

Come Try Ringette Practice Plan

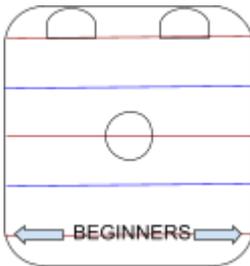
Time: 60 Minutes

Participants: 10+

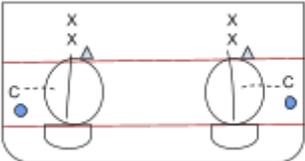
Instructors/Volunteers: Minimum 3-4

Equipment: 10+ rings, 2 cones, 2 nets, Mr. Sketch markers, optional: green and red objects

<u>Activity</u>	<u>Equipment</u>	<u>Description</u>	<u>Instructor Notes</u>
Free Skate - 5 mins	None	Make sure the players' sticks, skates, and helmets are the proper size Instructors/volunteers will help players get on the ice and direct them to the centre circle	Make sure zamboni/bench doors are closed (except for the entrance), there are no large bumps/holes on the ice, water on the ice has dried
Introduction - 5 mins	None	Meet around the centre circle. Introduce on-ice leaders and volunteers. Establish rules: <ul style="list-style-type: none"> Keep your stick below the waist or on the ice, no body contact, keep the rings on the ice, get up as soon as you fall down, don't kick your skates, let an on-ice leader know if you leave the ice Ready position: <ul style="list-style-type: none"> Demonstrate how to hold the sticks properly (top hand facing down, bottom hand facing up, hands are a reasonable distance apart) Demonstrate proper ringette stance (knees bent shoulder-width apart, head up) Instructors/volunteers go around helping players adjust their form Falling and getting up: <ul style="list-style-type: none"> Practice falling safely and standing up Instructors/volunteers go around helping players adjust their form 	1 volunteer can gather rings for the next drill 1 volunteer can move nets to the goal line (as indicated below) 

<p>Warm-Up - 5 mins</p>	<p>One green and one red object</p>	<p>Go go stop:</p> <ol style="list-style-type: none"> All players stand along the goal line with a ring in their ready position. The coach stands by the ringette line, facing the players. The coach calls out commands as the players skate toward them. The coach can use red or green objects to hold up as a visual cue. <ol style="list-style-type: none"> Red light (stop), green light (go), speedbump (hop), car crash (fall and stand up), roundabout (spin) <p>Adaptations: Add toe touches, backward skating, yellow light (glide)</p>	<p>Other instructors help players who may be struggling, take note of players' skill levels</p>  <p>Players who are unable to keep up with the main group will be taken aside to practice in a separate small group with volunteers. CLICK HERE for some activities to do with new skaters.</p>
<p>Partner Passing - 5 mins</p>	<p>1 ring per group of 2</p>	<ul style="list-style-type: none"> Demonstrate a stationary forehand pass with another instructor, bring the stick with the ring back and move it forward pointing toward the target Instructors make sure everyone has a partner, form groups of three that pass in a triangle formation if necessary Instructors/volunteers go around helping players adjust their form <p>Adaptation: Introduce backhand passes, partners move further apart</p>	<p>Have players line up opposite each other 2 stick lengths apart as such (one person per pair has a ring):</p> 
<p>Clean Your Room - 7 mins</p>	<p>~10 rings per side</p>	<ol style="list-style-type: none"> Divide players into 2 teams (you can do this by splitting up the passing partner pairs). Each team is on one side of the red line, everything on their half of the ice is their room. Rings are spread out around both "rooms". Each ring represents one piece of 	

		<p>“garbage”. The goal of the game is to have the least amount of “garbage” in your “room”.</p> <ol style="list-style-type: none"> 2. On the whistle, players shoot and pass all the rings to the other team’s side as quickly as they can. Players can only have one ring on their stick at a time, and they are not allowed to cross the centre line onto the other team’s side. 3. When the coach blows the whistle to end the game, all players must stop shooting rings. The team with the “cleanest room” (the least amount of rings on their side) is the winner. 	<p>Other volunteers make sure rings do not go outside the blue lines.</p>
<p>Checking - 10 mins</p>	<p>Rings</p>	<ul style="list-style-type: none"> • Demonstrate how to safely do a rainbow check and sweep check with another instructor <p>Friends and enemies:</p> <ol style="list-style-type: none"> 1. Make sure players spread out between the blue lines. They can use the same partners as they did for passing. There is one ring per pair. 2. When the coach blows the whistle, they are “friends” so they pass to each other. 3. When the coach blows the whistle again, they are “enemies” so it is a 1v1. 4. When the coach blows the whistle again, they are back to “friends”. Repeat. <p>Cat and mouse:</p> <ol style="list-style-type: none"> 1. Make sure players spread out between the blue lines. 5. Instructors/volunteers are “cats” who do not have rings. The players are “mice” who have rings. 6. On the whistle, the cats chase the mice and steal 	

		<p>their ring and toss it out of bounds using the rainbow check or sweep check.</p> <ol style="list-style-type: none"> The mice that lose their rings become cats. The game ends when only one mouse remains. 	
<p>Shooting - 8 mins</p>	<p>Rings, 2 nets, 2 cones</p>	<p>Shootout:</p> <ol style="list-style-type: none"> Demonstrate a sweep shot on the net. The players line up behind a cone on the ringette line facing the net on the goal line. The coach has all the rings and is standing slightly off to the side between the net and the line of players. Use two nets and split the players up into two lines, if applicable First player in each line skates forward and receives a pass from the coach. They skate toward the net and do a sweep shot. They move to the back of the line as the next person in each line repeats step 1. <p>Adaptations: Introduce backhand shot</p>	 <p>Volunteers can be goalies.</p>
<p>Freeze Tag - 5 mins</p>	<p>2 rings</p>	<ul style="list-style-type: none"> This game is played without sticks, ask players to put them against the boards <ol style="list-style-type: none"> Select 2 people to be "IT" and each holds a ring in their hands. Everyone else spreads out within the blue lines. When the person who is "IT" tags someone with a ring, the person who is tagged will freeze and hold their arms out in a T-position. To be unfrozen, another person has to duck under the frozen person's arm. 	<p>Volunteers collect all the sticks to put them away</p>

		4. Change up the people who are "IT" intermittently.	
Alien Invasion - 5 mins	Mr. Sketch markers, 2 rings	<ol style="list-style-type: none"> 1. Draw a relatively large circle with the Mr. Sketch markers. Place all the rings inside the circle. 2. Select 2 people to be "IT" who each hold a ring in their hands. Everyone else spreads out within the blue lines without a ring. 3. The people who are "IT" try to use the ring to tag people who do not have a ring. 4. If someone is tagged, they go to the large circle and pick up a ring. They then have to tag the rest of the people. 5. The game ends when all the rings are gone from the circle or when there's only one person left untagged. 	Volunteers move the nets away to the side
Wrap-Up - 5 mins		<ul style="list-style-type: none"> • Thank everyone for coming -- "hope everyone enjoyed coming to try ringette!" • Tell them to register for the upcoming season • Cheer for ringette • Direct everyone off the ice 	Volunteers collect all the rings