

Come Try Ringette

On-Ice Program

Introduce the Sport (before going on the ice)

- Ask the kids if any of them play or have watched the sport
- Briefly describe the sport
 - Mention similarities to soccer, hockey, lacrosse, basketball
 - Get everyone comfortable with a stick and ring
- Have a volunteer available to help direct kids to the ice surface and answer parent questions
- Explain Safety Rules

Safety Rules

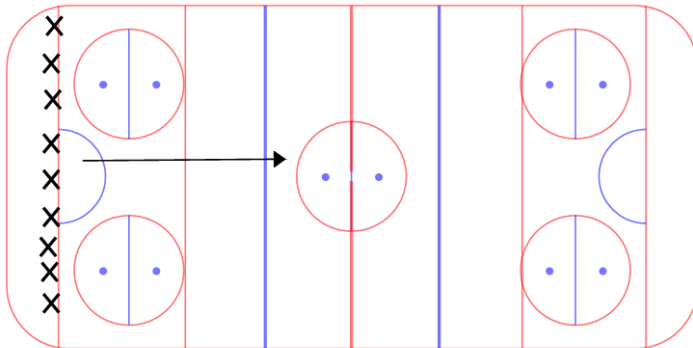
- Keep sticks and rings low
- Don't slide into the group (stop before getting to the group on ice)
- Explain what to do if whistle blows (stop and listen to coach/instructor)
- Keep gloves on at all times
- Keep head up when skating around

On-Ice Introduction

- Introduce the instructors
- Review the Safety Rules (above)

Warm-up

- Have kids skate around for a few laps to get warmed-up
- After getting moving, review the "ready position" (knees bent, two hands on stick) and the "listening position" (standing/kneeling, watching instructors)
- Play *Red Light Green Light*
- Play other skating warm-up game if there is time



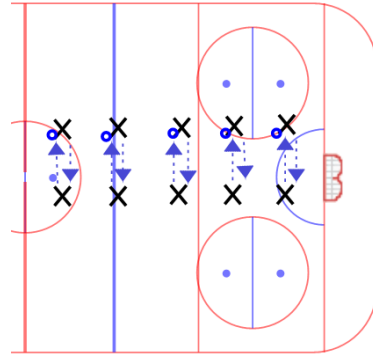
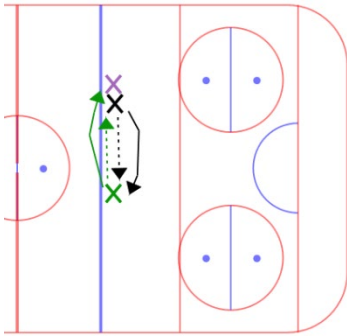
(depending on number of participants, you may need to split into two groups to warm-up)

*For the following sections, ensure group are divided roughly by skill for maximum participation. You do not need to complete *every* drill/station, please tailor to your group depending on numbers and skill. One adjustment would be to have a passing station, shooting station, and skating station in each zone of the ice.*

Passing

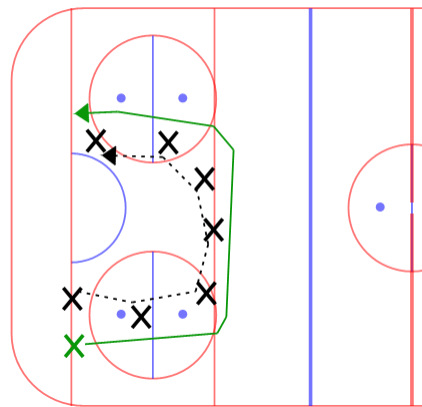
Station 1

- Demonstrate a forehand and backhand pass
- Have kids find a partner and spread out along the length of the ice across from their partner (about 2-3 stick lengths away). Have them practice forehand, followed by backhand passing. Make sure you skate around to provide feedback/ instruction.
- Progression: Follow your pass – get into groups of 3, first player passes to their teammate, follows their pass to join the back of the line.



Station 2

- Baseball: 1 player is the skater, the rest are passers. When the coach says "Go!" the passers have to pass the ring around the "bases" to every single person before the player skates around to win the race.



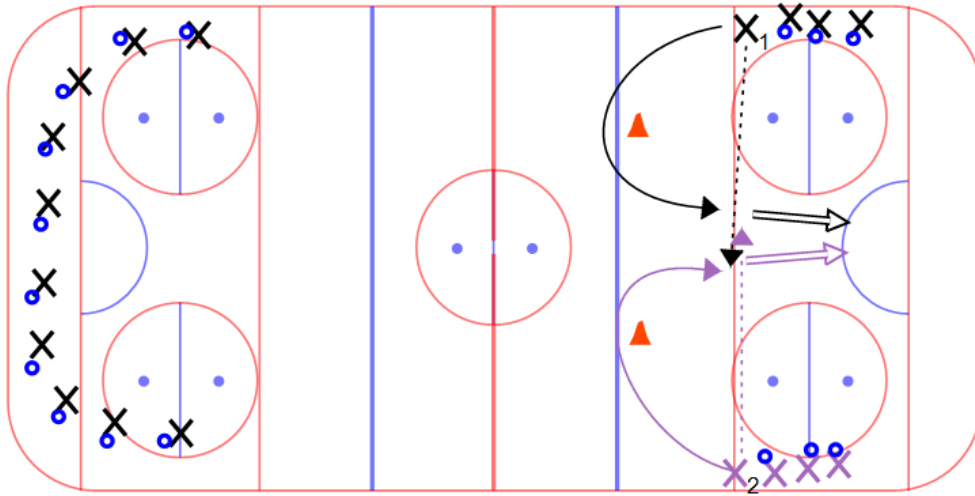
Shooting

Station 1

- Demonstrate proper forehand and backhand shooting. Have participants get a ring and line up about 3 stick lengths away from the boards and practice shooting against the boards. Make sure you skate around to provide feedback/instruction.

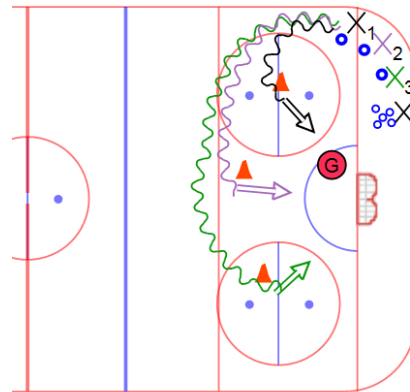
Station 2

- Modified horseshoe; X1 starts skating, looping around the pylon. X2 will pass them a ring as they enter the zone. X1 gets the pass and takes a shot on net. X2 will then begin to skate the same pattern and the drill continues.



Station 3

- Set up pylons as shown. 3 shooters come out of the corner at the same time, each with a ring. The first shooter will go around the first pylon and take a shot, second around the second pylon, etc. Next group of 3 goes when the coach says "Go!". Switch sides after a few reps.



Relay Race (if time)

- If time allows, set up a relay race you can do as a big group to bring everyone together. Can be as fun or as silly as you want!

Free Play Time

- 5 mins of free play time to let participants either practice skills they've learned or just skate around

Wrap up and Cheer

- Finish by reminding participants of any off-ice activities, to get their giveaways, collect sticks, and take a group picture.