

COME TRY RINGETTE

RINGETTE SKILLS INSTRUCTION TIPS

READY POSITION

- Players Standing with feet shoulder width apart
- Knees bent
- Head up
- Two hands on the stick (like holding a hockey stick)
 - Make sure the kids have their thumbs pointed down towards the ground
 - Hands should be spaced: from the child's top hand one of their forearms apart
 - The one of the thinner sides of the stick should be facing up
- Arms should be slightly bent
- Stick should be in front of the player slightly to one side

*Players will need to know this stance because most skills originate from it.

**When skating or in the stationary position with the ring, it should always be kept out in front of the body to prevent being checked from behind.

LISTENING POSITION

- Players stand with both of their hands on the top of their stick out in front of them.



FOREHAND PASS SWEEP

- Begin in the ready position facing desired target (head up, feet/body facing target)
- Players may have the ring slightly off to one side of the body but still in front of the body
- Bring the ring back approximately to the heel of closest foot and forward releasing the ring
- Follow through with extension of the arms and having the stick tip pointing at the target

BACKHAND PASS SWEEP

- Begin in ready position facing desired target (head up, feet/body facing target)
- Players need to cross top hand in and under bottom hand bringing the ring to the backhand side of the body
- Bring ring back approximately to the head of back lack and forward releasing the ring
- Follow through with extension of arms and stick tip pointing at the target