



RINGETTE
BRITISH COLUMBIA

Physically Distanced Children's Ringette Drills and Activities



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Our Values: Partnership, Integrity, Community Focus,
Sportsmanship, and Respect.

Drill: Red Light-Green Light

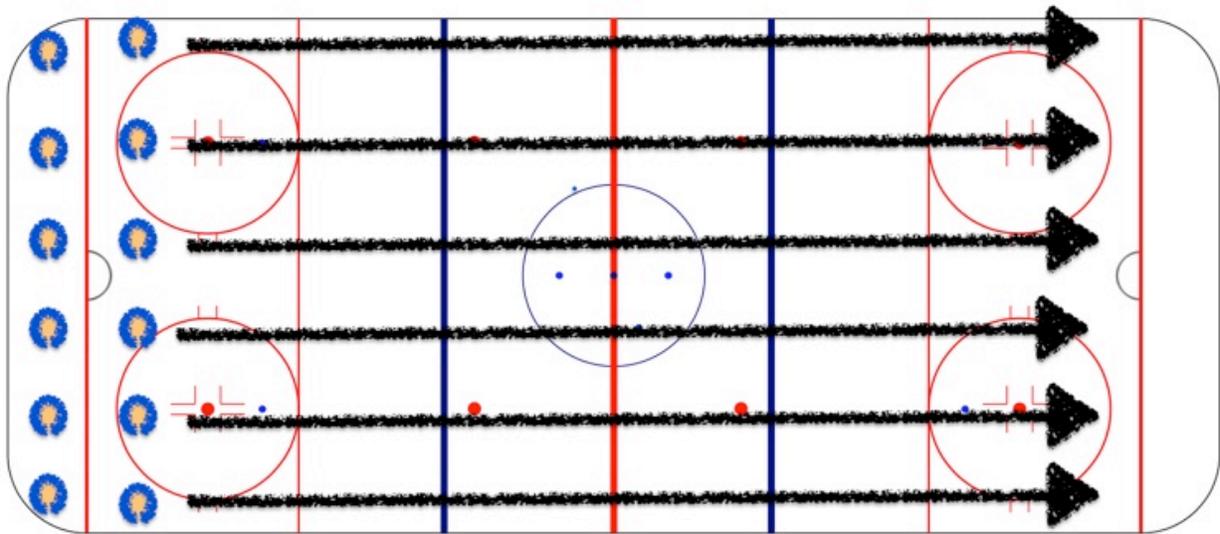
Skills: Skating Skills

Explanation:

Players lineup in staggered rows at one end of the ice, allowing for physical distancing. When coaches yell “Green light” the first row of players can begin to skate, upon second command or chosen signal, the next row of players can begin. This continues until all players are skating.

As a tip to help remind participants to keep their distance and hold a straight line as they skate across the ice, and avoid getting too close to one another, coaches can tell players to get into their imaginary cars and that they need to stay in their lanes to avoid crashing. If players need help maintaining distance, coaches can choose to use cones or markings on the ice to indicate the “lanes” for the players to skate in.

Coaches can choose to use the following commands depending on ability of athletes and the skills coaches want to focus on. **Green Light – Skate**, **Red Light – Snowplow Stop & Freeze**, **Yellow Light – Glide**, **Speed Bump – Two Foot Hop**, **Round About – Turn in a Circle**, **Car Crash – Fall Down and Stand-Up**. Coaches are encouraged to add additional commands as well as add ring skills depending on ability of participants.



Drill: “Beat that Ring”

Skills: Passing Skills & Skating Skills

Explanation:

