



Sample Weekly U7 Program

**Brought to you by:
ORA Athlete Development Committee &
Ontario Ringette Association
3 Concorde Gate, Suite 207
Toronto, ON M3C 3N7**

Sample Weekly U7 Program

1 Hour per week

18 Week Program

(8 before Christmas – 10 after Christmas)

Week #1

Skating – No Sticks

- Marching
- Shuffling feet
- Ringette Soccer (Individual)
- Falling and getting up

Week #2

Skating – No Sticks

- Snow Queen
- Ring Soccer with a partner
- Ring Toss with a partner
- Snow plow stop

Week #3

Skating – With Sticks

- Falling and getting up
- Ring-handling – spell your name; Skating with a ring and stick

Skating – No Sticks

- T-start
- Snow plow stop

Week #4

Skating – No Sticks

- Bubbles (double skulling)
- Warm up stretches
- "Head and Shoulders" song
- Ring Soccer width of arena at one end. 5 on 5
- Ring handling – with sticks and rings, 2 simple pylon courses
- Snow Queen

Week #5

Skating

- Warm up stretches
- Skating Review
 - 🛼 Stance
 - 🛼 T-start
 - 🛼 T-pushes
 - 🛼 Snow plow stop
- New Skills Backward
 - 🛼 Stance facing boards
 - 🛼 Push and glide backwards
 - 🛼 Marching backwards
- Ring handling
 - 🛼 Pylon course
 - 🛼 Kicking ring to your stick
- Passing/Receiving
 - 🛼 Passing to a partner
 - 🛼 Aiming at a target (pylon)

Week #6

Skating

- Warm ups
- Skating Review
 - 🛼 T-pushes
 - 🛼 Partner push from behind
 - 🛼 Backward shuffles
 - 🛼 Backward bubbles
- New Skills
 - 🛼 Lateral cross steps using the boards
 - 🛼 Follow the leader (circles)
- Review
 - 🛼 Passing to partner/receiving
 - 🛼 Pylon course
 - 🛼 Falling and getting up with a ring
- New Skills
 - 🛼 Raising the ring to the boards
 - 🛼 Raising the ring into the net
 - 🛼 Raising the ring to a partner
 - 🛼 Bum tag in the circle

Week #7

Skating

- Warm ups
- Skating review/new
 - 🛼 T-push
 - 🛼 Snow plow - partner push
 - 🛼 Striding - push and glide one foot then the other
 - 🛼 Backwards partner push
 - 🛼 Backward 'C' start
- Ringette Skills Review/New
- Ring soccer 1/3 ice
- Passing/Receiving
 - 🛼 On ice
 - 🛼 Raised
 - 🛼 Around a circle, five (5) people on a circle
- Checking
 - 🛼 Stationary introductory
- Snow Queen

Week #8

Christmas Skate

- Bring a friend, parents, relatives, etc.
- Invite Santa Claus

BUNNY PROGRAM - PART #2

Week #9

Skating

- Warm up stretches
- Balance exercises
 - 🛼 Jumping over lines
 - 🛼 Squats between blue lines
- New Skills
 - 🛼 Crossovers – forward: Start with lateral steps on a line followed by pushing three (3) times on a circle and crossing over. Eventually have the players push once and crossover and glide. Once they feel comfortable play “follow the leader”.
- Review
 - 🛼 Passing and receiving drill – your choice
 - 🛼 Stationary introductory to checking
 - 🛼 Play “Bum Tag” to review raising the ring
- Game
 - 🛼 Play a mini game of ring soccer

Week #10

Skating

- Warm up stretches
- Balance exercises review
- Agility exercises
 - 🛼 Turning 360' at the blue lines
 - 🛼 Falling down and getting back up while moving
- Review
 - 🛼 Starts and stops previously taught
 - 🛼 Backward skating/forward skating relay race – incorporate both skills into an easy relay race across the width of the ice
 - 🛼 Forward crossovers continue instruction and review
- Review
 - 🛼 Stationary checking but introduce two checkers
- New Skills
 - 🛼 Checking while on the move – straight line across the ice at first then allow the ring carrier to go anywhere.
 - 🛼 Confined area checking – assign at least three pairs to a circle – they cannot go outside of the confines of the lines of the circle. Remind them to keep their head up.
 - 🛼 Forehand shot on the ice – have them practice against the boards at first then have them aim at the net (goalie) if you have one. Encourage them to keep their follow through low.

