

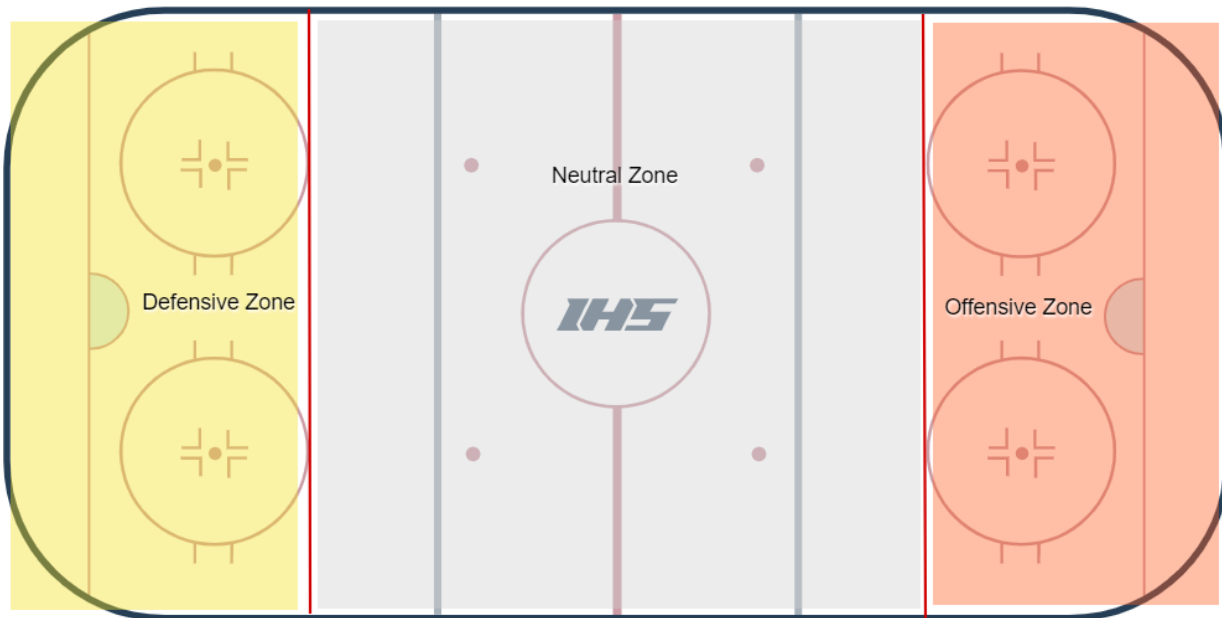


London Coaching Clinic 2021



Terminology

- **Strong side:** the side of the ice the ring is on. Can also refer to a player's "strong side" which means their forehand.
- **Weak-side:** the side of the ice the ring is not on.
- **Channeling:** containing a player to an area by limiting the open ice options, ultimately forcing the player to a place that you want them to go or limiting their options for passing the ring.
- **Gap Control.** Defensive players need to ensure an appropriate gap by not allowing too much space for offensive players to have a "free shot" on net OR too little space and risk being beaten by a quick burst of speed. Defensive players want to leave a good reactionary gap and this will change depending on where they are on the ice and whether they have back support. Generally, good gap control is a stick length from your opponent.: The gap is the space between the offensive player with the ring and the defensive player
- **Goal-side:** The defensive player staying between the player they are covering and the net.
- **Neutral Zone:** the area between the two free play (ringette) lines. All players are eligible to play the ring in this zone.



- **Cycling:** when players skate in patterns where they are following one another in the offensive zone for quick passes, drop passes and back-passes.

Skill progression- Fundamentals

Skating

- Starts and Stop
- Forward Stride
- Backwards Skating
- Crossover Starts

- Transitioning

Note: Power skating is encouraged in order to optimize time working on ringette specific skills at practice.

