

Gym Ringette

INSTRUCTOR GUIDE

ACKNOWLEDGEMENTS

RINGETTE CANADA

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REFERENCES

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Mini-Volley Instructor's Guide, Volleyball Canada, Ottawa, ON; 2005.

Forward

As ringette has been adapted from its origins as an ice surface sport to a dry land sport, accessibility has grown exponentially. The many varied activities and skills which result from Ringette participation are directly related to the goals of a physically active lifestyle. The benefits of Ringette may be obtained from either the school gymnasium or an ice facility. Gym Ringette equipment is available at a low cost, while the sport itself promotes participant involvement with an emphasis on maximum participation. Participants who possess motor ability but have never participated in team sports can experience the benefits of teamwork, co-operation, and socialization.

Ringette offers participants new challenges, improves their skills, and promotes a sense of accomplishment. Participants are given an opportunity to attempt challenging tasks while they develop various abilities within different capacities. Ringette promotes co-operation with teammates and provides the opportunity for healthy competition. Participants learn to take pride in their efforts and achievements regardless of victory or defeat.

Ringette helps participants develop new physical and psychological skills, while the healthy competition assists with emotional and social maturity. Through participation in Ringette, participants develop enthusiasm for active participation in sports, which can become the basis for a life-long interest in personal fitness and health.

Throughout this manual the words 'she', 'her', and 'herself' will be used to indicate the first person and will represent both female and male.

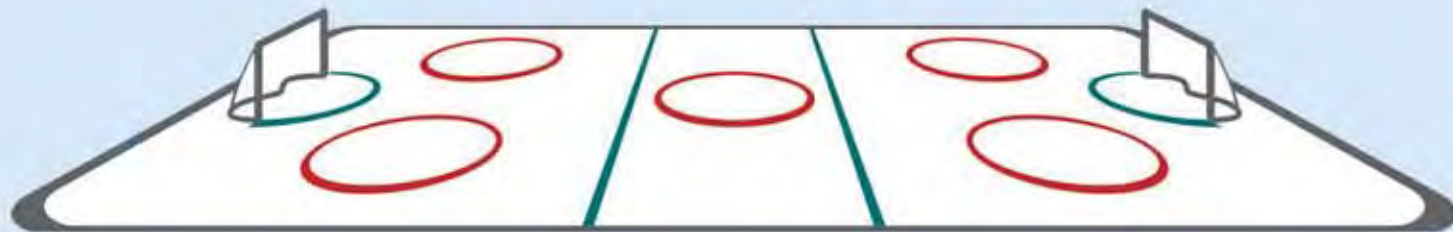


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Introduction

What is Ringette?

Ringette is a game that was invented in Canada and was first introduced in 1963 in North Bay, Ontario. ringette is a fast-paced on-ice team sport in which players use a straight stick to pass, carry, and shoot a rubber ring to score goals.

Origins

During the 1960's Mr. Sam Jacks was the Director of Parks and Recreation in North Bay, Ontario. He dedicated a great deal of time and enthusiasm to developing youth activities and one of his particular interests was to develop an on-ice skating game for females. He named the fledgling game "ringette" and the first-ever ringette game was played in the winter of 1963-64 in the Northern Ontario town of Espanola. Ringette has never looked back. For ten years, play centred in Ontario and Quebec, however the sport quickly spread across Canada and is now played across Canada .

Why Ringette?

Ringette is an exciting team sport that emphasizes fun while allowing for the maximum participation of all players. The rules encourage team work, safety and no intentional body contact. The game promotes social and emotional maturity by encouraging team work through competition and cooperation. Ringette requires both fitness and strategy. Players must rely on agility, speed, and endurance which in turn build fitness. Early experience in Ringette provides participants with the opportunity to develop strength, balance, flexibility, agility, and muscular co-ordination. This manual has been created to assist in the instruction of Ringette in a dry-land setting. Rules, drills, skills, and general information have been changed to reflect the different physical integrity and character of gym ringette.