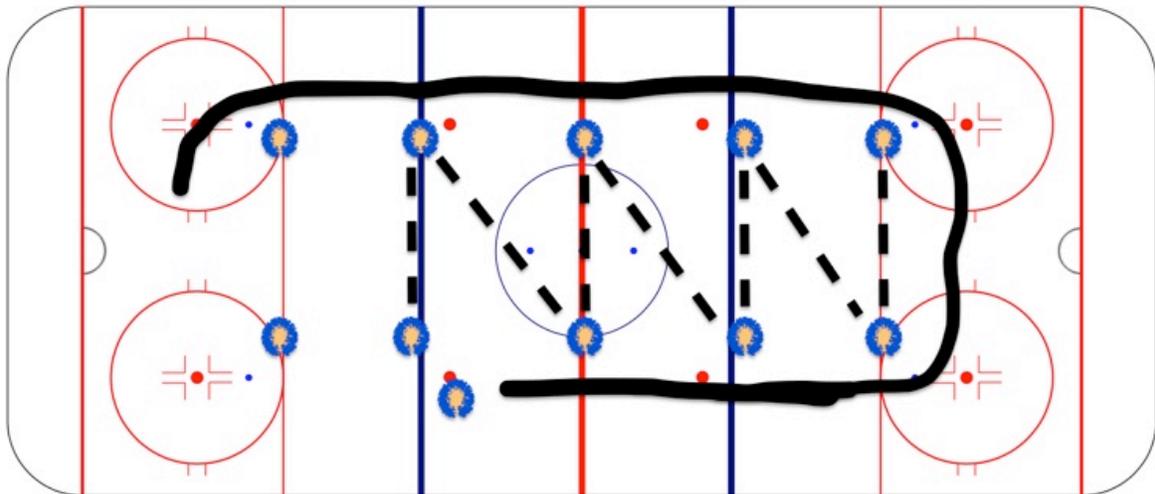
A group of players are to be placed in an area on the ice that would allow for distancing. The goal of the game is for the group to complete a passing segment with their team while 1 designated Racer tries to “Beat that Ring” using their skating skills to race against the speed of the ring.

Coaches can then choose a passing order they want players to complete. In choosing the passing formation and order, coaches should think about players ability as well as types of passing coaches want to focus on.

To start the game, players and coaches can cheer “BEAT THAT RING” to start the game. Once the game starts, the passing team can begin passing the ring through their segment, while, meanwhile, the Racer can begin their skating path.

Coaches can elect to choose a simple path for the Racer to complete or can also choose to create a more complicated skating path for the Racer in which they are to complete other skating skills. Additionally, based on team ability, coaches are also encouraged to modify the types of passing.

*Be sure that the skating course chosen takes approximately the same time to complete as for the passing team to complete their circuit of passing to ensure a close race!



Drill: Ring Around the Rink

Skills: Ring Skills & Skating Skills

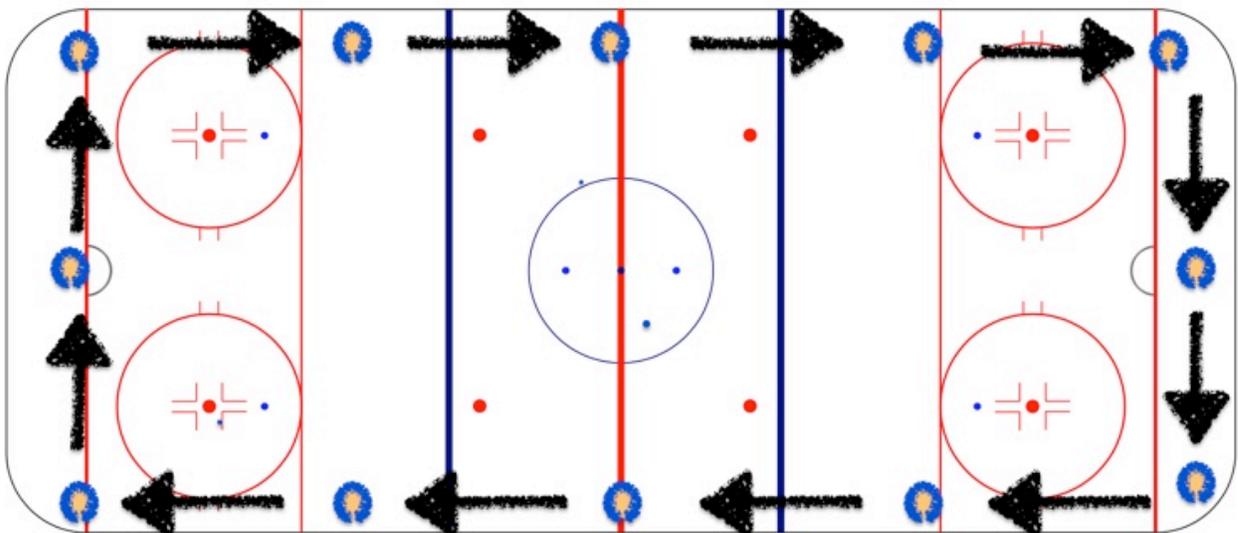
Explanation:

