

# **CHILDREN'S RINGETTE**

## **ACTIVITIES FOR BEGINNERS**

Children's Ringette is an initiative to provide age and stage appropriate physical activity and experiences for young ringette players. This is characterized by a focus on fun play and activities which provide experiences that support learning.

This booklet outlines activities for new skaters to help children learn important developmental skills in a fun and immersive way. These activities for beginners aim to keep all participants engaged and actively learning in a play-centric environment. By creating an environment based on fun and inclusion, you are fostering the development of confidence and competence in your athletes. This leads to increased skill development and a more positive sport experience for your athletes.

Below are some great age and stage appropriate games where children can learn and perform the skills important for their development. Some additional equipment may be required.

## **Table of Contents**

<b>Warm-Up Games</b>	<b>2</b>
The Fishy Song	2
Erase the Star	3
Red Light, Green Light	3
Night at the Museum	4
Follow the Leader	4
<b>Skill Development</b>	<b>5</b>
Circuit	5
Group Passing	5
Clean Your Room	6
Shootout	6
Cat and Mouse	7
Friends and Enemies	7
Hit the Ring	8
<b>Fun No-Stick Games</b>	<b>8</b>
Alien Invasion	8
Freeze Tag (And Adaptations)	9
Bean Bag Tag	9
Turtle Tag	10
Octopus	10

# Warm-Up Games

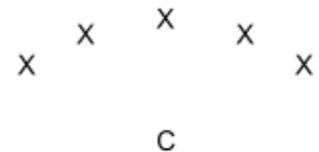
## The Fishy Song

<b>Time:</b> 5 minutes	<b>Equipment:</b> None
<b>Coaches:</b> 1	<b>Participants:</b> 2+

**This game teaches:** Falling safely and standing up, ready position

### To set up:

1. Have players put their sticks against the boards.
2. Arrange players so they're lying on their stomachs in a semi-circle. The coach is lying on their stomach approximately 5ft away, facing the players.
3. The coach goes around, asking each player to choose what kind of sea animal they want to be. After everyone responds, have each player put their hands together in front of their body.



### To play:

1. The coach leads the players in the fishy song while players will pretend to swim on the ice by moving their fins and tails back and forth.
2. The song goes:  
 Fishy in the water, fishy in the sea.  
 Fishy stand up on ... 1 ... 2 ... 3!
3. On 1, players get up on their knees.
4. On 2, players bring one leg up so they are sitting on one knee.
5. On 3, players push off their one knee with both hands to stand up. The coach may have to stabilize the players on their first try.
6. Once everyone is standing, they should be in their ready position.
7. All players fall safely and repeat the song until everyone can stand up properly.

## Erase the Star

<b>Time:</b> 5 minutes	<b>Equipment:</b> Mr. Sketch markers
<b>Coaches:</b> 1	<b>Participants:</b> 2+

**This game teaches:** Scraping, balance, edges

**To set up:**

1. All the players line up along the goal line.
2. Draw a star with a marker on the ice for each player. Ensure that they are evenly spaced out.
3. Demonstrate scraping to erase the drawing on the ice: Bend knees, head up, lean on inside edges, and scrape outwards.

**To play:**

1. Players scrape on top of the shape to erase it from the ice by producing snow.

## Red Light, Green Light

<b>Time:</b> 5 minutes	<b>Equipment:</b> Red/green objects (optional)
<b>Coaches:</b> 1	<b>Participants:</b> 2+

**This game teaches:** Ready position, forward skating, stopping, basic skating skills.

**To set up:**

1. All players stand along the goal line with a ring in their ready position.
2. The coach stands by the ringette line, facing the players.

**To play:**

1. 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.
  - a. Red light (stop), green light (go), speedbump (hop), car crash (fall and stand up), roundabout (spin)
  - b. Adaptations: Add toe touches, backward skating, yellow light (glide)

## Night at the Museum

<b>Time:</b> 5 minutes	<b>Equipment:</b> None
<b>Coaches:</b> 1	<b>Participants:</b> 2+

**This game teaches:** Stopping, forward skating

**To set up:**

1. An instructor (museum guard) stands on the ringette line, facing away from the players who are lined up on the goal line. All the other players will be objects (fossils or relics) found within the Museum. They will come to life when the Museum Guard is not looking.

**To play:**

1. Players will start to skate when the Museum Guard shouts "lights out!" Players skate towards the museum guard. When the guard turns around to face the objects, the objects must freeze in position (full stop).
2. If an object is caught moving or falling by the museum guard, they must return to the start. The first player to the guard's side is the winner.