Passing & Receiving

- Basic Cues: Receiving
 - Hands should be shoulder width apart on the player's stick
 - Player should be in a power stance with knees bent and ready to pass or receive the ring
 - Watch the ring onto your stick
 - Focus on stabbing the ring before anything else - if you do not have possession of the ring you cannot move onto the next task
 - Communicate to the player that you want the ring vocally and pointing with your stick.
- Basic Cues: Passing
 - Communicate to the player that you are passing the ring
 - Hands should be shoulder width apart on the player's stick
 - Player should be in a power stance, this will assist in the strength of the pass
 - Follow through and point to the target that you are passing to
 - Pass into space ahead of the target to allow them to continue skating

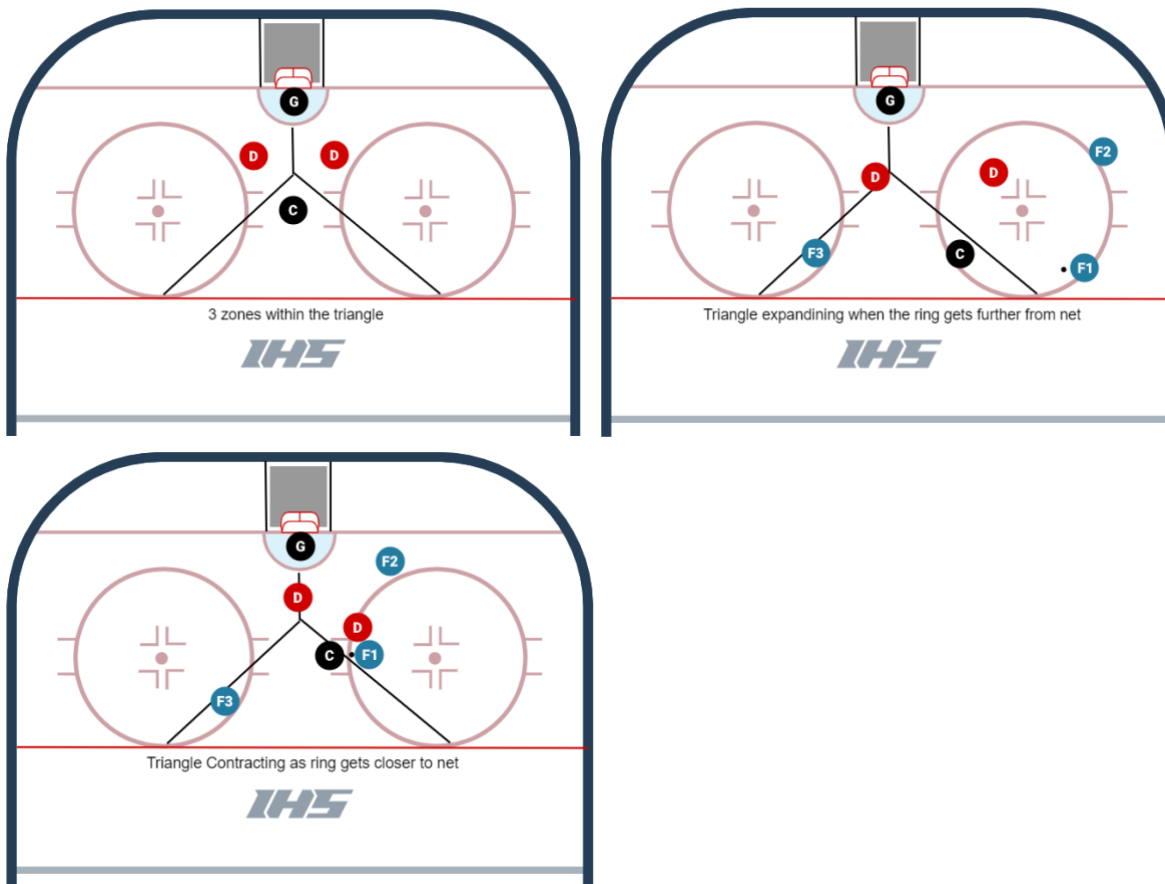
Shooting

- Basic Cues
 - Hands should be shoulder width apart on the player's stick
 - Player should be in a power stance with knees bent.
 - Most of the power in a shot comes from a transfer of weight in the legs, this also requires quick rotation of the hips and torso
 - Wrist shot requires players to roll their wrists over throughout the process of shooting, this should occur simultaneously while pushing off the back foot and rotating the hips and torso.
 - Backhand shot requires a "shoveling" type of motion. Weight transfer in the legs will add power.
 - For all shots, follow through and point to the target that you are shooting at.

Defensive Triangle

The triangle can be divided into three "zones". Each player is responsible for their zone. It is important to maintain the triangle's integrity for success. The further the ring is away from the net the triangle

can expand but as the ring gets closer to the net, the triangle will contract. The goal of the triangle is to force your opponent to the outside and to not allow anyone inside the triangle.



Defensive Coverage

There are four different forms of defensive coverage that can be applied in ringette.