Playing Area and Floor Markings

Gym Ringette is played on a gymnasium floor or similar surface. In the gymnasium, the facilitator will have to make a decision as to which lines or other markings will be most appropriate. On the gymnasium floor, there will usually be markings for other sports which can be used for Ringette. Usually, there is a centre line surrounded by a circle – used for basketball. This may be used for the free pass circle. Facilitators may choose to use floor tape in order to tape on zone lines. Please be sure any tape is floor friendly and will not require scraping or additional cleaning effort once removed from the surface. If floor tape is not available or appropriate, there are many other ways to mark lines such as chalk, pylons, or wall markings. A traditional rink layout is displayed below (Figure 1.1). Please note that this playing surface may be altered to best suit the needs of the participants involved in the activities. Beginners might make better use of a smaller layout, as seen in Figure 1.2, while more advanced groups can make use of the larger, multiple zone layout traditionally known in Ringette.

FIGURE 1.1

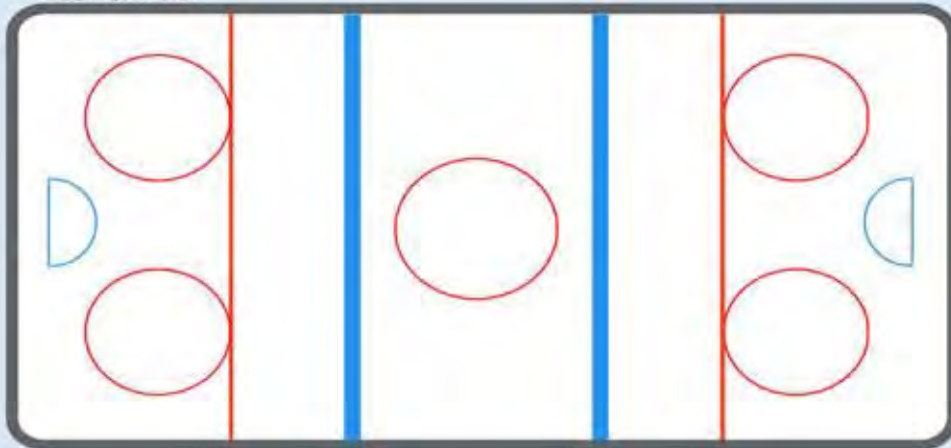
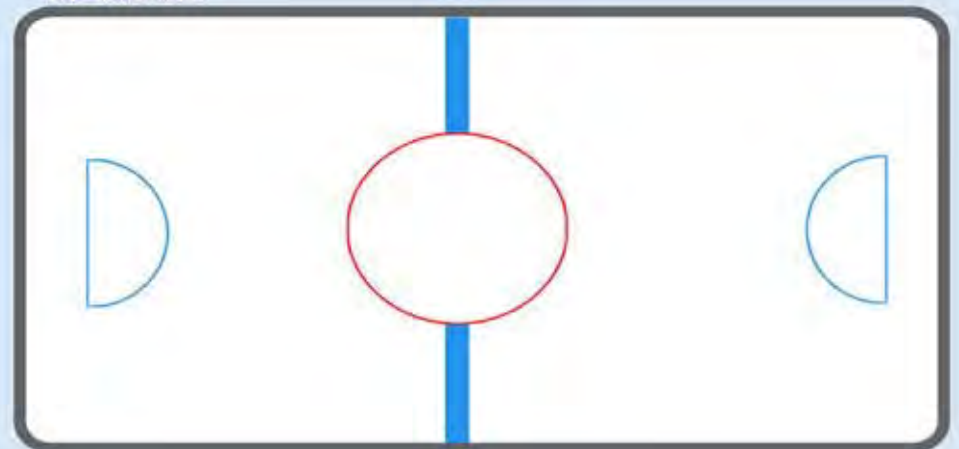


FIGURE 1.2



Introduction Gt'd...

- i) Boundaries within the gymnasium should be structured so that play is continual, with as few whistles as possible. In smaller gymnasiums, the facilitator may use the walls of the gym as perimeter boundaries, so that there are no “out of bounds.” In a larger gym, markings used for other sports may be used as gym Ringette boundaries.
 - ii) In front of each goal, a crease line is marked in the shape of a semicircle. The radius of the goal crease is 2.44 m (8ft). The goal crease (area) is also bounded by the goal line extending from the goal crease to the goal posts.
 - iii) Zone lines must be marked dividing the playing surface into two equal zones or three equal zones, depending on space available or the abilities of the participants (See Figures 1.1 and 1.2).
- gette.