## Follow the Leader

<b>Time:</b> 5 minutes	<b>Equipment:</b> None
<b>Coaches:</b> 1	<b>Participants:</b> 2+

**This game teaches:** Forward skating, stopping, ready position, other basic skating skills

**To set up:** Players line up evenly spaced out behind the coach.

**To play:**

- 1 instructor leads the group around the ice
- Forward marching: Pick up both feet, alternating left and right, knees bent, head up and looking in direction of travel
  - Harder: Forward strides
- Snowplow stops: Both feet scrape outwards with toes pointing slightly in, even weight on both feet
  - Harder: Side stops
- Spins, hops, toe touches, falling and standing up



## Clean Your Room

<b>Time:</b> 8-10 minutes	<b>Equipment:</b> Rings
<b>Coaches:</b> 2	<b>Participants:</b> 6+

**This game teaches:** Passing and forward skating

**To set up:**

1. Divide players into 2 teams. One team's "room" is between the centre red line and blue line, the other team's "room" is between the centre red line and the other blue line.
2. Rings are spread out evenly around both "rooms". Each ring represents one piece of "garbage".
3. Coaches make sure that rings stay within the boundaries.

**To play:**

1. The goal of the game is to have the least amount of garbage in your room. This is achieved by passing the rings from one room to the other. Players cannot cross the red line into the other team's side of the ice. Only on-ice passes are permitted and players can only have one ring on their stick at a time.
2. When the whistle blows to signify the end of the game, the coaches count the rings on each side to determine the winner (side that has the least amount of rings).
3. Adaptations: Expand the boundaries.

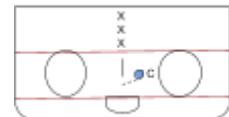
## Shootout

<b>Time:</b> 5 minutes	<b>Equipment:</b> Rings
<b>Coaches:</b> 2	<b>Participants:</b> 2+

**This game teaches:** Forehand sweep shot, receiving a lead pass, forward skating

**To set up:**

1. Demonstrate a sweep shot on the net.
2. The players line up behind the ringette line facing the net on the goal line.
3. The coach has all the rings and is standing slightly off to the side between the net and the line of players.
4. Use two nets and split the players up into two lines if there are more than 8 players.



**To play:**

1. First player in line skates forward and receives a pass from the coach. They skate toward the net and do a sweep shot.
2. They move to the back of the line as the next person in line repeats step 1.
3. Adaptations: Backhand shot, another coach can act as a goalie

## Cat and Mouse

<b>Time:</b> 8-10 minutes	<b>Equipment:</b> Rings
<b>Coaches:</b> 1	<b>Participants:</b> 4+

**This game teaches:** Checking, body positioning, forward skating

**To set up:**

1. Demonstrate sweep/rainbow checking.
2. Set a boundary based on how many participants you have and their skill level.
3. Select 1-2 players to be the “cats”. They do not have rings. Every other player is a “mouse” and they each have a ring. Have the mice spread out within the boundaries

**To play:**

1. On the whistle, the cats can enter the playing area and start checking. The cats’ job is to chase the mice and steal their ring, using either the rainbow check or sweep check to do so.
2. Once they’ve stolen the ring, the cat shoots it out of bounds and the “mouse” that lost their ring now becomes a “cat”.
3. The game is played until only one mouse remains, and that player is the winner.

## Friends and Enemies

<b>Time:</b> 5-8 minutes	<b>Equipment:</b> Rings
<b>Coaches:</b> 1	<b>Participants:</b> 4+

**This game teaches:** Checking, body positioning, passing, finding open space for receiving a pass

**To set up:** Each player finds a partner. There is one ring per group.

**To play:**

1. When the coach blows the whistle, they are “friends” so the group passes to each other.
2. When the coach blows the whistle again, they are “enemies” so it is a 1v1.
3. When the coach blows the whistle again, they are back to “friends”.
4. Have the players switch partners intermittently.

## Hit the Ring

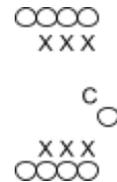
<b>Time:</b> 8-10 minutes	<b>Equipment:</b> Rings
<b>Coaches:</b> 1	<b>Participants:</b> 4+

**This game teaches:** Passing, checking, awareness and stopping, forward skating, shooting accuracy

**To set up:** Split the players into 2 lines. The coach stands in between the two lines with the rings.

**To play:**

1. A coach sends a ring in the middle and, when they blow the whistle, the first players in each line play 1 vs 1 for about 20 seconds.
2. On the next whistle, the player who ends up with the ring shoots it along the ice to an open area. This ring is now the target.
3. Then, the coach passes a ring to each player. They take a turn shooting their ring as close to the target as possible. The player with the closest ring wins the round.
4. Repeat steps 1-4 with the next players in line. Switch the partners intermittently.