- Man-on-man coverage
- 2-on coverage
- Zone coverage
- Active Zone/ Dynamic 2-on coverage

Man-on-Man Coverage

- Every player covers a player from the opposing team, including the ring carrier
 - *Advantage:* Can cause opponents to waste shot clock time if each player covers their player well
 - *Disadvantage:* If one player loses their player the coverage can fail

2-On Coverage

- Both forwards pursue the ring carrier with the goal of checking and/or pinning the player
 - *Advantage:* Cause a turn over by checking ring carrier or by an errant pass
 - *Disadvantage:* This system always leaves one player open. A team that supports well will pass around the chasing forwards

Zone Coverage

- Forwards and center hold at their opponent's blue line, covering space and passing lanes. Defense position themselves around the middle of neutral zone to intercept any passes coming through
 - *Advantage:* Shuts down a high-low break out if executed properly and can slow down a fast-breaking team
 - *Disadvantage:* Players are relatively stationary and can be caught flat-footed making it difficult to shut down short stick-to-stick passes over the first blue line. Players have to adjust quickly once the ring exits the zone.

Active Zone (most challenging):

- One of the forwards pressures the ring carrier, defense and centre mark their respective players
- The other forward will cover either a player or passing lane in the "active zone". This is the area in front of the ring carrier's line of view, where they have a good passing option.
- For example, if the forward who is not pressuring sees the defenseman without the ring breaking, she will pick her up and cover her by taking away the passing lane. However, if that defenseman just stands back behind the ring carrier by the goalie and out of the play, the forward will not cover that player (like they would in man-on-man). Instead, they will stay middle on their side of the ice (weak side) to cut off the cross-ice pass or pick up the other defenseman if they break.
 - *Advantage:* Most effective coverage if executed properly, because ring carrier is pressured, players are not stationary and are either covering a player or a passing lane (rather than covering a player who is not a threat i.e. a defenseman who is not breaking). Provides for more support for defense by weak side forward if breakout pass is successfully made.
 - *Disadvantage:* Players have to be disciplined and be aware of the other players on the ice especially the weak side forward. The weak side forward has the hardest job and has to be patient and disciplined to allow time and space to react to pass or turnover.

Coaching Cues:

- Defense should mark their player physically. Defensive player should attempt to limit their opponent's space. This will limit the ring carrier's options and put pressure on the opponent to

receive the ring if a pass is made. Limiting their time and space will also slow them down which will allow for a back checker to assist.

- Stay goal side of the offensive player.
- Don't go "fishing" for the ring or reaching to check a player. Reaching will cause a player to be off balance and can be easily beat by an opponent. Stay goal side of your player and maintain body position. If you are going to challenge for the ring then commit to the challenge.
- Defense should keep their feet moving when covering their player. Players should be aware of their player and the play so that they can anticipate the play and react quickly.

Offensive Attack and Breakout

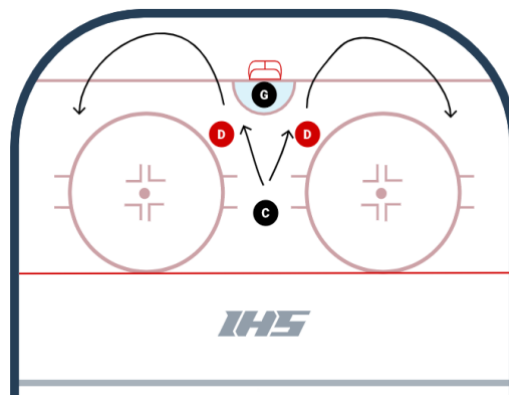
Offensive attack begins with a team's break out or transition. Once you have successfully won the ring over both blue lines, your centre and forwards (and sometimes defensemen) will attack your opponent's triangle and net. All of these components are part of an offensive attack, and every position is important in having an effective offensive strategy!

Breakouts

Defensemen and Center Positioning

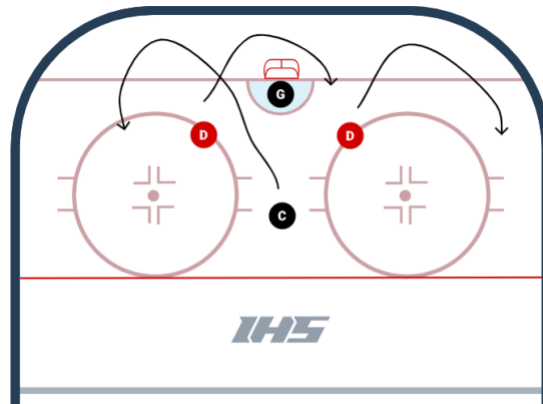
Defensive Flare:

When the goalie has possession, the defense do a "J" pattern below the goal line and curl up by the boards. If the defense are not open, the centre will drop to either side of the net. The defense should curl back to the middle for support and not flee the zone. Players should be sure to loop below the goal line and keep their eye on the ring so they can react to a pass or turnover.