Equipment

The following equipment or components are necessary to organize a game of gym ringette. Please note that if these objects are not available then you can make use of anything of similar means providing they are safe and sound for participants to be using. Alternatives are offered following each piece of equipment required.

- 2 goal nets (Recommended size is that of a standard street Hockey net). Alternative; pylons or any other object that can be used as a marking device on the ground.
 - 1 playing ring designed for gym ringette (try having a spare when possible). Alternative; creating a cardboard ring and wrapping it in masking tape or electrical tape. It should have a diameter of approximately 11 cm (4.5 inches), and a thickness of 3 cm (1 inch).
 - 10 playing sticks (5 per team). Alternative; sticks may be made of wood, aluminum or plastic, however the tip must be made of something that will not damage the playing surface.
- Other options include cut-off or broken hockey sticks (by cleanly cutting the blade off the stick), broom shafts that are not cracked or splintering, etc.

- 2 goalkeeper sticks (1 per team). Alternatives; Hockey sticks or brooms.
- Pinnies or markers to distinguish teams. Alternatives; like-coloured tee-shirts, 'lights' vs. 'darks', etc.
- Whistle for the official (if available).
- Something to mark the lines and goal crease. eg. Tape or chalk.
- Timing device (stop clock, stopwatch, etc.).
- Score sheet to keep track of goals and penalties

Gym Ringette sets are available for purchase and are made specifically for use on gymnasium floors. The ring is made of a smooth rubber, and the sticks are made of plastic, which are safe and will not damage or mark the gymnasium floor. Gym Ringette sets are available from:

DOM SPORTS AND GAMES

957 ROSELAWN AVENUE

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TORONTO, ONTARIO, CANADA M6B 1B6

TEL: (416) 781-2338 FAX: (416) 781-4264

Suggested Equipment

It is suggested that participants wear the following equipment, depending on the level of play:

- Eye Protection (goggles used in science or industrial arts, ski goggles, squash goggles, or any protective eyewear available).
- Protective Gloves

Goalkeepers are suggested to wear the following additional equipment;

- Facial protector (Full)
- Chest protector
- Goalkeeper pads
- Goalkeeper stick
- Neck protector

Please consult your local ringette association for rules governing protective playing equipment.

- Pinnies or marker to distinguish teams. Alternatives; like-colored tee-shirts, 'lights' vs. 'darks', etc.
- Whistle for the official (if available)
- Something to mark the lines and goal crease. eg. Tape or chalk.
- Timing device (stop clock, stopwatch, etc).
- Score sheet to keep track of goals and penalties

Ice Ringette vs. Gym Ringette

Even though the sport of ringette was intended to be played on an ice surface, it can easily be altered to be played on a dry land surface. This manual introduces participants to this dry land version of ringette. Following this introduction, participants are encouraged to contact their local ringette association in their area to try the on ice version of ringette intended for children and adults of all ages. Below you will find a character dressed for Gym Ringette (Figure 2.1) and also for gym ringette (Figure 2.2).

FIGURE 2.1



FIGURE 2.2



Gym Ringette Rules



There are several rules which are basic to the game of Ringette and which give Ringette its unique character. The following rules have been adopted for the use of a Gym Ringette game. If you require on-ice rules, please contact Ringette Canada or one of its representatives.

- There should be two periods, during which all players get to play at least once.
- The ring must be passed across each zone line. The player passing the ring across the zone lines may not touch the ring until it has been touched by another player when it reaches the other side.
- The goalkeeper is the only person permitted in the crease. If a player from the opposite team goes in the defending teams crease, play stops and the defending team gets the ring in a free-pass by the side of the playing surface. No one but the goalkeeper may touch the ring when it is in the crease. No one but the goalkeeper may go into the crease.
- If the ring exits the playing surface during play, then the team which did not shoot the ring out gets a free pass close to where the ring exited the playing surface.
- No more than 6 players (including the goalkeeper) are allowed on the playing surface for each team at one time.
- Players may change with teammates waiting at the side line during play, but must tag hands before exchanging places.
- A team that is assessed a penalty must play short handed according to how many people have a penalty.

