

FUNDAMENTALS 1 - PRACTICE 1

Warm-Up – 5 minutes

Follow the Leader

Coach leads the players through a game of Follow the Leader with the players following what the coach is doing around the ice surface.

Stations 1 – 20 minutes (approx..6 minutes/station)

#1 – Basic Stance

- Knees bent, bum down, back straight, head up
- Two hands on stick
- Feet shoulder width apart and weight over balls of feet
- Allows players to move quickly in any direction. Experiment with stability provided in improper stances by gently pushing on players with straight knees, feet together, etc.

#2 – Basic Grip

- Upper hand holds stick as if you are shaking hands with it
- Lower hand is placed a forearm's length down the stick
- An effective way to hold the stick for ring handling. Have players drop stick, quickly pick it back up, regain basic stance. Check grip.

#3 – T-Starts

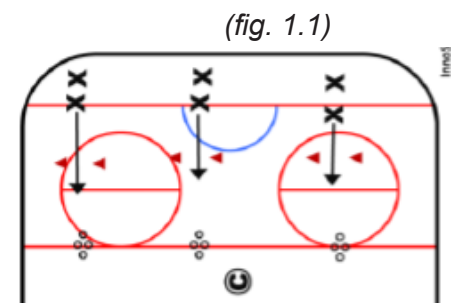
- Make a T-start with your skates by turning one skate at 90 degrees to the other which remains pointed in the direction of travel. Push with back skate and glide on front skate. Use hip, knee and ankle for thrust.
- Players line up along the boards in their ringette stance. Players will skate to the middle of the ice pushing with only 1 foot. Alternate feet.

Stations 2 – 20 minutes (10 minutes/station)

#1 – Sliding Relay/Forward Stride (fig. 1.1)

Players line up on the goal line in 3 lines. One player from each line goes at a time. They skate to the pylons, slide on their bellies, get back up, pick up a ring and skate back to their line. Then the next player goes.

Forward stride: First show the proper stance and what the stride should look like (whole/breakdown/whole). With one leg at a time stride down the ice, concentrate on a full extension of the leg, and having the supporting leg bent. Return each time into a glide.



#2 – Snow Plow Stops

Get players to line up along the boards, facing the boards. Players will grab on to the boards & push out their legs to practice their snow plow stops. Their goal is to make a snow mountain by pushing out their feet.

Snow Plow Stop: Skate, glide, push outward with inside edge. Toes pointing in, Heels pointing out. Equal pressure on both feet

Cool-Down – 5 minutes

Snow Queens

Participants line up on the goal line. On the whistle they skate to the free play line and slide as far as they can with their arms extending in front of them. Repeat this drill, starting at the centre line and working back towards the goal line.

FUNDAMENTALS 1 - PRACTICE 2

Warm-Up – 5 minutes

Shark and Fish

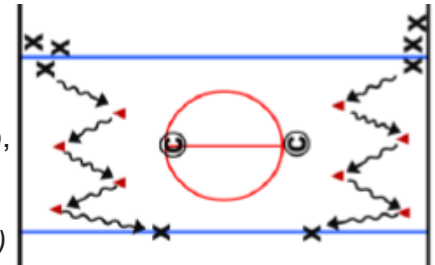
Two players are designated as the sharks to start. The fish must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too.

Stations 1 – 20 minutes (approx..6 minutes/station)

#1 – Zig Zag Snow Plow Stops (fig 2.1)

Players line up along the blue line. The first player from each line will go, stopping at each pylon with their snow plow stops. Once the first player has reached the first pylon, the next player can go.

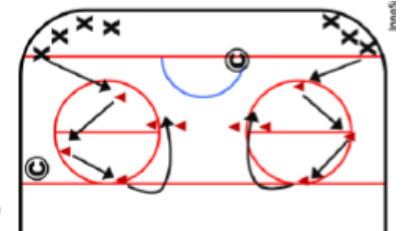
(fig. 2.1)



#2 – Skating with the Ring (fig 2.2)

Players line up in each corner with a ring. One player will start, stopping at each of the pylons. They will then skate to the 2 pylons and slide between them, before getting up and going to the back of the line. Make sure players keep 2 hands on the stick and their heads up.

