



FITNESS SKILLS

Agility Flexibility*
Speed Endurance*
Coordination



MENTAL SKILLS

Awareness of Moods
Shared Leadership Opportunities
Personal Responsibility
Teamwork/Team Building
INTRO: Game Strategies



ETHICAL AND SOCIAL SKILLS

KEEP IT FUN!

We always have fun doing games or drills.

GO FOR IT!

Even when I lose I am happy with the effort I put into the game.

PLAY FAIR!

TEAM: Everyone gets to participate. Opportunities to compete are earned through effort not just skill/ability.

RESPECT OTHERS!

We do fun activities TOGETHER. Include everyone - respect teammates, coaches, parents, referees and opponents.



GOALIE SKILLS

ACQUISITION:

Gripping the Stick
Ready Position
Stick Control (grip, on-ice)
Throw Ring
Block, Stop the Ring

INTRODUCTION:

Reflex to catch, trap deflect
Rebound Control
Lead pass/throw
Positional play/read play angle
Getting up & down
Hugging the Posts
T-push and Glide
Push Out



SKATING SKILLS

INTRODUCTION:

Acceleration
Tight Turns
Backward Stops (V, T)
Parallel Stop
Cross-overs on a Circle
Backward Glides (2 foot toes, 1 foot edges, inside/outside)
Pivots forwards and backwards

CONSOLIDATED/REFINED:

Acceleration
Static and dynamic balances (Glides, 2 foot, 1 foot)
Snow Plow Stops (2 foot, V)
Starts (T, V)
Stride (Forward, 1 foot inside edge)
Glides (2 foot, 1 foot)

ACQUISITION:

Forward and Backwards Strides
Forward and Backwards Glides
Power Push (inside edge scrapes)
One Foot T Stop
One Foot Inside Edge Stop
Double Sculling
Cross-overs on a Line
One Foot Forward Outside Edge
Pumping on a Circle
Backward Skating C-Cuts

RINGETTE SKILLS



CONSOLIDATION:

Sweep Pass (Forehand, Backhand)
Grip and Stick Safety
Shooting (Forehand sweep shot)

ACQUISITION:

Stabbing/Receiving of the Ring
Retrieving the Ring
Checking
Body Position, Sweep Check
Ring Handling
Ring Protection when Carrying

INTRODUCTION:

Shooting
Forehand & Backhand Sweep, Wrist Shot
Passing
Forehand, Backhand Flip, Lead Passes
Checking
Side, Backhand, Double-Teaming, Checking in Corners and Along the Boards

GAMES LITERACY



Minor games to teach game concepts used in sport i.e. offensive and defensive tactics.

Examples:

Keep Away

Skittles

Adapted Games:

Capture the Flag

Crows & Cranes

Offense-Defense

Tag

Dodge-ball

Scrimmage with 2 Rings



TEACHING TIPS

Keep it to 70% play and practice, with 30% going to game time

Teach how to compete, not win

More touch time = more opportunity to develop

Focus on sport specific skill application (Fundamental Sport Skills - FSS)

Ask leading questions — Kids predict and interpret (helps build decision making skills)

Encourage vigorous play. Look for elevated heart rates, faster breathing and pink cheeks.

Key Development Areas:

1. Endurance

2. Capable of consolidated skill execution

3. Introduce tactics (offensive, defensive concepts)

Give specific praise. Leads to Increase in Confidence, Competence and Motivation