BASIC SKILL Breakdown

BASIC STANCE

Before teaching any type of ring handling, it is important that students stand properly.

- The feet should be approximately shoulder width apart, pointing slightly outward.
- The upper body leans slightly forward with the body weight on the balls of the feet.
- The Head is kept up, eyes looking forward.
- The Stick should be held in both hands with the tip on the ground and slightly to the side of the body. Both arms should be slightly away from the body.

See figure 4.1 for an illustration of what this skill should look like.



FIGURE 4.1 - BASIC STANCE

Passing and receiving are other important components of any Ringette program. It is important to stress that co-operation is necessary. Teammates must work together. They should not pass the ring so weakly that the ring does not get to the partner, or so forcefully that it is too difficult to receive.

Passing should be introduced with participants in stationary passing/receiving situations. Continue to increase skill difficulty by integrating passing and receiving on the move.

PASSING

- Stand in the basic stance, keeping head up and looking where you want the ring to go.
- Place stick in the ring, and bring the ring slightly behind the body.
- Using a sweeping arm motion and wrist action, the ring is propelled across the front of the body while weight is transferred from backward to frontward motion as the pass is made.
- The ring is released from a position slightly ahead of the front foot.
- The player should not start the pass from a position too far behind the body.
- The velocity of a pass comes from strength of the arms and shoulders, and snap of the wrist.
- Accuracy is determined by the guiding motion of the hands and the follow-through (watch that the player does not high stick).
- The stick follows the ring in the direction of the target for more precision. This is done by keeping the elbows away from the body in the follow-through.

See figure 4.2 for an illustration of what this skill should look like.

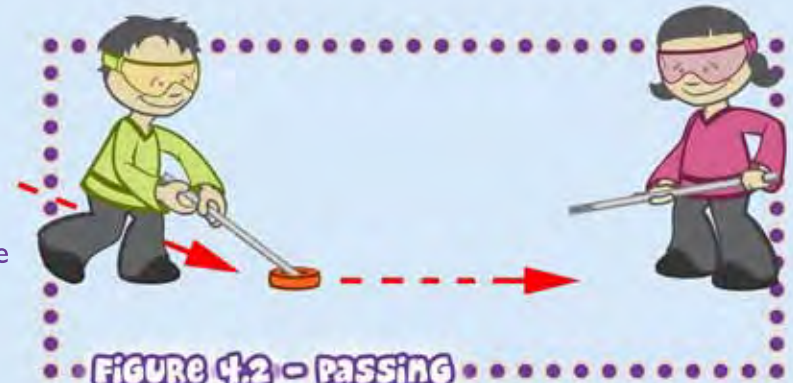


FIGURE 4.2 - PASSING

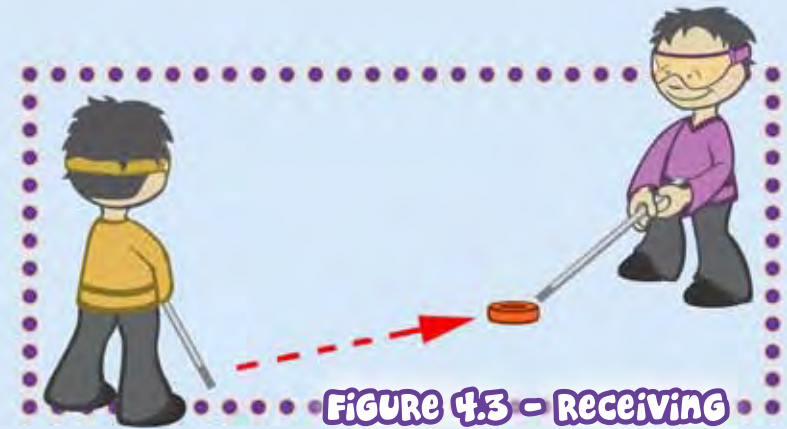
RECEIVING

Receiving is probably one of the most difficult techniques to master in Ringette. If a team intends to capitalize on all advantages of a good passing game, each member should become proficient at receiving passes in all possible positions at ever increasing speeds.