(fig. 2.2)



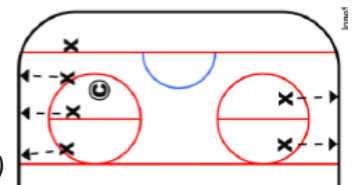
#3 – Forehand Passing (fig 2.3)

Players pick a spot on the boards and pass to themselves.

Forehand Sweep Pass:

- Proper grip; top hand pushes in, bottom hand pushes out
- Body parallel to target, ring start at back skate brought to front skate where it is then released
- Follow through; transfer weight from backfoot to front foot
- Point at target with stick upon release

(fig. 2.3)

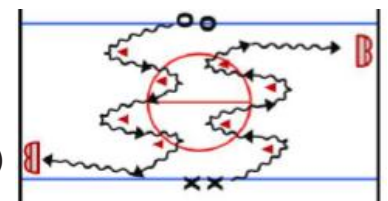


Stations 2 – 20 minutes (10 minutes/station)

#1 – Weave and Shoot (fig 2.4)

Players line up on the blue line with a ring. One at a time they will skate around the pylons and go shoot on net.

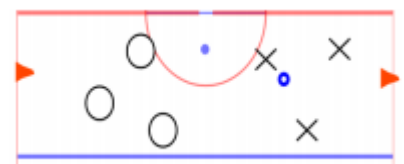
(fig. 2.4)



#2 – Mini Game (fig 2.5)

2 groups play 3vs3 cross-ice mini game. Place a pylon or an object at each end of the playing area to act as the 'net'. A team scores by hitting the pylon with the ring. The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'. The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.

(fig. 2.5)



Cool-Down – 5 minutes

Russian Shadows

Participants will work in pairs. This is similar to follow the leader. One partner is the leader and skates around the ice surface performing a variety of skating skills, their partner must imitate them. On the whistle, the other participant becomes the leader.

FUNDAMENTALS 1 - PRACTICE 3

Warm-up – 5 minutes

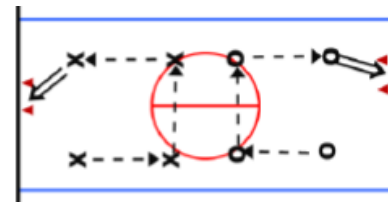
Steal the Ring

All but one participant begin the drill with a ring. On the whistle the ring carriers skate around the designated area. The participant without a ring must check the ring away from others. Once the ring is checked away, these participants become “checkers”. The game continues until no ring carriers are left.

Stations 1 – 20 minutes (approx..6 minutes/station)

#1 – Forehand Box Passing (fig 3.1)

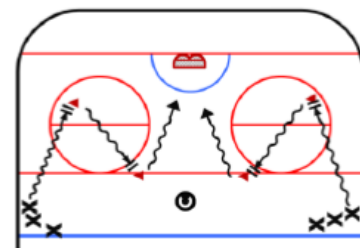
Line players up along the blue line. First 4 players will go and stand next to a pylon. Players will follow their pass and wait in ready position for the next pass. Last player will shoot in between the pylons.



(fig. 3.1)

#2 – Stops and Starts (fig 3.2)

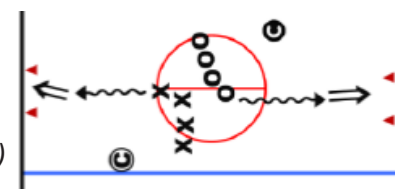
Players line up on the blue line with rings. The first Player will skate to the pylon and stop, then continue to the next pylon and stop. Then players will skate towards the net and shoot.



(fig. 3.2)

#2 – Shoot Out (fig 3.3)

Players line up in the middle circle. One at a time players will practice shooting between the pylons. If they miss they have to do 3 snow angels.

