

KEEP  
CALM  
AND PLAY

**RINGETTE**



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**WATERLOO  
WILDFIRE**

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**U12  
RINGETTE**

## 2-3 PRACTICES TO 1 GAME

### PRACTICE/GAME RATIO 70:30

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Continuation of skating skills plus acceleration, crossovers, sharp turns, double sculling, two foot slalom, transition and deking

Competitive decision making and game situation learning opportunities

Development of motor and technical skills, time space orientation and team play

Focus on managing anxiety/emotional and attention control

Pre-game routine and prep



Players experience all positions to identify ability and interest



Team/individual goal setting. Short and long term-process and outcome



Make life long friends and priceless memories

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## 4 EVENTS INCLUDING YEAR END