

On-Ice Program

For women ages 18+



RINGETTE | RINGUETTE
CANADA

Materials to bring:

Rings: Plenty

Pylons/Cones: 6-10

Nets: 1-2 ringette nets

Whistle: Optional

Whiteboard: Optional

Encourage athletes to bring water bottles

[Pre-Ice] Introduction

Welcome, and group introduction

- Welcome everyone and introduce yourself.

Brief overview of ringette

- Describe how ringette is played. Key rules to mention are outlined in the box below.
- Outline the main skills athletes will be focusing on during the event. These include skating, passing, shooting, and positioning.
- Highlight that the focus of the event will be on having fun, being social, learning, and improving over time.

Safety and equipment check

- Remind athletes about the importance of proper equipment (especially helmets and gloves).
- Encourage athletes to ask questions if they're unsure about anything.

Key Rules

- **No Body Contact:** Ringette is a non-contact sport, so physical checks are not allowed.
- **Stick Control:** Keep sticks low to avoid accidental high-sticking. Sticks should not come above shoulder height. Additionally, when reaching for the ring, make sure to not poke or slash at other athletes' sticks or legs.
- **Stay in Control:** Keep a safe distance, especially around other athletes. Beginners might not have full control of their speed, so taking it slow helps prevent falls and crashes.
- **Protective Equipment:** Make sure everyone is wearing the appropriate protective gear.

[On-Ice] Introduction

Make sure everyone feels comfortable on the ice

- Check that the athletes' equipment feels okay and is not too tight or loose.
- Have volunteers who can help with any equipment fixes during the event.



Overview of safety rules again

- Emphasize that there is no body contact is allowed in ringette.
- Check and see if any athletes have any questions about the rules.

Basic Skating Warm-Up (5-7 minutes)

- **Forward Skating:** Have the group skate around the rink at their own pace. Encourage them to focus on comfortable strides, good posture (knees bent, head up), and balance.
- **Stopping:** After a lap or two, introduce stopping at specific points of the ice, such as at the blue lines or use a whistle or verbal cue to indicate when they should stop. For those still learning to stop on ice, demonstrate a simple snowplow stop.
- **Backward Skating (optional):** Depending on the athletes' skill levels, you can ask them to try skating backward, even just for a few steps, to get a feel for it.

Getting comfortable with the ring (5 minutes)

- **Slow Skating with Ring:** Have athletes skate slowly around the rink while controlling the ring. If athletes are doing well, consider having them bounce the ring against the boards, mimicking a self-pass.
- **Light Cone Weaving:** Set up 2-3 cones for athletes to weave through while controlling the ring, but keep it slow and simple.

Passing (7 mins)

Stationary Passing

- **Introduction:** Proper passing techniques, including holding the stick correctly and receiving the ring.
- **Setup:** Ask athletes to find a partner. Have athletes stand facing each other 5-10 feet apart, passing the ring back and forth.
- **Progression:** Gradually increase the passing distance or have athletes pass while slowly skating.

Passing Circle

- **Setup:** Athletes form a circle and pass the ring to each other. Athletes can try to call out the name of the person they are passing to.
- **Progression:** You can increase the number of rings used or have athletes skate around the circle while passing.



Key passing review

Ready Position:

- Stand with feet shoulder width apart.
- Put two hands spread out on the stick, with arms slightly bent.
- Keep stick out in front of the body and slightly to one side.

Forehand Sweep Pass:

- Begin in a ready position facing a target/partner.
- Once the ring is received, turn sideways so that the side of the body is facing the target/partner.
- Pull the ring back to the heel, then forward, releasing it once it comes in front of the body.
- Follow through in the direction of the target/partner.

Backhand Sweep Pass:

- Same as the forehand pass, but using the opposite side of the body, which will require crossing of the top hand over the lower hand

Shooting (10 mins)

Shooting Basics

- **Introduction:** Show athletes the proper shooting form (hand positioning) and how to aim their shots.
- **Setup:** Line the athletes up in front of the net or along the boards. Each athlete takes a ring and practices shots.

Cone Shooting

- **Setup:** Place several cones around the offensive zone. Athletes will start from the deep corners of the offensive zone and take turns skating to each cone, stopping, and then shooting on the net.

Combos (15 mins)

Give-and-Go Drill

- **Setup:** Set up two lines of athletes. The first player in Line A passes to the first player in Line B, then immediately skates toward the net. The player in Line B passes the ring back to the player from Line A, who shoots on goal.

2-on-1 Attack

- **Introduction:** Teach basic offensive and defensive roles and positions.
- **Setup:** Introduce one defender to the drill above (give-and-go). The offensive athletes work together to outmaneuver the defender and create a scoring chance while the defender tries to get and clear the ring.
- **Progression:** Can add a second defender as athletes progress.



Cool Down (5 mins)

- Have athletes skate slowly around the ice.
- Lead athletes in a stretching circle.
- **Debrief Circle:** Ask athletes about things they liked about the event and discuss how they can continue participating.
- Collect sticks and rings.

Summary

Off-Ice Introduction (5 mins)

On-Ice Introduction (3 mins)

Warm Up (10 mins)

Passing (7 mins)

Shooting (10 mins)

Combos (15 mins)

Cool Down (5 mins)