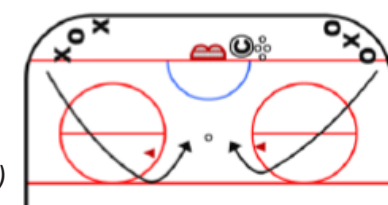


(fig. 3.3)

Stations 2 – 20 minutes (10 minutes/station)

#1 – Race for the Ring (fig 3.4)

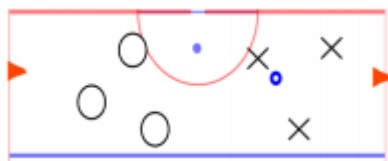
Players line up in each corner. One at a time one player from each line will skate around the pylon towards the ring. The player that gets the ring shoots on net. The player that doesn't, will receive a pass from the coach so they can shoot on net.



(fig. 3.4)

#2 – Mini Game (fig 3.5)

2 groups play 3vs3 cross-ice mini game. Place a pylon or an object at each end of the playing area to act as the 'net'. A team scores by hitting the pylon with the ring. The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'. The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.



(fig. 3.5)

Cool-Down – 5 minutes

Hit the Skate

All participants skate around with a ring and try to hit the skate of one of the coaches. When a coach is hit, they must crouch down as they are out of the game. The goal of the game is to hit all of the coaches' skates. Repeat this drill if time allows.

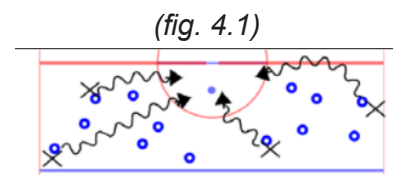
FUNDAMENTALS 1 - PRACTICE 4

Warm-up – 5 minutes

Clean Your Room (fig 4.1)

Scatter all rings around the playing area. Participants must pick up all the rings and bring them back to the designated area (free pass circle) using their stick.

Key points: two hands on their stick, head up.

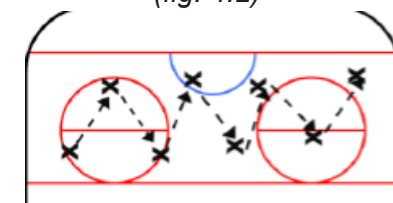


(fig. 4.2)

Stations 1 – 20 minutes (approx..6 minutes/station)

#1 – Follow your Pass (fig 4.2)

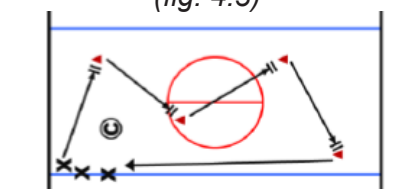
Line players up as shown. Players will pass the ring down the line of players. The last player will shoot at a pylon on the boards. Be sure to rotate players.



(fig. 4.3)

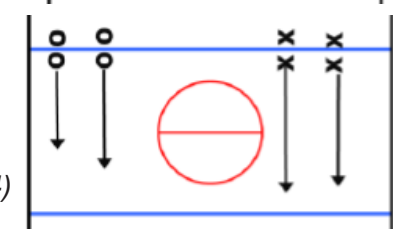
#2 – M Stopping (fig 4.3)

Players line up on the blue line with a ring. One at a time they skate to every pylon, practicing their stops. Once they reach the last pylon they skate along the blue line to the back of the line.



#3 – Partner Push (fig 4.4)

Players will line up in partners on the blue line. One partner will “push” their other partner to the far blue line and then switch spots.