Players are to be staggered around the circumference of the ice surface with a ring, allowing for enough space for proper physical distancing. Coaches should think about the ability of their players as well as the skills they want to focus on developing.

Throughout this drill, players are to skate around the ice completing different skills upon command from coaches.

Coaches should use different commands, signals or whistle variations for the skills they wish the implement into the drill. Coaches can include skills such as changes in speed, changes in direction, stopping, gliding, drop passing, stopping, shooting (turning towards the boards and finding a specific spot to aim at and shoot), rebound retrieval (racing to retrieve their own rebound off the boards and dropping to the ice and sitting down once they reach their rebound), and many more.

**In order to account for players' different skating abilities, coaches should ensure to include a change in direction in the activity to allow for the order of skaters to be reversed and physical distance to be maintained.*



Drill: Piggy in the Middle

Skills: Ring Skills & Defense Skills

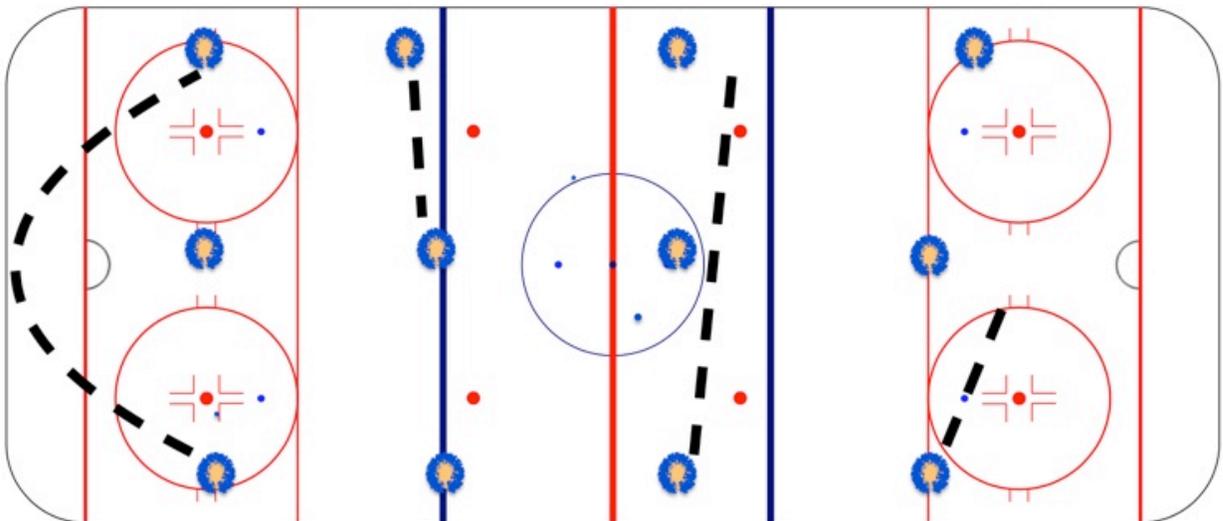
Explanation:

Players should be teamed up in groups of three and staggered in 3 rows (aligned width-wise with their teammates) along the length of the ice surface, to allow for proper physical distancing. Players on the two outside rows will act as passers. Players in the centered line are the “Piggy in the Middle” that round.

The passing team should pass back and forth using the available skills they have to try and get the ring across to their partner. Depending on ability of the athlete, as well as the skills coaches want to focus on, coaches should encourage players to use skating movement, forehand passing, backhand passing and fake passing to get the ring to their partner. Additionally, coaches can also modify the drill to increase level of difficulty by changing placement of athletes and also including board passes.

