



CHILDREN'S RINGETTE GAMES WITH AIMS

Children's Ringette is an initiative to provide age and stage appropriate physical activity and experiences for young ringette players. This is characterized by a focus on fun play and activities which provide experiences that support learning.

Games with Aims are used to foster cognitive, social and motor development in young athletes. They are widely utilized by instructors, coaches and teachers to help children learn important developmental skills in a fun and immersive way. Games with Aims keep all participants engaged and actively learning in a play-centric environment. By creating an environment based on fun and inclusion, you are fostering the development of confidence and competence in your athletes. This leads to increased skill development and a more positive sport experience for your athletes.

Below are some great age and stage appropriate games where children can learn and perform the skills important for their development; games with aims.



SHARKS & MINNOWS

This Game Teaches: forward skating strides, acceleration, crossovers/changing direction, balance, agility, awareness and stopping.

How to Play Sharks & Minnows

To Setup:

Line up all the players along the goal line.

Have all the players put their sticks down behind the goal line out of the way of the playing area.

Select 2 or 3 players to go into the neutral zone to become “sharks”. The “sharks” have to stay between the blue lines.

To Play:

On the whistle, all the players on the goal line (the “minnows”) try to skate through the neutral zone to the other end without getting touched by a shark.

If a minnow is tagged by a shark then they have been “eaten” and they too become a shark.

The game is played until there is one minnow left who is declared the winner.

Adaptations:

For weaker skaters, shorten the skating distance by having the players start on the free-play line and skate to the opposite free-play line.



Equipment

- None



Time

- 5-8 mins



Number of Coaches

- 2-3



Number of Participants

- 10+

FREEZE TAG

This Game Teaches: forward skating strides, acceleration, crossovers/changing direction, balance, agility, awareness and stopping.

How to Play Freeze Tag

To Set Up:

Have all players put their sticks along the boards somewhere outside of the playing area (if you are using the full ice, put all sticks on the benches).

The coach will designate 2 -3 players that are “IT” (more or less depending on the number of participants).

All other players will spread out within the set boundaries.

To Play:

The game starts when the coach blows the whistle.

They players who are “IT” will skate around and try to tag the other players. When a player is tagged they must freeze.

To be un-frozen they have to get tagged by a player that is not frozen.

Adaptations:

Shrink or expand the boundaries based on the number of participants, and the skating abilities of those participants.

For a smaller group, or weaker skaters, make it so the players must stay inside the ringette line (in the offensive/defensive end).

For a larger group, have the players stay on one side of the red line (half-ice).

Other variations of tag:

Toilet Tag: Player who is tagged must crouch down and hold one arm out, imitating a toilet. To un-freeze them, another player must “flush the toilet” by pushing down the frozen player’s hand. The player who was frozen must spin in a circle (on the spot), and then they are free.

Superhero Tag: Player who is tagged stands in a “superhero stance” with their feet wide apart and their hands in fists on their hips. To unfreeze them, another player must do a superman



Equipment

- None



Time

- 5 mins



Number of Coaches

- 1-2



Number of Participants

- 8+



slide on their tummy through the frozen player's legs (recommended for groups with stronger skaters only).

Hot Dog Tag: Player who is tagged must stand with their arms at their sides, imitating a hot dog wiener. To un-freeze them, another player must become a hot dog bun by hugging the frozen player.

Chain Tag: Select 2 players to be "IT". When tagged, players join hands with the "It" players and form a chain. Then both players must work together to tag others. When the chain is 4 players long, it splits into 2 "mini-chains" of 2 players each and continue to chase remaining untagged players until all are caught.



STAR WARS

This Game Teaches: forward skating strides, acceleration, balance, agility, awareness and stopping.

How to Play Star Wars

To Set Up:

Line up all the players along the goal line.

Have all the players put their sticks down behind the goal line out of the way of the playing area.

Explain to the players that they are now in outer space and all of the rings are asteroids. Their goal is to get to the other end of the ice without being hit with an asteroid.

Coaches must stand along the boards in the neutral zone with all of the rings.

To Play:

On the whistle the players try to skate from one end of the rink to the other end without getting touched by a ring.

The coaches shoot the rings from side to side trying to hit the players. Coaches need to be aware of how hard is appropriate to pass the ring and make sure all passes are on the ice.

When a player gets hit by an “asteroid” they retrieve their stick and help the coaches.

The game continues back and forth until there is one player left.

Adaptations:

For weaker skaters, either have the players skate from free-play line to free-play line, or play cross ice. For stronger skaters, place the nets in the middle of the ice on the ringette lines. The players will skate clockwise around the ice. This allows the players to practice crossovers and makes the game go faster.



