

U12 *TRAIN TO TRAIN* COMPETITIVE INTRODUCTION PROGRAM GUIDELINES

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Authors:

Nicole Robb, BA

Becky Adams, BKin

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1. Introduction

The U12 *Train to Train* Competition Introduction Program is a regional program run by leagues, with some assistance from Ringette BC. This program offers U12-aged participants the opportunity for further skill development through an introductory experience of the Competitive pathway before deciding whether to opt-in at U14. Practices will be structured, varied, game-like and provide maximum participation for all. The program will provide a high paced environment where participants can improve in a safe and fun manner. All interested athletes registered in the U12 division with their Club Association are permitted to participate.

The program is administrated by the Leagues with support from the Club Associations. It is meant to act as an enhancement and addition to the athlete's season with their Club Association team. The goal of the U12 *Train to Train* Competition Introduction Program is to build the foundation of strong ringette players as they continue along their chosen athlete pathway.

The *Train to Train* stage of LTAD at U12 is a key stage of development for sport specific skills, including the introduction of basic individual and team tactics. The Competitive Introduction program will focus on skill development, ringette specific skills (shooting, passing, receiving the ring), physical literacy, and basic ringette strategies including both offensive and defensive tactics. On-ice sessions throughout the season will focus on periodization of skills and will have the option to add exhibition play at the end of an ice time and in the competition phase of the season.

1.1. Goal of the Program

Long Term Athlete Development (LTAD) recognizes that athletes will learn and grow at different rates with different influencing factors. Some ringette players are continually seeking new challenges to fuel their enjoyment of our unique sport. The goal is to provide a higher level of development opportunities for this age group. The ringette player participating in this program is seeking to increase their skill through a gradual progression of acquisition and intends to try out for a competitive zone team in the following season.

1.2. Objectives

Objectives of the U12 Competitive Introduction program include:

- Providing additional opportunities for athletes to increase their skills;
- Introducing athletes to the competitive pathway of the competition model;
- Enhancing and complementing U12 Club Association team programs.

1.3. Season Schedule

The U12 Competitive Introduction program will begin by early November. Participants that are interested in U12 Comp Intro are able to register until November 1st of the current playing

season. The program will run for approximately 14 weeks and includes both on-ice and off-ice activities focusing on skill development at an average of four to six hours a month.

The program will wrap-up in February following the Pacific Ring tournament. All U12 Competitive Introduction participants will be eligible to attend as a concluding event to the Comp Intro program¹. Teams will be formed for the event which is the pinnacle of the season for athletes in this program.

1.4. Strategic Initiatives

The addition of the U12 Competitive Introduction pathway is an integral part of the new athlete experience. The program is meant to provide development opportunities for U12-aged athletes while providing a bridge between the Community Division and the Competitive Division of play. All athletes are welcome to participate. This new initiative for U12 participants aligns with several strategic initiatives within the Ringette BC 2019-2023 Strategic Plan:

- access and exposure to an introductory competitive level of ringette;
- training and development opportunities for Coaches;
- co-ed participation is encouraged and facilitated;
- stronger alignment with principles of long-term athlete development; and
- increased engagement to improve athlete retention and registration.

1.5. Program Principles

Ringette BC, Leagues and Club Associations will be guided by the following program delivery principles of the U12 *Train to Train* Competition Introduction Program:

- Athletes, Coaches and Administrators will be guided by the *True Sport Principles* and will be ambassadors of True Sport in Ringette;
- program guidelines and policies will work to promote the principles of meaningful competition;
- program guidelines and policies will work to promote the creation of a network of coaches who will follow the Competitive Athlete Pathway; and
- program guidelines and policies will build a competition structure that can evolve with increased participants and support a growing sport.

¹ The season-end tournament may change from year to year.

2. GOVERNANCE

The U12 *Train to Train* Competition Introduction Program will be operated by the Leagues with some assistance from Ringette BC. Leagues will be responsible for operations and administration of the program.

Ringette BC will be responsible for providing program resources such as practice plans and a season plan while assisting with the selection and training of coaches and working with the Leagues to ensure the program guidelines are followed.