Meanwhile, the Piggy in the Middle should work to block and stop the ring using the different skills available to them. Depending on ability of athlete as well as the skills coaches want to focus on developing, coaches can direct players to try and stab the ring, stop the ring with their stick, stop the ring with their feet, or simply practice mirroring, following and tracking the motions of the passing team.

*Ensure that all players have a chance to be the Piggy in the Middle.



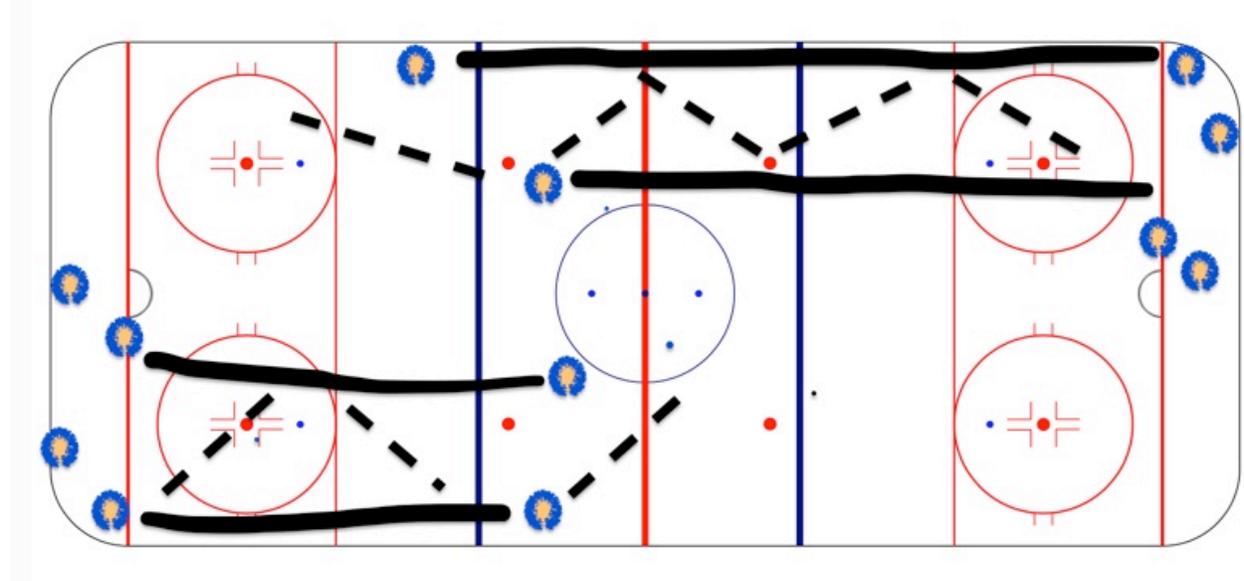
Drill: Full ice Passing

Skills: Ring Skills & Shooting Skills

Explanation:

Players should line up in two physically distanced lines in opposing corners, 1 line in each corner will have rings. When instructed, the players at the beginning of each line can begin to skate the length of the ice with their partner passing back and forth while skating. Coaches should encourage players to work to pass over the blue lines and time their passes – putting the ring in front of their partner to skate into.

When players arrive at the other end coaches should encourage the pair to use their available skills to make a play or take a shot. Depending on ability of the players and the skills coaches want to focus on, coaches can encourage players to shoot the ring on the ice, attempt a backhand (flip) shot, attempt a forehand shot, cross-crease pass to their partner, fake a shot and pass, fake a pass then shoot, or practice deking.



Drill: Half-Ice Filly

Skills: Ring Skills & Shooting Skills

Explanation:

Players should lineup in one physically distanced line in each corner with rings. When ready, one player can start the drill without the ring, skating a loop outside the zone around designated markings or a cone. Upon re-entry into the zone, the player in the opposite line can either make a pass from the corner or can begin to skate and pass across the zone to the player re-entering the zone.

Depending on ability of the players and the skills coaches want to focus on, coaches can encourage players to shoot the ring on the ice, attempt a backhand (flip) shot, attempt a forehand shot, fake a pass then shoot, or practice deking.

**To ensure proper physical distancing is maintained while waiting in lines, the drill may need to be ran in both ends.*