Week #11

Skating

- Warm up stretches
- Balance and Agility Drills
- Review past skills
- New Skills
 - 🛼 Backward crossovers – this will take many sessions to accomplish introduce the skill and let them try it for a brief period. When introducing the skill let them try regular backward skating around a circle first before you have them crossing their feet.
- Review
 - 🛼 Confined area checking 1 on 1 then introduce 2 on 1
- New Skills
 - 🛼 Backhand shot on the ice – against the boards first then on net
 - 🛼 Backhand shot raised – against the boards first then on the net

Week #12

Skating

- Warm up stretches
- Balance and Agility Drills
 - 🛼 Obstacle course – diving under a stick on chairs, weaving through a pylon course, skipping – using skipping ropes, etc.
 - 🛼 This can be combined with other drills you may have to practice and use a circuit formation and the players rotate from one activity to another
- New Skills
 - 🛼 Continue teaching crossovers – review forward and continue on backward crossovers
- Review
 - 🛼 Passing and receiving
 - 🛼 Ring handling through pylon course
 - 🛼 Checking 1 on 1 and 2 on 1 using a basic but fun drill
- New Skills
 - 🛼 Shooting Drill – Butterfly Drill or something that's easy
- Game
 - 🛼 Snow Queen – straight dive and with a roll

Week #13

Skating

- Warm up – General overall warm up incorporating stretches, balance and agility drills
- Review
 - 🛼 Backwards skating skills – starts, stops (using partner drills)
- New Skills
 - 🛼 Continuation of backward crossovers
 - 🛼 Introduction of turns and pivots
 - ↘ Forward to backward
 - ↙ Backward to forward
- Review
 - 🛼 Have players do two (2) drills which incorporate most of the skills which have been previously taught excluding shooting
- New Skills
 - 🛼 Introduce a sweep check – basic stationary 1 on 1
 - 🛼 Introduce passing and receiving while moving – lead pass
- Game
 - 🛼 Short scrimmage, encouraging player to player checking. (Presuming that the players have some knowledge of the rules of Ringette™ and should be able to play a basic game. If this is incorrect then play a game of ring soccer and start introducing the rules in off-ice sessions).

Week #14

Skating

- Warm up same as Week #13
- Review
 - 🛼 Forward starts, stops and crossovers
 - 🛼 Play “follow the leader”
 - 🛼 Practice backward crossovers
- New Skill
 - 🛼 Continuation of pivots and turns F to B and B to F. Practice turning to the right and the left
- Review
 - 🛼 Sweep check 1 on 1
 - 🛼 Shooting drill previously taught – your choice
- New Skill
 - 🛼 Checking in the corners 1 on 1 and 2 on 1 have players chase a ring into the corner and retrieve it – they can either bring it back to you or go and shoot on the net. (When throwing the ring into the corner have the players begin at the top of the free pass circles one on either side of you).
- Game
 - 🛼 Controlled scrimmage – looking for positions on the ice; try to get them used to not clustering

Week #15

Skating

- Warm up
- Review
 - 🛼 Review all skills using a variety of drills – allow approximately 10 minutes
- New Skill
 - 🛼 Introduce a sharp turn and have them try them around pylons or the dots on the circles.
- Review
 - 🛼 Passing and receiving – lead passing
 - 🛼 Sweep checking
 - 🛼 Checking in the corners
- Game
 - 🛼 British Bulldog
 - 🛼 Snow Queen straight and with rolls

Week #16

Skating

- Warm up
- Review
 - 🛼 Using a circuit or stations – pick two sets of four skills and allow approximately 2 minutes per skill – this means you will need assistant coaches and or helpers on the ice with you – one at each station.
- New Skill
 - 🛼 Continue teaching the sharp turn
- Review
 - 🛼 Ring handling – using a pylon course
 - 🛼 Shooting – using two (2) shooting drills
- New Skill
 - 🛼 Situational Play 3 on 3 in a zone in terms of defense and in terms of offense
- Game
 - 🛼 Let the players choose!

Week #17

Skating

- Warm up
- Review
 - 🛼 Backwards starts, stops, strides and crossovers
 - 🛼 Sharp turns
 - 🛼 Pivots and turns
- Review
 - 🛼 Passing receiving – one (1) drill
 - 🛼 Game – “hit the skate”. (If you hit someone’s skate that person has to do three (3) push-ups before they can chase and aim for someone else’s skate).
 - 🛼 Checking – confined area “chase the ring”
 - 🛼 Shooting – one (1) drill
 - 🛼 Situational play – same as Week #16

Week #18

- Game
 - 🛼 Parent and children
- Skills Competition
 - 🛼 Relay race with parents (set up teams during scrimmage once you see everyone’s skill level – be creative but remember some parents may not be too agile)!