Skill Video Practice

Tag us on instagram, or send us a photo of you practicing one of the skills from our Skills Series.

#### Players Choice

Practice a skill, go for a bike ride, shoot 30 rings at practice - choose your own activity.

#### Individual Activity

Complete and submit the individual activities by the due date.

#### Live Virtual Workshops

Attend one of the U14 T2E Live Virtual Workshops

Submit completed activities and RING-O cards to [technicaldirector@bcringette.org](mailto:technicaldirector@bcringette.org) to claim your prize(s)

### BONUS

The first 30 participants to complete the Ring Possession workshop and submit the Decision Making Activity will win a Ringette BC Toque!

# Decision Making: Passing and Support

In the following diagrams, you will be asked to do one of the following

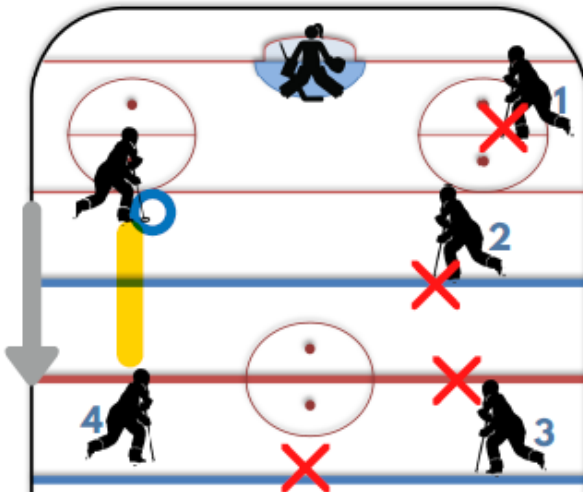
- highlight or draw the **SAFEST** pass
- draw the **BEST** place that one of the players should move to be in a support pass position

Take into account

- the position of your opponent (X)
- the length of the pass
- the location on the ice (ie in front of the net)
- the direction your team is going ( → )

After drawing your choice, write an explanation for your decision in the box provided.

**Example:** Choose the safest pass.



*The ring carrier should pass to player 4. Players 1, 2 and 3 are covered by their checks. Player 4 should skate towards the ring carrier to avoid the opponent to their right.*