

COME TRY RINGETTE

ON-ICE PROGRAM (1 of 2)

Introduce the Sport of Ringette – To be done before going on the ice

- Ask the kids if any of them play or have watched the sport
- Briefly describe the sport
 - Mention the similarities between Ringette and hockey, soccer, lacrosse and basketball
 - Show students the stick and ring and explain the *Safety Rules*

On Ice Introduction (5 minutes)

- Introduce Instructors
- Review the *Safety Rules*

Warm Up (10 minutes)

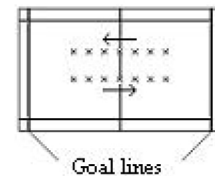
- Have the kids skate a few laps around the rink to warm up
- The kids should be instructed to then make a big circle for stretching the large muscles
- At this point, Review the *Safety Rules* once again while stretching and ask the kids to repeat them back to you
- After stretching demonstrate the *Ready Position* and *Listening Position*
- Have the kids skate to the goal line at one end of the rink and line up across the line in their *Listening Position*
- Play *Red Light, Green Light*
- Play *Ship Shape*

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ON-ICE PROGRAM (2 of 2)

Passing (15 minutes)

- Have the kids find a partner and stand beside their partner on the goal line
- Demonstrate a *Forehand* and *Backhand Pass*
- Have the kids spread out down the length of the ice, lining up across from their partner approximately two – three stick lengths apart (instruct them to wait for further instruction and have one side put their rings behind them)
- Start the kids with only doing a *Forehand Pass*, and circulate to make sure the students are doing the skill properly
- After a few minutes instruct the kids to practice a *Backhand Pass*
- Play *Fire Pass* (play two or three times) – to easily divide students send students of one line to one end of the rink and the other line to the other end. That way you will separate best friends and hopefully reduce the talking.
- Play *Follow Your Pass*



Relay (5 minutes)

- Do the *Three Ring Relay* (Repeat twice)
- Do *Agility Relay* (Repeat twice)
- Optional: Play *Musical Rings*

Free Play (5 minutes)

Let participants have some free time to work on their skating or the new skills they learned during the event.

Cool Down (5 minutes)

- Stretch out
- Collect sticks and rings