

## Coaching in the Nepean Ringette Association

Thank you for your interest in Coaching in the Nepean Ringette Association. To ensure all Coaches are aware of their role and responsibilities, this document will outline some of the requirements, development resources and expectations as a Head Coach/bench staff.

Nepean Ringette Association defines a successful team and a successful season when:

- Individual players develop over the season to become better ringette players
- All teammates are able to work together and use individual strengths for the benefit of the team as a whole.
- Coaches/bench staff are able to:
  - provide well thought out season plan and weekly practices,
  - identify areas of team development,
  - build on team strengths,
  - provide opportunity for all players to develop individual skills even if the development opportunity may result in a loss of a league game but would provide long term development
  - communicate with parents, setting and maintaining a tone of respect for all aspects of the game of ringette.
  - foster a love of the sport and desire to learn in players, parents and bench staff.

### Duties of the Coach

As the primary leader of the team, the Head Coach sets the tone and direction of the season. The Head Coach has overall responsibility for development and execution of the season plan, and responsibility for the team's successful operation.

Head Coach responsibilities include:

- Selection of the bench staff in accordance to the association requirements.
- Ensure all bench staff are trained and certified by Nov. 30<sup>th</sup> of the current year.
  - Required certifications for each bench staff at each level can be found at Ringette Ontario website under the coaching tab coaching pathways  
<https://ringetteontario.com/the-people/coaches/coaching-pathways/>
  - Registration for Coaching certifications and requirements can be found at Ringette Ontario website under the coaching tab Coaching Clinic Registration Information
    - <https://ringetteontario.com/the-people/coaches/coaching-clinics/>
  - Reimbursement for all required certification is available from Nepean Ringette for selected Team Staff;
- In accordance with the association requirements evaluating and selecting players, as requested;
- Communicating team information, including information from Nepean Ringette and/or RO;
- Develop a season plan in accordance with Long Term Athlete Development (LTAD)
  - Information on LTAD is found on the Ringette Ontario website under Athletes LTAD at the bottom of the page is information by age group:  
<https://ringetteontario.com/the-people/sport-development/long-term-athlete-development/>
- Weekly practice plans that will develop each player and the team's overall capabilities. Visit Ringette ABC for complete weekly practice samples from U9 to U19  
<https://sites.google.com/a/ringette.ca/ringetteabcringette/english>
- Developing and administering the team budget with the assistance of the team Manager
  - Representing the Association and team in a manner that demonstrates respect of the sport, it's officials, players, parents, opponents and executive members

- Providing timely communications to parents and players of team expectations, schedules, budget information, general association information and general team congratulations/concerns

### **Choosing a Bench staff - Consider Skills and Knowledge**

In the same way, a team requires different players with different strengths the Head Coach must consider the skills and knowledge of the bench staff. Everyone must work together to carry out the duties outlined above. Assistant Coaches can have specific roles and skills that take advantage of their knowledge or background (for example, specific Offense, Defense Goalie Coaches, Communications to parents, assigning roles to parents(ie tournament meals, snack schedule, statistics, etc.)

Team and individual success calls for a bench staff that has or can access specific skills such as:

- Communication skills appropriate to the age and level coached
- Organizational skills for budgets, hotel rooms, snacks/meals for the team
- Specific technical and tactical skills appropriate to the age and level coached Skills videos and practice drills can be found on the Southern Ringette Association website under resources look at the ringette Canada skills videos and National Ringette School drills of the week
  - o <https://southernregionringette.ca/Pages/1222/Resources/>
  - o Goalie resources for U12 and up  
<http://www.angelfire.com/bc/firstattemp/RingettePage6Goaltending.html>
- Nutrition and fitness appropriate to the age and level coached
- techniques for building team cohesion that are effective for females and for the age of their team.

### **Player and Team Development**

Team win/loss record, is only one measure of team success. Player statistics, (goals/ assists), are only one measure of some players development. Developing a player fully requires the bench staff to develop each player's knowledge and ability in the following areas:

- Individual fundamental skills such as skating, shooting, passing
- Individual tactical skills, such as checking, channeling, deking
- Positional roles and responsibilities
- Knowledge of Ringette rules
- Age-appropriate strategy for common game situations ("Game Intelligence")
- Fitness and nutrition
- Principles of good sportsmanship and fair play
- Leadership and the responsibilities of being part of a team
- Goal setting
- Problem solving
- Communication

Ringette Canada has some very good information on Long Term Athlete Development. Age/Level specific information begins on page 25. This information is valuable and worth time to read.

[http://ltrd.ringette.ca/wp-content/uploads/2015/09/Ringette\\_mag\\_EN\\_WEBversion.pdf](http://ltrd.ringette.ca/wp-content/uploads/2015/09/Ringette_mag_EN_WEBversion.pdf)

### **Coaching Evaluations:**

Currently, Nepean Ringette uses feedback from the Executive and player/parent surveys as inputs into the overall evaluation of Coaches. Coaches should also consider "self-evaluating" using tools such as [Ringette Coach Self Assessment \(2016\)](#).

Coaching is a demanding but very rewarding activity. Nepean Ringette asks a lot of its Coaches and bench staff, because they have a significant impact on the Ringette experience for all of the players and their families. Our goal is to have a careful and rigorous process for selecting the best available Coaches,

and then to have the resources available to support them and help them and their players to develop, succeed and have fun

Thank you for your interest in Coaching