

On-Ice Program

For athletes ages 6-18



RINGETTE | RINGUETTE
CANADA

What's needed:

2-4 Instructors and several on-ice assistants Rings: Plenty Pylons/Cones: 6-10

Nets: Small nets preferred

Have a few pairs of skates, gloves and a selection of helmets on hand for those who did not bring them

[Pre-Ice] Introduction

Welcome and Group Introduction:

- Welcome everyone and introduce yourself and other on-ice volunteers.

Brief Overview of Ringette:

- Ask the kids if they have played or watched the sport before.
- Briefly describe the sport and mention the similarities between ringette and hockey or with other sports they may have played to help them better understand the rules.
- Show athletes the stick and ring and explain the fundamental rules.

Safety and equipment check

- Remind athletes about the importance of proper equipment (especially helmets and gloves).
- Encourage athletes to come ask you for help if their equipment doesn't feel right.

Key Rules

Rule #1: Sticks are to be kept below the waist

- Remind athletes that we are not golfing, so they need to keep their follow-through in front of their body (they never know who might be standing behind them).
- Use the belly button rule – no sticks above the belly button, ever.

Rule #2: Unless told, rings are to stay on the ground

- Rings should only be off the ground when the player takes a shot on the net.
- The rings are hard and can cause injury to athletes not wearing face protection or other protective equipment.

Rule #3: At all times while participating in drills and activities, children should have two hands on their stick

- Athletes will have better control over their stick and ring, which will help prevent injuries.



[On-Ice] Introduction

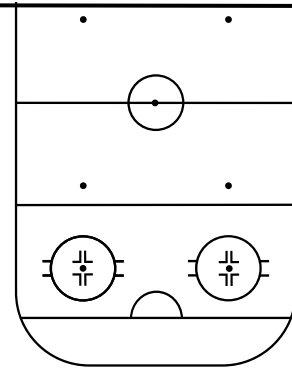
Make sure everyone feels comfortable on the ice

- Equipment feels okay, and is not too tight or loose.
- Do an overview of safety rules again.

Ringette Skills

Ready Position

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



When skating with the ring, the ring should always be kept out in front of the body to prevent being checked from behind.

Forehand Sweep Pass

- Begin in a ready position facing the target or 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 the ring once it comes in front of the body.
- Follow through in the direction of the target/partner.

Backhand Sweep Pass

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

Listening Position:

- Athletes stand with both of their hands on the top of their stick out in front of them.

Games and Activities

Red Light, Green Light

- Participants should be spread out on one goal line at the end of the rink. To stay in the game participants will need to (*at all times) have two hands on their stick, keep the ring on their stick and remain stationary when red light is called. The first player to reach the previously indicated 'goal' line will be the next caller.

Ship Shape

- Instructors call out the words described below to have participants do specific actions.
 - Bow – Is one end of the rink (front of the boat). Participants skate to the bow when it is called.
 - Stern – The other end of the rink (back of the boat). Participants skate to the stern when it is called.



- Port – The left side of the rink (facing the bow). Participants skate to the port when called.
- Starboard – right side of the rink (facing the bow). Participants skate to the starboard when called.
- Man Overboard – Participants lie down on the ice and get back up as fast as possible.
- Captain Overboard – Salute the captain (instructor).
- Swab the Deck – Have participants move the ring with their stick in a circular motion on the ice to simulate mopping.
- Mutiny – Have participants chase the instructor when mutiny is called.

Demonstrate Passing and Receiving the Ring

- Athletes will work in pairs, passing the ring back and forth. Have athletes line up approximately two stick lengths away from their partner. They can move further apart as they get more comfortable.
- Athletes should be alternating passing and receiving the ring on both their forehand and backhand sides.
- Partners should be passing the ring in a nice manner, not firing it at their partners.

Key Teaching Points

- Participants should not be facing each other straight on. They should turn their body sideways so that the side of their body is facing their partner. Standing in this position will allow them to get a full range of motion for their pass.
- The ring should complete a half-moon pattern on the ice as they bring the ring back and propel it forward.
- The passing motion should end with the stick pointing toward their partner

Fire Pass

- Divide the rink into two halves using the center line.
- Divide the participants into two teams and have them line up on the goal line of their half of the rink.
- **Objective:** Have participants try to get all of the rings into the other team's half of the rink.

RULES

- Athletes HAVE to stay on their half of the rink.
- Safety Rules apply.
- The game can be played for 2-5 minutes. When stopping the game, the instructor should blow a whistle, and participants should immediately take the listening position and leave the rings alone. Emphasize that if they continue to pass the rings over after the whistle their team will automatically lose.



Follow Your Pass

- Divide the participants into equal groups. The groups should now separate into two single file lines facing each other.
- There should be one ring per group.
- The first player in line passes the ring to the first person in the opposite line. The player who just passed the ring then follows their pass, skating to the back of the line that they just passed to.
- This activity can be done as a relay once the kids have completed the activity once or twice. You can have two different groups compete against each other.

Three Ring Relay

- Separate athletes into equal groups and line up in a single file with three rings placed in front of each line.
- The first player in each line is to take all three rings, one at a time, to a previously designated line.
- The second player in line is to take all three rings, one at a time, back to the start and so on.

Agility

- Typical agility courses.
- It is important to make sure participants are skating with two hands on their sticks at all times.
- **Example:** For the course, have four pylons and two chairs with a stick over top. The kids are to skate around the pylons, dive underneath the stick and go around the last pylon then skate back to the beginning of the course.

Musical Rings

- Each player, except one, has a ring.
- Start the music and the player without the ring tries to get one from others by checking their stick.
- When the music stops any player without a ring joins the groups of checkers.