2.1. Participants

Registration is open to both female and male athletes. Players must be registered and actively participating on a U12 Club Association team. Players will be committing to building upon a strong fundamental skill base of existing ringette skills.

For the first half of the program (November to December), all athletes train and participate together as a group. Coaches can create smaller squads for training and exhibition play. During the second half of the season (January to February), players will be drafted into teams and assigned Coaches (see Section 2.3 Drafting Process).

2.2. Team Formation

Team formation will follow a drafting process based on player ordinals to assist in creating balanced teams. Coaches are assigned to a team to train and guide the newly formed team from formation to the season-end competition. To ensure teams are balanced, rosters of teams can be changed if needed. Rosters should be no fewer than nine and no larger than 15, though groups of 16 or 17 are permitted if reflecting total registration.

Number of athletes at in program	Minimum Number of Squads	Roster Sizes
9-17	1	9-17
18-26	2	9-13
27-39	3	9-13
40+	4	9-13

The vision for the program is to form as many teams as possible as smaller rosters assist with the following player development initiatives:

- more engagement for all players as they are more active during practices and competitions;
- players have more opportunities to experience different playing positions;
- players have increased opportunity to develop skills and abilities with the additional access to ice and game play;

- players experience different game situations (including special teams); and
- encouraging Coaches to train and develop all of the athletes on their team while also recognizing individual player skills.

2.3. Drafting Process

When there are 18 or more registered participants at the program registration deadline teams will be formed using the following drafting process.

2.3.1. Objectives

1. Equally-balanced teams
2. Transparency
3. Fair and non-judgemental process for all players
4. Allows for matching coaching style to player style

Round	Coach #1	Coach #2
1	1st pick	2nd pick
2	4th pick	3rd pick
3	5th pick	6th pick
4	8th pick	7th pick
5	9th pick	10th pick
6	12th pick	11th pick
Continue this pattern		

- a. Skaters and goalies shall be drafted in separate drafts.
- b. First pick shall be decided by a coin toss. The winner of the coin toss shall have the choice of drafting either goalies or skaters first and gets the 1st pick of the first draft.
- c. The loser of the coin toss shall have first pick of the second draft.
- d. Draft order shall remain confidential to the coaching staff and a League designated representative.
- e. The League designated representative will observe the draft and ensure Coaches are following this drafting process.
- f. Each team is permitted a maximum of two staff members to attend the draft (e.g. Head Coach and Assistant Coach or Manager).

- g.** Except under exceptional circumstances, requests for specific Coaches or placement on a certain team will not be entertained. The League designated representative shall be responsible for assessing and deciding upon exceptional circumstances. In each case, the League designated representative's decision is final.
- h.** When two or more teams are to be formed where Head and/or Assistant Coaches are parents of players involved, the Coaching Staff of all teams and the League designated representative shall meet prior to the draft and to determine in which round of the draft that parents shall select their child. All Coaches and the League designated representative must agree prior to the start of the draft. During the draft, they child shall be picked in that position, no exceptions. If unanimous agreement cannot be reached, then the League designated representative shall make the decision and that decision shall be final
- i.** Coaches are encouraged to draft a mix of athletes from multiple teams and Club Associations to provide athletes with new friendship possibilities and exposure to players that may become future teammates.

3. COACHING AND TEAM STAFF

3.1. Certification

Coaches in the U12 *Train to Train* Competition Introduction Program will need to achieve Competition Introduction (CI)-Trained status by December 31st. Junior coaches will need to complete Community Sport Initiation (CSI) –Trained status to be able to participate in the Season-End event. Coaches will lead athletes through training, ringette skills and ringette strategies both prior to, and after the draft.

Instructors in the program who are assisting with training skills will need to complete a screening process and criminal record check. Instructors will be encouraged to complete the Ringette BC Instructor Training program to enhance their knowledge and skills. Instructors are involved in the program by assisting with skill development and skill progressions.

The minimum certification requirements for a U12 *Train to Train* Competition Introduction Program are as below:

Position	Coaching Level Required	Concussion Training	Respect in Sport or Equivalent
Head Coach	CI trained	Required	Required
Assistant Coach	CI trained	Required	Required
Coach-in-Training	CSI trained	Required	Required
On-ice Instructors	Ringette BC Instructor program or CSI		Code of conduct (minimum)
Contractors (i.e. skating)	Must be approved by Ringette BC		

Other team staff such as Managers and Trainers must meet the standards outlined by Ringette BC under the Coaching Development Policy.

