

**”A BOY TOLD ME
I SKATED LIKE A
GIRL, I TOLD HIM
IF HE SKATED A
LITTLE FASTER,
HE COULD TOO!”**

CONTACT



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WATERLOO WILDFIRE

**FUN 3
(U 10)**

RINGETTE



SKATING

- Stance
- Edges and balance
- Start and stop
- forward/backward slide and glide
- Speed activities are introduced
- Stick handling and passing skills
- Defensive triangle and shooting skills

70%

DEVELOPMENT FOCUSED

30%

COMPETITIVE FOCUSED



COMPETITION

- Introduction to structured specific programming
- Full ice game situations
- Intro to competition
- Introductions to basic offensive and defensive skills
- Identify goalkeeping ability/interest
- Fair ice time
- Line changes during play
- Penalties observed
- Players rotate through positions
- Intro to mental preparation skills
 - *Decision Training
 - *Team Goal Setting
 - *Self Awareness/Positive Attitude
 - *Team Dynamics/Building

INFORMATION

2-3

ICE TIMES PER WEEK

FOCUS IS ON FUN

4

EVENTS PER SEASON
INCLUDING YEAR END EVENT