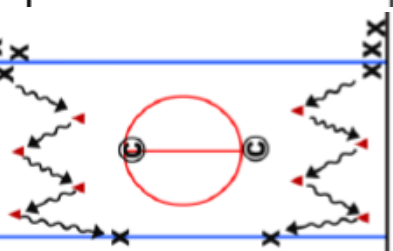


(fig. 4.4)

Stations 2 – 20 minutes (10 minutes/station)

#1 – Zig Zag Snow Plow Stops (fig 4.5)

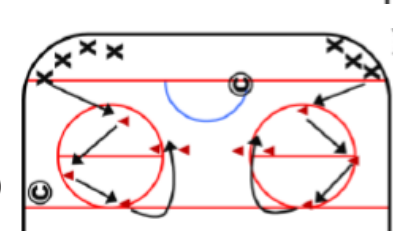
Players line up along the blue line. The first player from each line will go, stopping at each pylon with their snow plow stops. Once the first player has reached the first pylon, the next player can go.



(fig. 4.5)

#2 – Skating with the Ring (fig 4.6)

Players line up in each corner with a ring. One player will start, stopping at each of the pylons. They will then skate to the 2 pylons and slide between them, before getting up and going to the back of the line. Make sure players keep 2 hands on the stick and their heads up.



(fig. 4.6)

Cool-Down – 5 minutes

Capture the Gold

This game requires 2 teams. Participants do not use their sticks.

Designate a ‘gold area’ at opposite ends of the playing area for each of the teams using pylons and place an equal amount of rings in each area. On the whistle, teams must try and capture the other teams’ gold (the rings) and bring it back to their ‘gold area’. If a player with gold in their hands is tagged by an opponent, the gold must be returned. Participants are not allowed to guard the ‘gold area’ – they must 1-2m away. Gold areas are considered safe zones, participants cannot be tagged. The team with the most gold at the end wins.

FUNDAMENTALS 1 - PRACTICE 5

Warm-up – 5 minutes

Steal the Ring

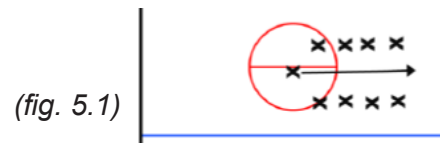
All but one participant begin the drill with a ring. On the whistle the ring carriers skate around the designated area. The participant without a ring must check the ring away from others. Once the ring is checked away, these participants become “checkers”. The game continues until no ring carriers are left.

Stations 1 – 20 minutes (approx..6 minutes/station)

#1 – Introduction to Sweep Checking (fig 5.1)

Sweep Checking

- Position body facing opponent.
- Sweep stick across the body from one side to the other
- Contact is made at point where opponents stick meets the ring.
- Strong follow through will direct the ring



Players line up across from each other. One player is chosen to go first. The player will skate through the line of players trying not to get checked. Once they make it through the players they will then take the place of a checker and the checker will now go through the line.

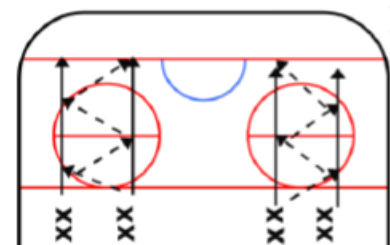
#2 – Shark and Fish

3/4 players begin skating with the rings in the circles are fishes. 1/4 players are skating without a ring and are the sharks. Once a shark sweep checks the ring they become the fish and the fish becomes the shark.

#3 – Partner Passing (fig 5.2)

Players line up on the ringette line in 2 lines. The first player from each line will begin skating, passing the ring back and forth until they get to the goal line. Then then will skate to the back of the line and go again.

(fig. 5.2)

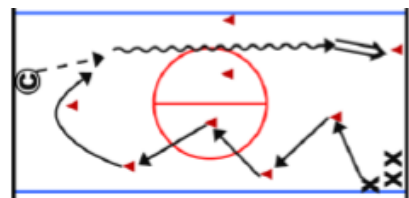


Stations 2 – 20 minutes (10 minutes/station)

#1 – Obstacle Course (fig 5.3)

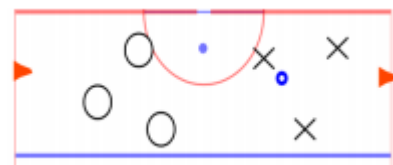
Players line up on the blue line/along the boards. Players will skate one at a time through the pylons stopping at each pylon. They will then receive a pass from a coach, skate through the pylons, sliding on their belly and go take a shot trying to hit the pylon.