Equipment

- Rings



Time

- 8 mins



Number of Coaches

- 2+



Number of Participants

- 10+

BANANA TAG

This Game Teaches: forward skating strides, acceleration, crossovers/changing direction, balance, agility, awareness and stopping.

How to Play Banana Tag

To Set Up:

Have all players put their sticks along the boards somewhere outside of the playing area (if you are using the full ice, put all sticks on the benches).

The coach must define a boundary based on the amount of players in the game then identify 2-3 players or coaches to be “Monkeys”. The “monkeys” will each be holding a ring in their hands.

To Play:

On the whistle the players will skate within the boundaries. The monkeys try to tag as many players as they can by touching them with their ring.

When a player is touched they must stand with their hands up in the air above their heads together as if they are a banana.

In order to get back in the game another player must stop next to the frozen player and peel their arms apart (as if they were peeling a banana).

Adaptations:

Shrink or expand the boundaries based on the number of participants, and the skill level of those participants.



Equipment

- 2-3 rings



Time

- 5-8 mins



Number of Coaches

- 1-2



Number of Participants

- 8+

BATTLESHIP

This Game Teaches: falling safely, standing up, forward skating stride, balance and agility, changing direction, acceleration (crossover start & V start) and stopping.

How to Play Battleship

To Set Up:

The coach starts by gathering all the participants in the centre free pass circle and explaining the commands.

Commands may include:

- Bow (one end of rink), Stern (other end of rink), Starboard (right side of rink), Port (left side of rink), Crow's nest (centre free-pass circle) – crew goes to the designated area
- Torpedoes – crew slides on the ice
- Submarines – crew roles on back and sticks one leg up in the air
- Shark Attack – crew swims for shore (simulate swimming on their stomach)
- Man Overboard – crew forms groups of 4-6 row to shore (simulate rowing while sitting down)
 - Swab the Deck - move the ring with their stick in a circular motion on the ice to simulate mopping
- Mutiny - chase the coach.

To Play:

The rink becomes a battleship. The coach calling out commands is the captain, and all the participants are the crew.

The captain calls out commands and the crew must complete them as quickly as possible.

Adaptations:

Add or remove commands based on the skill levels of your participants. For younger, weaker skaters, have them play with no sticks or rings. For stronger skaters, you can make them have to always face the same way (i.e. bow = skate forward, stern = skate backwards, port/starboard = lateral crossovers to that side).



Equipment

- Rings



Time

- 5-8 mins



Number of Coaches

- 1-2



Number of Participants

- 5+

PIRATE'S TREASURE

This Game Teaches: forward skating strides, forward crossovers, quick accelerations, awareness, stopping, agility, and balance.

How to Play Pirate's Treasure

To Set Up:

The rink is divided into two pirate ships by the center line.

Split the participants into 2 teams, one for each ship.

Each ship gets 5 pieces of treasure (5 rings), which are placed on each goal line.

To Play:

The game starts when the coach blows the whistle.

Pirates skate over the center line onto the other team's ship to try and bring back their treasure.

If on the enemy's ship, they can be captured by being tagged by someone on the other team.

They then become a prisoner and must go to the enemy's jail (in the crease).

If a pirate is carrying gold at the time, they must return it to the goal line on the way to jail.

A prisoner can be rescued by one of their teammates grabbing onto his/her hand. They then raise their hands in the air and return to their own ship uninterrupted. Once there, they are free to loot again.

The game ends when one team has all the rings in on their side. Or after a set period of time the team with the most rings is the winner.

Adaptations:

For younger or weaker skaters, shrink the playing area so that the loot goes on the free-play lines instead of the goal lines.

For stronger skaters, add more "treasure".



Equipment

- 10 rings



Time

- 8-10 mins



Number of Coaches

- 1-2



Number of Participants

- 10+

NIGHT AT THE MUSEUM

This Game Teaches: forward skating strides, acceleration (V starts or crossover starts), stopping (snowplow or sideways), and backwards c-cuts.

How to Play Night at the Museum

To Set Up:

The coach chooses 1 player as the museum guard. The museum guard is directed to stand at the blue line and face away from the other players so that their back is to the other players.

All the other players will be objects (fossil or relics) found within the Museum. They will come to life when the Museum Guard is not looking. To start have them line up on the goal line.

To Play:

Players will start to skate when the Museum Guard shouts “lights out!”

Players skate towards the museum guard. When the guard turns around to face the objects, the objects must freeze in position (full stop).

If an object is caught moving or falling by the museum guard, they must return to the start.

The first player to the guard’s side is the winner.

Adaptations:

Have weaker skaters do V-starts and snowplow stops.

For stronger skaters, choose a direction that they must face when they stop (so they are doing a sideways stop) and have them do crossover starts.

For a stronger group, you can also make them skate backwards to the start if they are caught.