Power Left:

When the goalie has possession, the defense will go to the goaltender's left; one defenseman goes behind the net and to the left, while the other defenseman does a regular "J" pattern on the left. The centre goes to the goaltender's right, cutting down below the goal line (if necessary).



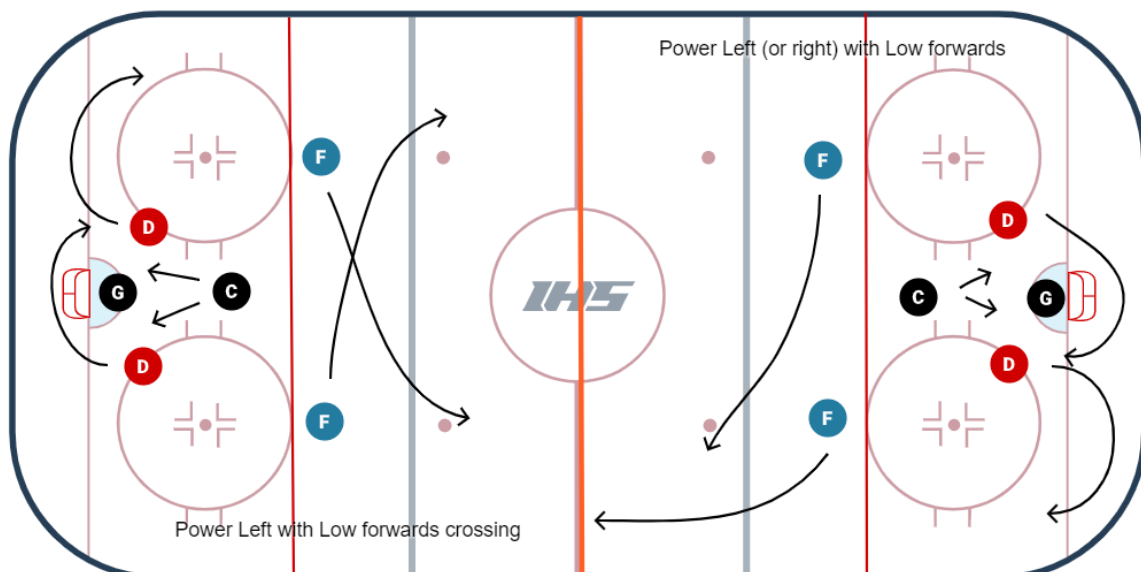
Power Right:

Same as power left but on the goalie's right side.

Neutral/Offensive Zone- Forward Positioning

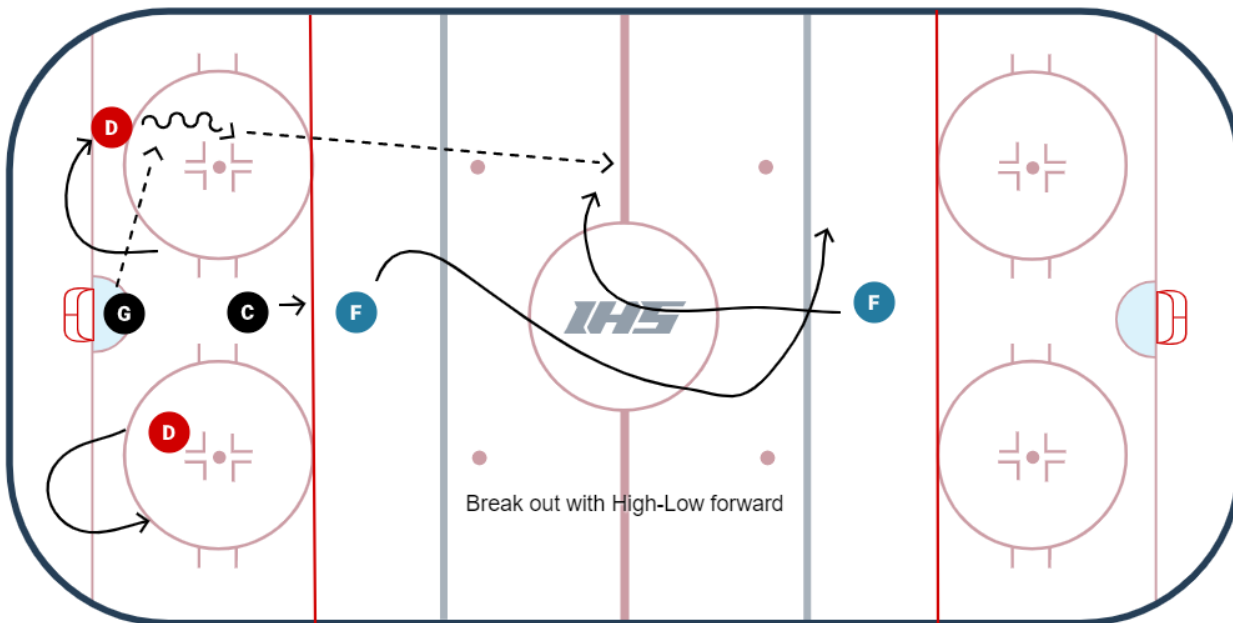
Low-Low: Both forwards start right outside their own free-play line. Once a pass is made to the defenseman or center, the forward will execute a pattern to get open over the first blue line