(fig. 5.3)



#2 – Mini Game (fig 5.4)

2 groups play 3vs3 cross-ice mini game. Place a pylon or an object at each end of the playing area to act as the ‘net’. A team scores by hitting the pylon with the ring. The emphasis should be on team play, passing and understanding the basic concept of ‘trying to score goals’ and ‘trying to stop the other team from scoring goals’. The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.



(fig. 5.4)

Cool-Down – 5 minutes

Toilet Tag

Select one or two players to be the tagger. When a player gets tagged they must kneel down on one knee with one arm up in the air and must remain in this position until a teammate ‘flushes the toilet’ by pulling their arm down. The player must make the noise of a flushing toilet, and then they can stand back up and become free again.

FUNDAMENTALS 1 - PRACTICE 6

Warm-up – 5 minutes

Hit the Skate

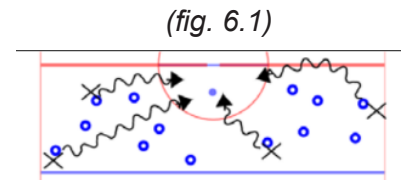
All participants skate around with a ring and try to hit the skate of one of the coaches. When a coach is hit, they must crouch down as they are out of the game. The goal of the game is to hit all of the coaches' skates. Repeat this drill if time allows.

Stations 1 – 20 minutes (approx..6 minutes/station)

#1 – Clean Your Room (fig 6.1)

Scatter all rings around the playing area. Participants must pick up all the rings and bring them back to the designated area (free pass circle) using their stick.

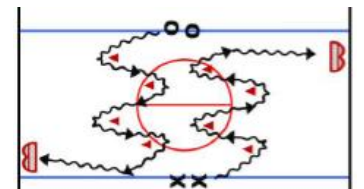
Key points: two hands on their stick, head up.



#2 – Weaving (fig 6.2)

Players line up on the blue line with a ring. One at a time they will skate around the pylons and go shoot on net.

(fig. 6.2)



#3 – Forehand Passing

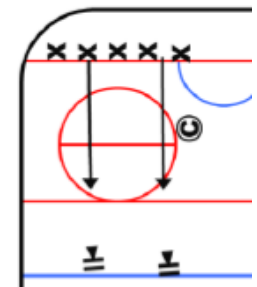
Players pick a spot on the boards and pass to themselves. Progression: divide into partners and partner pass.

Stations 2 – 20 minutes (10 minutes/station)

#1 – One Foot Up (fig 6.3)

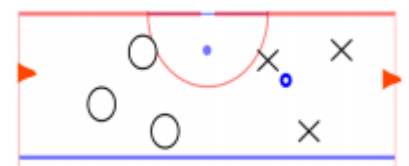
Players line up at the goal line. The players will skate as hard as they can to the ringette line and then will lift up their right foot. Players will glide to the blue line and stop. Repeat on the way back with players raising their left foot.

(fig. 6.3)



#2 – Mini Game (fig 6.4)

2 groups play 3vs3 cross-ice mini game. Place a pylon or an object at each end of the playing area to act as the 'net'. A team scores by hitting the pylon with the ring. The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'. The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.



(fig. 6.4)

Cool-Down – 5 minutes

Shark and Fish

Two players are designated as the sharks to start. The fish must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too

FUNDAMENTALS 1 - PRACTICE 7

Warm-up – 5 minutes

Simon Says

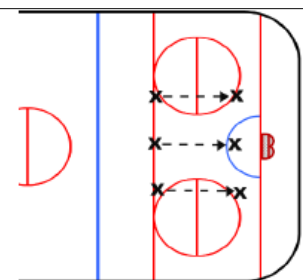
Players line up on the goal line. The coach will say “Simon Says skate forward”, “Simon Says stop”, “Simon Says do 5 snow angels” etc. Make sure to call a few commands without saying Simon Says to get the players listening closely.