Equipment

- None



Time

- 5-8 mins



Number of Coaches

- 1



Number of Participants

- 5+

RED LIGHT, GREEN LIGHT

This Game Teaches: proper stance (ready position), forward skating strides backwards c-cuts, acceleration (V starts or crossover starts), stopping (snowplow or sideways), gliding, balance, and agility.

How to Play Red Light, Green Light

To Set Up:

All players start on the goal line with a ring. Make sure they are all standing in the “ready position”.

The coach stands approximately 20ft away, facing the players.

To Play:

The coach calls out commands. Include as many commands as players are capable of remembering and executing. Commands may include:

- Red light, Green light, Yellow light – players stop, go, and glide
- Reverse – players skate backwards to the start
- Speedbump – players hop
- Roundabout – players turn in a circle
- Car crash – players fall down and stand up.
- Police Car/Ambulance/ Fire Truck – players stop, spin and make a siren noise while doing so.

The players must follow the commands as quickly as possible while remaining in control of their body and their ring.

Adaptations:

If you have weaker skaters, consider having them play without rings or with no sticks at all. Have weaker skaters do V-starts and snowplow stops.

For stronger skaters, choose a direction that they must face when they stop (so they are doing a sideways stop) and have them do crossover starts.



Equipment

- None



Time

- 5-8 mins



Number of Coaches

- 1



Number of Participants

- 3+

DOCTOR DODGE-RING

This Game Teaches: forward skating strides, shooting/passing (with power and accuracy), and awareness.

How to Play Doctor Dodge-Ring

To Set Up:

Divide the players into 2 teams and place each team on one half of the ice (divided by the red line).

Then select 1-2 players on each team to be the doctors.

An equal amount of rings are spread out on each goal line.

To Play:

The goal of the game is to shoot and pass the rings across the ice and try to hit the skates of players on the other team (keeping the rings on the ice).

If you get hit with a ring, you are now “injured” and must sit on both knees.

The doctor can save injured teammates by holding their stick and pulling them behind the goal line on their side.

Once they’ve crossed the goal line, the player who was hit can stand up and keep playing.

The game ends when one team has had all of their players (including the doctors) hit by rings.

Adaptations:

For younger players, play cross ice with players having to stay in the end zone (inside the free-play line). You would need to place bumpers along the ringette line to prevent rings from being shot out of bounds.



Equipment

- Rings



Time

- 5-8 mins



Number of Coaches

- 1



Number of Participants

- 8+



CAT & MOUSE

This Game Teaches: checking (rainbow check, sweep check), ring protection, ring control, forward skating strides, quick accelerations, and finding open space.

How to Play Cat & Mouse

To Set Up:

Set a boundary based on how many participants you have. Select 1-2 players to be the “cats”. They do not have rings. Every other player is a “mouse” and they each have a ring. Have the mice spread out within the boundaries.

To Play:

On the whistle, the cats can enter the playing area and start checking.

The cats’ job is to chase the mice and steal their ring, using either the rainbow check or sweep check to do so.

Once they’ve stolen the ring, the cat shoots it out of bounds and the “mouse” that lost their ring now becomes a “cat”.

The game is played until only one mouse remains, and that player is the winner.

*If players are checking too aggressively, pause the game to remind players of the proper checking positions.

Adaptations:

Shrink or expand the boundaries based on the number of participants, and the skill level of those participants. For example, you may want to make the playing area smaller to make it harder for the ring carrier to avoid the checkers.



Equipment

- Rings



Time

- 5-8 mins



Number of Coaches

- 1



Number of Participants

- 8+



CLEAN YOUR ROOM

This Game Teaches: strong quick passes, teamwork, passing into open space and skating with a ring.

How to Play Clean Your Room

To Set Up:

Divide players into 2 teams.

Each team is on one side of the red line, everything on their half of the ice is their room.

Rings are spread out around both “rooms”. Each ring represents one piece of “garbage”.

To Play:

The goal of the game is to have the least amount of “garbage” (rings) in your “room”.

On the whistle, players shoot and pass all the rings to the other team’s side as quick as they can.

Players can only have one ring on their stick at a time, and they are not allowed to cross the centre line onto the other team’s side.

When the coach blows the whistle to end the game, all players must stop shooting rings.

The team with the “cleanest room” (the least amount of rings on their side) is the winner.

Adaptions:

When setting up the space consider the number of participants you have and the space you are working in. To make the game engaging keep the area small and set boundaries and barriers so that small participants are not skating the full length of the ice to retrieve “garbage”.

For younger or weaker players, consider playing cross ice within one of the end zones.



Equipment

- Rings



Time

- 5-8 mins



Number of Coaches

- 1



Number of Participants

- 8+



MAYHEM TAG

This Game Teaches: forward skating strides, quick accelerations, changing direction, falling down safely, standing up, stopping, agility, balance, and awareness.