All Team Staff must have completed a criminal record check and participated in a screening process as per the Ringette BC Coach and Team Staff Selection Policy.

3.2. Team Staff Selection

Each league will be responsible for selecting coaches and instructors for the program by October 1st. Selection must adhere to the Ringette BC Coach and Team Staff Selection Policy and Volunteer Screening Policy. Ringette BC will have a representative on the Coach Selection panel for each league.

All coaches, volunteers and instructors will be required to submit an application form, with references, to their League to express their interest in coaching in the U12 *Train to Train* Competition Introduction Program.

3.3. Coach Mentorship

After Coach Selection, all coaches in the U12 *Train to Train* Competition Introduction Program will be required to attend an orientation session with Ringette BC. This session will review the objectives of the program and set out expectations for coaches and athletes. In an effort to support the development of coaches across the province, all coaches selected to the U12 *Train to Train* Competition Introduction Program will have access to identified Coach Mentors and Ringette BC resources.

Coach Mentors will be available to provide support to the coaches in the U12 *Train to Train* Competition Introduction Program on items such as:

- Skill development support at various levels;
- Adaption of drills and activities to support various athletes;
- Coaching styles and learning styles;
- Promoting and building a team environment; and
- Preparing U12 athletes for their first taste of competition.

Whenever possible, Ringette BC will provide resources, in addition to the standard program resources. These resources, or opportunities, may include:

- Priority registration in Professional Development courses;
- Access to software and print/online resources;
- Subsidized course fee registration; and
- Invitation to events and planning sessions.

4. Other Considerations

4.1. Training

Teams will train at facilities that exist within their league. Training will include on-ice and off-ice sessions.

The program will follow the Long–Term Athlete Development (LTAD) standards for U12-aged athletes and will strive to achieve the required practice and ‘training to competition’ ratios found in the Long-Term Ringette Development Framework. The standards will include Club Association U12 team commitments as all participants in the program must be playing on a U12 Club Association team. This means that players will have no more than three (preferably) or four ringette sessions per week in total

Program participants will have development focuses in the following areas:

- Skating skills;
- Refinement of basic Ringette skills;
- Acquisition of more complex ringette skills;
- General physical fitness;
- Introduction to tactical Ringette Strategies; and
- Introduction to Psychological development.

Please see the attached resource for specific skill benchmarks and development (Appendix 1).

4.2. Financial Costs

The management of the overall program costs including facility rentals, officials, coaching development and other costs will be the responsibility of the League. Individual team costs will be handled by the Team Manager and Treasurer after team formation. The Team Manager and/or Treasurer is responsible for supplying participant families with a regular financial update of income and expenses.

The costs of the program will be set in advance of registration and will include costs for equipment, facility rentals, season-end event registration and player fees. The cost will vary from program to program as the costs to operate each program will differ from league to league.

5. Appendix 1 – Learning to Train

Abbreviated from the [Ringette Canada Long Term Player Development Program](#)

The Learning to Train Stage is an important stage, one in which participants learn sound basics of ringette, but also begin to play formal games. Many participants in this stage will enter puberty, and it is important that height be monitored regularly to help determine when the player begins the growth spurt. Toward the end of this stage, individual rates of growth and development become quite obvious. Since each player has a different rate of development, it is important to be flexible with training programs to ensure appropriate challenges and to meet the needs of players who are growing rapidly.