Stations 1 – 20 minutes (approx..6 minutes/station)

#1 – Partner Passing (fig 7.1)

Players work in pairs, passing the ring back and forth. Count out loud how many complete passes they can make in a row.

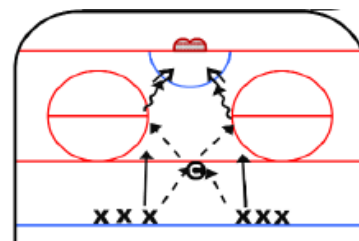
(fig. 7.1)



#2 – Give and Go Shooting (fig 7.2)

Players line up in 2 lines across the blue line. The first player in line will pass to the coach and begin skating towards the net. The coach will pass back to the player, and the player will shoot on net, then go to the back of the line. The lines alternate.

(fig. 7.2)



#3 – Introduction to “V” Starts

V-Starts

- Ready Position
- Make a “V” with feet (heels don’t touch)
- Lean into start, at the point where you “feel” you are going to fall, take a few steps
- Begin Striding
- Proper Grip on the stick

Players line up with their backs to the boards and skate forwards stopping at each pylon “line” and starting over until they reach the other side.

Stations 2 – 20 minutes (10 minutes/station)

#1 – Follow Your Pass (fig 7.3)

Players line up as indicated in the diagram. The ring is passed in a box pattern. Players follow their pass and wait in the ready position for the next pass. The last player to receive the pass will skate towards the net and take a shot.

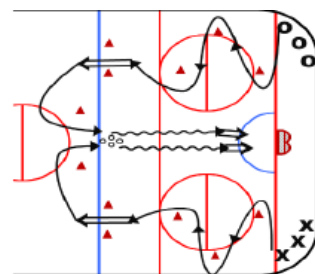
(fig. 7.3)



#2 – Relay Race (fig 7.4)

Players are divided into 2 teams. One player from each team will begin skating around the pylons, sliding on their belly through the pylons, pick up a ring and go shoot on net.

(fig. 7.4)



Cool-Down – 5 minutes

Hit the Skate

All participants skate around with a ring and try to hit the skate of one of the coaches. When a coach is hit, they must crouch down as they are out of the game. The goal of the game is to hit all of the coaches’ skates. Repeat this drill if time allows.

FUNDAMENTALS 1 - PRACTICE 8

Warm-up – 5 minutes

British Bulldog

Players are split on either half of the ice. Their coach calls out “British Bulldogs” and players try skate to the other end of the ice without being tagged. If a player is tagged, they joining the coach in the middle.

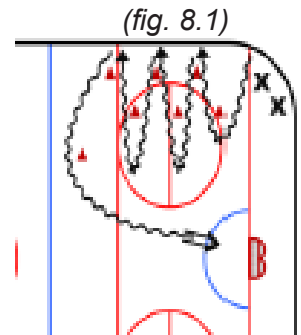
Stations 1 – 20 minutes (approx..6 minutes/station)

#1 – Introduction to Tight Turns (fig 8.1)

Tight Turns

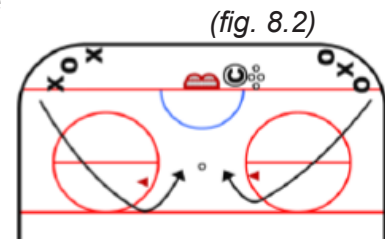
- Skate, glide, inside foot is ahead (leading)
- Knees are flexed
- On entering the turn, rotate head and shoulders around the point of the turn (pylon)
- On completing turn, cross outside foot over inside foot.

Players line up in the corner. The first player begins to skate through the pylon course. Stay as close the pylon as they can while protecting the ring. Once finished the course, the player can then go in and shoot on net. After the first player gets to the second pylon, the next player can go.