How to Play Mayhem Tag

To Set Up:

Have all players put their sticks along the boards somewhere outside of the playing area. Then get all the players to spread out within the set boundaries.

To Play:

The game starts when the coach blows the whistle.

In this game of tag everybody is it.

If a player gets tagged, they must go down on both knees until the person who tagged them gets tagged. Then they can stand up and rejoin the game.

If two players tag each other at the same time, they do “rock, paper, scissors” and the losing player sits down.

The coach should occasionally call “jailbreak” which means that every player can stand up and the game resets.

Adaptations:

Shrink or expand the playing area depending on the number of players, and the skill level of those players.



Equipment

- None



Time

- 5 mins



Number of Coaches

- 1



Number of Participants

- 8+

BOCCE RING

This game teaches: Passing with accuracy

How to Play Bocce Ring

To Set Up:

Split the players into groups of 4. Give each player a ring, and then give the group 1 extra ring.

The players play 2 vs 2 within their group of 4.

Have the players start on a designated spot (ex. Standing on a faceoff dot).

To Play:

One player shoots the ring along the ice to an open area. This ring is now the target.

Then, each player takes a turn shooting their ring as close to the target as possible.

The player with closest ring gets one point.

Play multiple rounds each taking a turn to shoot the target ring.

Adaptations:

Have players only use forehand passes, and then only use backhand passes.

Adjust the playing area based on the skill level of participants. For younger or weaker players, play cross-ice in a defined area (i.e. within the end zone).



Equipment

- 5 rings



Time

- 8 mins



Number of Coaches

- 1



Number of Participants

- 4



SIMON SAYS

This game teaches: Balance, agility, coordination, and any skating skills

How to Play Simon Says

To Set Up:

Have the players line up on the goal-line and put their sticks against the boards behind them.

The coach stands approximately 10ft away, facing the players.

To Play:

The coach calls out commands by saying “Simon Says...” and then adding an action or skill.

The players then must complete that action or skill.

For example, the coach could say “Simon says touch your toes”, and all players must bend down and touch their toes.

If the coach says an action or skill without saying “Simon Says” first, then the players don’t complete that action.

Adaptations:

For new skaters, play this game with simple balance skills such as standing up, falling, balancing on 1 foot, hopping off the ice, or turning on the spot.

For more advanced skaters, you can add skills such as backwards skating, gliding on one foot, stopping, etc.



Equipment

- None



Time

- 5 mins



Number of Coaches

- 1



Number of Participants

- 2+

HEAD & SHOULDERS

This game teaches: Balance, coordination, and proper stance (ready position).

Most useful for FUN1 with brand new skaters

How to Play Head & Shoulders

To Set Up:

Have players put their sticks against the boards.

Arrange the players so that they're standing in a semi-circle (use the lines of one of the free-pass circles to make this easier)

The coach stands approximately 10ft away, facing the players

To Play:

The coach leads the players in the "Head & Shoulders" song.

"Head and shoulders, knees and toes,
Knees and toes.

Head and shoulders, knees and toes,
Knees and toes.

Eyes, ears, mouth,
And nose.

Players will place both hands on parts of body as they are mentioned.

On second time speed up, and get faster with each verse.

Adaptations:

For skaters that can't stand up yet, start by singing the song while sitting down.



Equipment

- None



Time

- 3-5



Number of Coaches

- 1



Number of Participants

- 2+



THE FISHY SONG

This game teaches: standing up, falling safely, and proper stance (ready position).

Most useful for FUN1 with brand new skaters

How to Play the Fishy Song

To Set Up:

Have players put their sticks against the boards.

Arrange the players so that they're lying on their stomachs in a semi-circle (use the lines of one of the free-pass circles to make this easier).

The coach is lying on their stomach approximately 5ft away, facing the players.

First, go around the group and have each player choose what kind of sea animal they want to be, then, have each player put their "fins" together (by putting their hands together in front of their body), and make sure their feet are together like a tail.

To Play:

The coach leads the players in the Fishy Song while players will pretend to swim on the ice by moving their "fins" and "tail" back and forth.

"Fishy in the ocean, Fishy in the sea.

Fishy stand up on...1...2...3..."

On "1", they sit up on both knees, on "2", they bring one leg up so they are sitting on one knee, and on "3", they push off their knee with both hands to stand up.

Once they are standing, the players should all be in the "ready position"

Then have all the players fall safely and repeat the song.

Adaptations:

The coach can assist players with standing up by holding onto the player's skate while the player pushes down on their leg.



Equipment

- None



Time

- 3-5



Number of Coaches

- 1



Number of Participants

- 2+