## Fun No-Stick Games

### Alien Invasion

<b>Time:</b> 5-8 minutes	<b>Equipment:</b> Mr. Sketch markers, rings
<b>Coaches:</b> 2+	<b>Participants:</b> 4+

**This game teaches:** Forward skating, agility, balance, stopping, body control

**To set up:**

1. Draw a relatively large circle with the Mr. Sketch markers. Place all the rings inside the circle.
2. Select 1-2 people to be "IT" who each hold a ring in their hands. Everyone else spreads out within the designated boundaries without a ring.

**To play:**

1. The people who are "IT" try to use the ring to tag people who do not have a ring.
2. 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.
3. The game ends when all the rings are gone from the circle or when there's only one person left untagged.

## Freeze Tag (And Adaptations)

<b>Time:</b> 5-8 minutes	<b>Equipment:</b> Pool noodle
<b>Coaches:</b> 1	<b>Participants:</b> 4+

**This game teaches:** Forward skating, agility, balance, stopping, body control

**To set up:**

1. Select 1-2 people to be “IT” and each has a pool noodle. Everyone else spreads out within the designated boundaries.

**To play:**

1. When the person who is “IT” tags someone with a pool noodle, the person who is tagged will freeze and hold their arms out in a T-position.
2. To be unfrozen, another person has to duck under the frozen person’s arms.
3. Change up the people who are “IT” intermittently.

**Adaptations:**

- Toilet: Instead of holding out their arms in a T-position, they hold out their hand like a toilet flush. To untag them, another person has to “flush” the toilet by pressing down on their hand. The person who was tagged does a spin and then is free to skate around again.
- Banana: Instead of holding out their arms in a T-position, they put their hands together above their head like a banana. To untag them, another person has to “unpeel” the banana by moving their hands outward. The person who was tagged unpeels their arms and then is free to skate around again.

## Bean Bag Tag

<b>Time:</b> 5-8 minutes	<b>Equipment:</b> Bean bag
<b>Coaches:</b> 1	<b>Participants:</b> 4+

**This game teaches:** Forward skating, agility, balance, stopping, body control

**To set up:**

1. Select 1 person to be “IT” who has a bean bag. Everyone else spreads out within the designated boundaries.

**To play:**

1. The person who is “IT” tosses a bean bag lightly at someone else to tag them. They are no longer “IT”, and the person who was tossed the bean bag is now “IT”.

## Turtle Tag

<b>Time:</b> 5 minutes	<b>Equipment:</b> None
<b>Coaches:</b> 2+	<b>Participants:</b> 4+

**This game teaches:** Falling safely (start by falling on knees, then moving onto the back) and getting up, agility, balance, stopping, forward skating.

### To set up:

1. Line up all the players along the goal line. Have all the players put their sticks down behind the goal line out of the way of the playing area.
2. Select 2-3 people to be “IT” who stand in the middle. Alternatively, these could be the coaches.

### To play:

1. When the coach blows the whistle, the players on the goal line try to skate to the ringette line.
2. If they are approached by someone who is “IT”, they can avoid being tagged by stopping and safely lying on their back like a turtle. If they are tagged, they have to start again from the goal line.
3. The first person who makes it to the blue line wins.

## Octopus

<b>Time:</b> 8-10 minutes	<b>Equipment:</b> 1-2 pool noodles
<b>Coaches:</b> 1	<b>Participants:</b> 4+

**This game teaches:** Agility, balance, stopping, forward skating.

### To set up:

1. This game is played without sticks. Players line up on the blue line. Select 1-2 people to be “IT” and stand on the centre line holding a pool noodle.

### To play:

1. When the coach blows the whistle, all the players try to skate toward the other blue line without being tagged by those who are “IT”. If a player is tagged by the pool noodle, they become a “seaweed” and must remain in the spot that they were tagged.
2. When the coach blows the whistle again, all the players try to skate toward the blue line again. This time, the “seaweed” can also tag the players.
3. The coach can yell “tidal wave” so, for that round, all the “seaweed” no longer have to remain in the same spot that they were tagged. The last player wins.