#2 – Race for the Ring (fig 8.2)

Players line up in each corner. One at a time one player from each line will skate around the pylon towards the ring. The player that gets the ring shoots on net. The player that doesn't, will receive a pass from the coach so they can shoot on net.



#3 – Stops and Starts (fig 8.3)

Players start at blue line with rings. Skate to the first pylon goal line and stop. Players skate to next pylon at blue line and stop. The players will then go in and shoot.

(fig. 8.3)



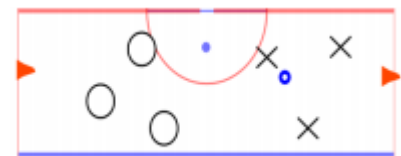
Stations 2 – 20 minutes (10 minutes/station)

#1 – Keep Away

Break team up into 2 or 3 groups. Inside each circle, only 1 person has a ring. They need to “keep it away” from the other players trying to check them.

#2 – Mini Game (fig 8.4)

2 groups play 3vs3 cross-ice mini game. Place a pylon or an object at each end of the playing area to act as the ‘net’. A team scores by hitting the pylon with the ring. The emphasis should be on team play, passing and understanding the basic concept of ‘trying to score goals’ and ‘trying to stop the other team from scoring goals’. The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.



(fig. 8.4)

Cool-Down – 5 minutes

Snow Queens

Participants line up on the goal line. On the whistle they skate to the free play line and slide as far as they can with their arms extending in front of them. Repeat this drill, starting at the centre line and working back towards the goal line.

FUNDAMENTALS 1 - PRACTICE 9

Warm-up – 5 minutes

Red Light Green Light

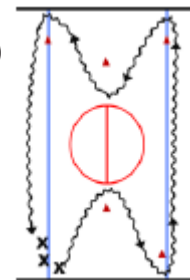
Participants line up on the goal line. When the coach yells green light, participants skate forward. When the coach yells RED light, participants must stop. Once all participants have reached the blue line, repeat the drill towards the goal line

Stations 1 – 20 minutes (approx..6 minutes/station)

#1 – Forward Skating (fig 9.1)

Players line up as shown. The first player will begin by skating towards the first pylon and make a turn (as close as they can), then continue skating towards the next one. Once the first player is on their way to the second pylon, the next player can go.

(fig. 9.1)



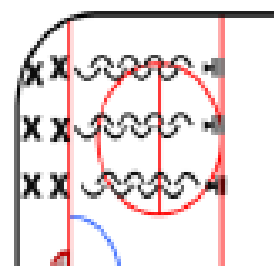
#2 – Introduction to Backward Skating (fig 9.2)

“C” Start

- Ready position, facing forward
- Weight on starting foot, slightly in front of the other foot
- Make a full extended “C” with skating foot (cutting ice)
- Return skating foot underneath body
- Begin striding

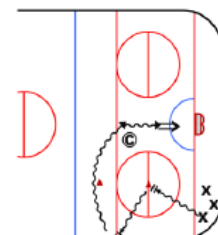
Have the players practice their C cuts on the boards before you attempt to actually skate backwards. Then have the players line up and skate backwards to the Ringette line.

(fig. 9.2)



#3 – Stopping and Ring Protection (fig 9.3)

Players line up in the corner. The first player will skate towards the first pylon with a ring and make a stop. Then continue to the boards and stop. The player will then skate around the last pylon towards to coach and ‘protect the ring’ from the coach, before going to shoot on net.



(fig. 9.3)

Stations 2 – 20 minutes (10 minutes/station)

#1 – Introduction to Backhand Flip Shot

Backhand Flip Shot

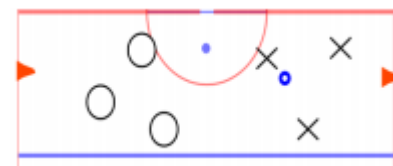
- Same body position as backhand sweep pass
- Arms bent inward; ring closer to your body
- A “shoveling” action from back foot to front foot, releasing by pointing at open area of net

Coach will demonstrate basics of the backhand shot. Players will practice on the boards aiming for the top of the boards.