5.1. General Objectives

- To develop fundamental ringette skills in a fun, participation- based environment
- To continue to develop physical and motor capacities
- To develop general physical fitness
- To introduce the development of mental skills
- To introduce and develop simple tactics
- To introduce game play with focus on application of skills learned in training
- To introduce and develop decision making skills in standard/ controlled conditions
- To encourage players to strive to succeed and do their best

5.2. Guiding Principles

- Community-based programming
- Game play introduces an environment of competition, but there is no “competitive” program
- Teams are created based on equal abilities distribution – no tiering
- Practices well organized, varied, game-like, and active participation of all
- Emphasize motor skill development, technical skill instruction, time-space orientation and team play
- Increase skill repertoire through a gradual progression of skill acquisition
- Include activities to develop flexibility during warm-up and cool down
- Introduction to the game – modified rules
- Ensure that players experience all positions; toward the end of this stage, identify players who show an ability and interest in goalkeeping
- Maintain high frequency of practice and repetitions: 70% success rate for learning to occur
- 1:6 adult/participant ratio or lower as required to provide quality supervision
- Throughout the year, encourage players to participate in a variety of school and summer sports
- Toward the end of the stage:
 - Introduce understanding of how to use skills to resolve tactical problems
 - Introduce balance of individual/team offensive and defensive preparation.
 - Use game situations as learning opportunities.

5.3. What does a *Train to Train* Competitive Program look like?

- One season, 20-24 weeks long

- Single peak periodization (peak for end-of-season league tournament)
- Periodization
 - Preparation period = 7-15 weeks
 - Competition period = 7-20 weeks
 - Transition period = 1-2 weeks
- Two weekly training sessions to 1 competition (game)
- Maximum 20 competition days during the season
- Pre-season camp for warm-up (4-6 sessions)
- Practice to game ratio is 70/30
- Ringette-specific training 3X per week; 2-3 practice sessions of 60-90 minutes each
 - There should be 2-3 training periods of 60 minutes each to 1 game session each week
- Pre-season training: 2 to 4 weeks for evaluations, team formations
- Participate in an exhibition league
- Provide developmentally-appropriate, specific technical feedback.
- Strength development should be through body weight activities, medicine balls, Swiss balls, light resistance
- Players must play all positions and have equal opportunity playing time
- Focus team social activities on fun and friendship
- Encourage participation in other sports 3x per week; encourage a minimum of 60 minutes per day of play or participation in other unstructured activity
- During off-season, encourage players to participate in a variety of school and summer sports
- Avoid playing ringette year-round, but players may participate in a summer ringette camp, or in 4-6 sessions of pre-season preparation
- Competition Structure
 - Regular game format
 - All basic, regular rules with officials
 - Six players per side on a full ice surface
 - Four minute warm-up
 - Two (2) 15-minute periods
 - Exhibition league until December
 - Regular League January to March

5.4. Skill Development Guidelines

5.4.1. Skating

Starts, stops, forward/backward stride and glide, acceleration, crossovers, sharp turns, double sculling, two-foot slalom, transitions.

5.4.2. Ring Skills

Carrying and protecting the ring, passing receiving and retrieving the ring, checking, shooting, deking – all within a controlled environment.

5.4.3. Goalkeeping

Mobility and stick work, positioning, ring distribution, stance and style, communication/interaction.

5.4.4. Tactical Skill Benchmarks

Acquisition of basic offensive skills and tactics

- Individual 1v1 and team offensive skills
- Individual skills for ring carriers and non-ring carriers
- Basic team tactics
- Creating open space and movement
- 2v1 skills (Isolating defenders and considering options (pass or shoot))

Acquisition of basic defensive skills and tactics

- Individual 1v1 skills
- Maintaining goal side positions
- Introduce basic team tactics

5.4.5. Psychological Skill Development

Early in the season acquisition of:

- Decision Training – introduce decisions making skills through skill training activities
- Goal setting – team
- Self-Awareness – positive thinking, attitude
- Team dynamics – teamwork, fair play, sportsmanship, sense of values
- Team building and social development activities

Build on the above later in the season by introducing

- Decision making in competitive situations
- Goal setting – individual and team, long and short term, process and outcome
- Focus management/ attentional control – concentration strategies
- Anxiety Management/ emotional control – visualization (mental rehearsal of game situation) strategies
- Game Preparation and routine – game strategies

5.5. Considerations in the *Train to Train* Stage

- A sensitive period for stamina (endurance) training coincides with the onset of the growth spurt
- Pay special attention to maintaining flexibility during the growth spurt
- There is a sensitive period for speed development in females aged 11-13
- Continue to develop motor skills – agility, balance, coordination, speed, time/space orientation, etc
- Focus on fun, enjoyment and friendships is key at this stage.