



Gym Ringette Practice Plan

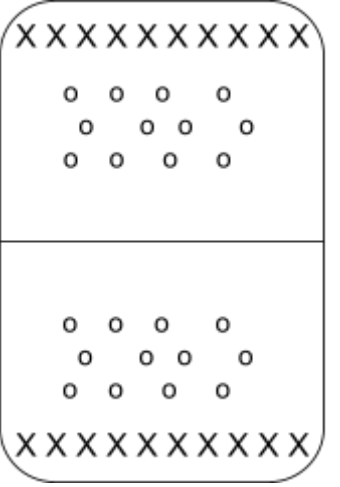
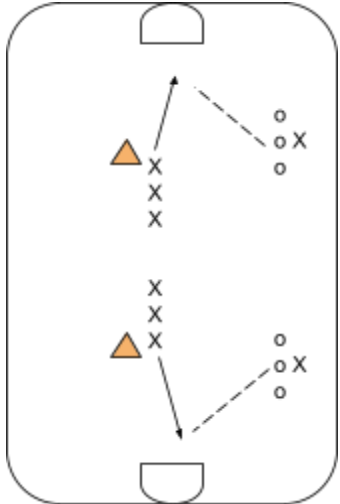
Time: 60 Minutes

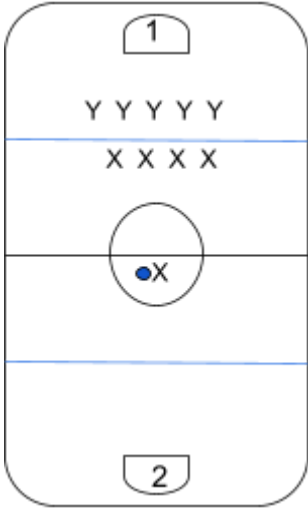
Participants: 20-30

Instructors/Volunteers: 2+

Equipment: 20-30 rings, 10 cones, 2 nets

<u>Activity</u>	<u>Equipment</u>	<u>Description</u>	<u>Instructor Notes</u>
Introduction - 3 minutes	Sticks	<ul style="list-style-type: none"> Have participants stand next to their designated sticks 2m apart Introduce yourself and the sport Establish safety rules Demonstrate proper ringette stance and how to hold a ringette stick 	<ul style="list-style-type: none"> Don't raise your stick higher than your chest Keep the rings on the ground No body contact Stop immediately when you hear the whistle
Passing Demo - 2 minutes	Sticks, rings	<ul style="list-style-type: none"> Demonstrate passing 	<ul style="list-style-type: none"> Point the tip of the stick where you want the ring to go Emphasize weight transfer
Partner Passing - 3 minutes	Sticks, rings	<ul style="list-style-type: none"> Ensure that there are two lines of participants facing each other One row has rings 	<p>X X X X X</p> <p>Xo Xo Xo Xo Xo</p>
Shuttle Drill - 7 minutes	Sticks, rings, cones	<ul style="list-style-type: none"> X1 passes the ring to X2 X1 joins the back of X2's line X2 passes the ring to X3 X2 joins the back of X3's line Continuous repetition <p>X X X3 X1o ▲ ▲ X2 X X X</p> <p>X X X3 X1o ▲ ▲ X2 X X X</p>	<ul style="list-style-type: none"> Split the passing rows into four lines

<p>Clean Your Room</p> <p>(3 rounds)</p> <p>- 10 minutes</p>	<p>Sticks, rings</p>	<ul style="list-style-type: none"> • The X1 lines are on one team, the X2 lines are on another team • The teams line up on opposite sides of the gym (they cannot cross the middle line of the gym), set up all the rings randomly around the gym • The goal is to pass the rings to the other side of the gym so your team has the least amount of rings on your side • The team that has the least amount of rings at the end wins 	
<p>Shootout</p> <p>- 8 minutes</p>	<p>Sticks, rings, cones, nets</p>	<ul style="list-style-type: none"> • X1 passes to X2 • X2 shoots on the net and goes to the back of X1's line • X3 passes to X1 • X1 shoots on the net and goes to the back of X3's line • Continuous repetition <p>**do a relay race if you need to switch it up</p>	
<p>Cat and Mouse</p> <p>- 10 minutes</p>	<p>Sticks, rings</p>	<ul style="list-style-type: none"> • Demonstrate a simple sweep check • Cats are "IT" and do not start with a ring. Everyone else is a mouse and starts with a ring. • The cats try to check the rings off of the mice's sticks and toss it out of bounds. The mice that lose their rings become cats. Play until there is only one mouse left. 	

<p>Scrimmage - 15 minutes</p>	<p>Sticks, ring, nets</p>	<ul style="list-style-type: none"> • X starts in the circle with the ring and passes out to someone on their team • Team X aims to shoot on goal 1 while team Y aims to shoot on goal 2 • Everyone must pass the ring over the blue lines • No high-sticking, no body contact 	
<p>Cool-Down and Wrap-Up - 2 minutes</p>		<ul style="list-style-type: none"> • Gather participants and collect sticks • Explain more about the opportunities for them to try the sport, answer questions 	