#2 – Mini Game (fig 9.4)

2 groups play 3vs3 cross-ice mini game. Place a pylon or an object at each end of the playing area to act as the ‘net’. A team scores by hitting the pylon with the ring. The emphasis should be on team play, passing and understanding the basic concept of ‘trying to score goals’ and ‘trying to stop the other team from scoring goals’. The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.

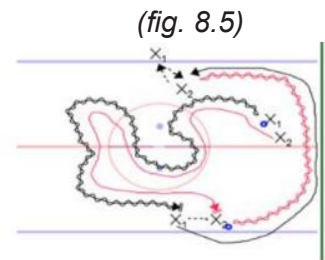
(fig. 9.4)



Cool-Down – 5 minutes

Buzzing Bees (fig 9.5)

Participants will work in pairs with one ring. Participant A will start with the ring and skate around the ice surface. Participant B must follow A around as closely as possible. The goal is not to steal the ring, but to become A's shadow. When the whistle blows, participants stop and pass the ring back and forth with their partner. They should be completing short passes. On the second whistle, B skates away with the ring with A shadowing. This process is repeated for the duration of the warm-up.



FUNDAMENTALS 1 - PRACTICE 10

Warm-up – 5 minutes

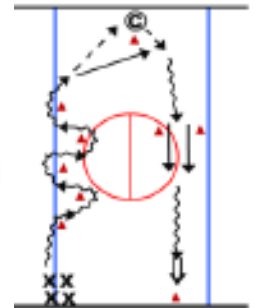
Let participants pick their favourite warm-up from the season!

Stations 1 – 20 minutes (approx..6 minutes/station)

#1 – Obstacle Course (fig 10.1)

Have players line up on the blue line. The first player will begin by skating with a ring through the pylons. Once complete, the player will pass the ring to a coach, skate around the pylon and receive a pass back. Players then skate towards the 2 pylons, and slide on their belly between them. Players get up and take a shot, aiming to hit the pylon on the boards.

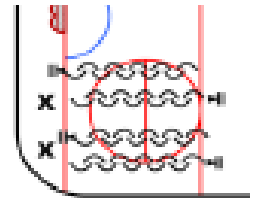
(fig. 10.1)



#2 – Backward Skating (fig 10.2)

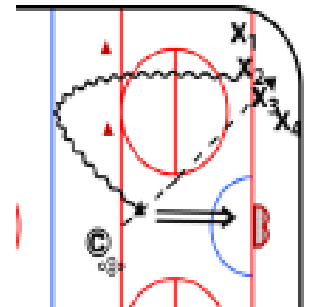
Players line up in 2 separate lines. The first player from each line skates backwards to the blue line; stops. Player skates backwards from the blue line to the goal line and stops.

(fig. 10.2)



#3 – Queen's Court (fig 10.3)

4 players are set up in the corner facing the boards. The coach then throws a ring to the boards and the player who gets the ring tries to skate it out through the pylons while the other 3 players are checking. Once the player skates it out through the pylons the drill is done and they can go and take a shot on the net. Make sure the players are staying on the side of the ice that they are set up on.

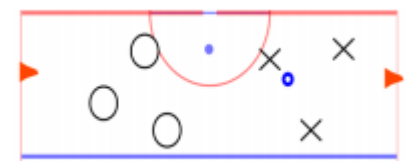


(fig. 10.3)

Stations 2 – 20 minutes (10 minutes/station)

#1 – Mini Game (fig 10.4)

Divide players into "teams" and play 3vs3 cross-ice mini games. Place a pylon or an object at each end of the playing area to act as the 'net'. A team scores by hitting the pylon with the ring. The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'. The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.



(fig. 10.4)

Cool-Down – 5 minutes

Ring Soccer

Divide groups into 2 teams. Participants can only use their skates to kick the ring around the playing surface. Set up pylons at each end as nets. Remember, participants can only use the side of their skate blade to kick the ring.