- *Advantage:* Both forwards can be active on their free-play line, defensively, giving the other team little room to cycle out of the offensive zone. Short passes are made over blue line to the forwards.
- *Disadvantage:* Can cause clutter in the neutral zone. It can be effective to have one player skate to the high position as soon as goalie or defenseman retrieves ring.



High-Low: One forward begins just outside their own free-play line, patrolling the line and staying above the ring. The other forward begins in the “high position”, near the other team’s blue line/free-play line. The player breaking out with the ring has the option to pass to the high or low player.

- *Advantage:* Creates more space in the neutral zone, while still having one forward to be active on the defensive free-play line. A good first pass is key.
- *Disadvantage:* The head-on pass to the high player is a difficult pass to receive. The receiving player needs to put herself in a position to receive the pass on her strong side. A good first pass is key.

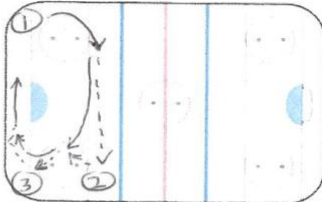
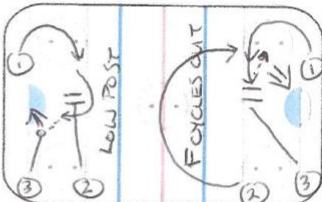
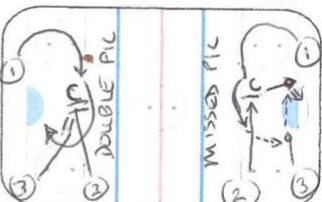


High-High: Both forwards start in the “high position”, near the other team’s blue line/free-play line. Once their defenseman or center gets the ring, one of the high players will break to receive head-on pass.

- *Advantage:* Having both forwards in the high position creates a lot of space in the neutral zone. If forward is a good receiver and able to create space for themselves either by pushing off defender or superior skating ability they can almost always beat their opponent to a ring put into open ice.
- *Disadvantage:* It creates a bigger offensive zone allowing for the offensive team to recover from errant passes which can make it difficult to defend. This is a fast-break break out and the defensive player is limited with passing options.

Ringette Practice Plan

Team: U19A Date: Feb 20/20 Time: _____ to _____
 Arena: _____ Equipment Needed: _____
 Goal(s): _____

Time	Activity	Diagrams
5min off ice in classroom	Introduction STAND TO RUN WARM UP and/or STAIR DRILLS	
Warm up 10-15min	<p>Description OFFENSIVE ZONE LOOKS ① cycles w give & go pass to ② & ③ - once passes are made ② & ③ move Key Points into attacking positions ① cycles the net and attacks ↳ set pick</p> <p>Description ↳ missed pick (back pass) ↳ low post shot ↳ double pick</p> <p>Key Points</p> <p>Description *DEF 4 RING DYNAMIC DRILL IN OTHER END*</p> <p>Key Points (see other sheet)</p>	  
Main Part 30-45min	<p>Description FULL ICE AMM FLOW DRILL 3v1, 3v2, 3v3</p> <p>Key Points</p> <p>Description 3 PT SHOOTING (if there's time) ① has 3 rings ↳ pass to ② = SHOT ↳ pass to ② then passes to ③ = SHOT Key Points ↳ ① drives net</p>	