

# R4U Instructor Roles and Responsibilities

## Certification

- Required to complete the instructor certification as outlined in the Ringette Manitoba policy manual.

*\* Instructors will receive access to R4U lesson plans electronically.*

## During the Lesson

The instructor is leading the ice time in partnership with the head coach.

Once on the ice:

- Follow the lesson plan.
  - Gather the players so you can show them the correct technique for a skill as needed in the lesson plan.
  - Explain a drill while one of the assistant coaches demo's it as needed.
  - Once the players are established with the drill, provide feedback to the players (separately).
    - Such as: Good Job Suzy! That's a great stop.
    - Or: Hey Suzy! Try moving your foot their way when you're trying to stop.
- Help the coaches learn how to teach skills to the players; answer questions and provide feedback.
- May need to perform other duties as needed.

## During the Game

- Enforce rules as defined by each stage.
- Adapt rules for squads as needed.
  - Ex. 1 squad is more dominant than the other, so you say to the squad that they need to pass to every player before they shoot on the net.

## In the Dressing Room Before/After Ice Time

- Review the lesson plan BEFORE you arrive at the ice time.
- Ask head instructor questions if you do not understand something.
- Be dressed (skates on) 15 minutes BEFORE the scheduled ice time.
- Go over the lesson plan with the coaches 15 minutes BEFORE the ice time.
- Allow some time for the coaches to ask questions.
- Talk to the players in the dressing room prior to your ice time.
- Explain some of the things you will be working on that day.
- Get them excited to go on the ice.

After the ice

- Say a few words in the dressing room....
  - Good Job Everyone! You did great today!