

## Intro to Ringette 1<sup>st</sup> Ice plan

Teach proper way to fall and how to get back up.

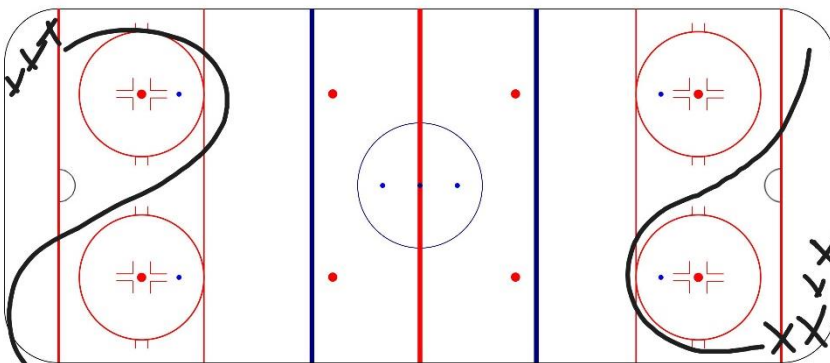
**Teach Getting Up** - Have players standing around on of the circles. - Demonstrate the proper technique of Getting Up without a stick. - Have players start on their stomachs and practice getting back up into the basic ringette stance. - Using a “Be like a dog” (or any other animal) strategy, have the players lie on stomachs, with their arms straight out in front (“sleeping dog”). - Get on all fours like a dog and get them to pretend they are a dog. - Have players sit up on both knees - Move into the beginning of standing up position by placing one skate on the ice and then stand up into a basic ringette stance.

Stand on the goal line or red line and play Simon says.

Teach basic skating as a group. Split up players who has previously skated and who has not (attendance sheet will have them sorted)

Skaters at one end go around circles with sticks (and rings if the skater wants). If you need more time play a game with them – relay race with the wiffle balls, split into two teams and bring the wiffle ball to the boards and back. The first team to go through everyone wins.

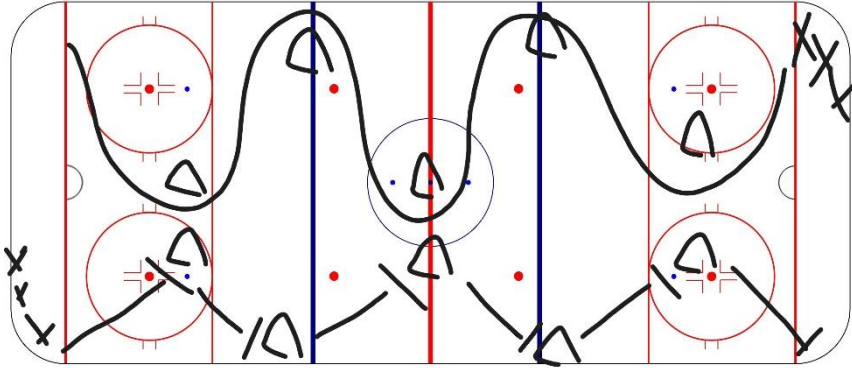
Non-skaters go to the other end and go around circles without sticks (unless they feel more comfortable with using their stick for balance).



Set pylons up on both sides of the ice. The players who do not have skating experience will skate around each pylon down the ice and line up in the corner.

The participants who have skating experience will be on the opposite side but stopping at every pylon (will have to show them how to do a snowplow stop) If they are struggling feel free to just go around the pylons like the other group

**\*Players should be lining up on the same side of the ice as it they started\*\***



**\*\*If you have time do this if not go into a game\*\* Please always end in a game \*\***

Come together and each player stands at the boards and practices passing to themselves off the boards. Do not spend too much time here, maybe 5-7 minutes.

Game – use the hoops and wiffle balls. Spilt all players into two teams and have them bring the wiffle balls from their hoops to the other team’s hoops. When the game is over, see who has more in their hoops and they win. (Garbage without sticks and rings)