The following skills must be developed for the completed pass:

- Hand-eye coordination;
- Timing;
- Anticipation;
- Retaining control – complete reception before making the next pass;
- Readiness – carrying stick at ice level ready to receive pass Action;
- As the ring approaches, the player watches it and follows the ring's path with her stick until her stick meets the ice with a firm downward stabbing motion;
- All concentration must be centered on the approach of the ring;
- Be sure players are bent slightly at the knees and not their backs.

See figure 4.3 for an illustration of what this skill should look like.



SHOOTING

Shooting is another basic skill in Ringette. The success of a shot largely depends upon the execution of its component parts. Players should be reminded to keep their head up, look at the target and follow through with the stick by pointing at the target.



WRIST SHOT

- This shot is initiated from the basic stance and grip.
- With the same process as the pass, this action is duplicated but with greater force and torque. The wrist shot incorporates the use of the upper body, waist, legs, and a weight transfer from the back leg to the front leg.
- In the follow through, the sticks edge picks up the ring and causes it to fly off the ground. More flick with the wrist and greater arm strength is required.

See figure 4.4 for an illustration of what this skill should look like.

BACKHAND SHOT

- The backhand shot is initiated by drawing the ring across the body to the backhand side.
- The rotation of the body to the backhand side and a slight cocking of the arms and wrists prepares the player to rotate the body and arms in the opposite direction towards the target.
- In the follow-through, the player hooks the underside of the ring with the edge of the stick and points where she wants the ring to go.
- Instructors should encourage players to keep their sticks down and control the follow-through of their shots.

See figure 4.5 for an illustration of what this skill should look like.



FIGURE 4.5 - BACKHAND

CHECKING

- The check should be initiated with the checker in a controlled and well balanced position (basic stance).
- The execution is a short forceful upward hitting motion, contacting the lower and under portion of the ring carrier's stick just above the ring.
- The checker requires a solid stick grip with the hands spaced comfortably.
- Players must avoid contacting the stick in the area of the ring carrier's hands, and must avoid all stick contact with the opponent's body.
- To execute the check, the checker must be in close proximity to the ring carrier.
- Once the stick has been lifted, the checker attempts to put her stick in the ring.

Watch For the following errors:

- Attempting to check too far behind the ring carrier, which may result in hooking or tripping.
- Hitting too far up the ring carrier's stick, which may slash the carrier's hand and result in a penalty.

A desperate or wild stick may cause a high stick or a slash on the part of the checker.

See figure 4.6 for an illustration of what this skill should look like.



FIGURE 4.6 - CHECKING

Before you begin...



Here are some tips to think about before each scheduled session. These will help ensure that your Ringette session flows smoothly.

1. Chose your activities for each session ahead of time. Each of the three colour-coded units are different and emphasize different aspects of the game. By selecting appropriate activities for the group you are instructing, you will have a successful and rewarding session ready for your participants.
2. Check the condition of all equipment before each session. Make any repairs that are required, and replace equipment if required. Collect the equipment ahead of time so you are prepared for the unit that day. This way, you won't be caught off guard when switching activities during a unit.
3. Plan out the floor marking by using tape or chalk if necessary. Refer to the Introduction, Figures 1.1 - 1.2 for suggestions on the two types of set-ups that can be used.
4. Include a stretching and fitness component before each session. By introducing the participants to proper stretching techniques and warm-up, you will prevent injury and promote proper fitness technique and preparation.

5. Emphasize safety and sportsmanship equally with all your participants. Go through the rules and guidelines of the sport before you begin. Explain the importance of properly wearing safety equipment at all times. Clarify any facility policies, if any, so all facets of participation are respectful of the environment in which you will be participating.

6. Encourage all participants who have attended the session to make the most of the time available. Do not run 'drills' but involve everyone in the games included in this book. Suggested lesson plans are included in the pages that follow for a different variety of groups.

Remind participants about the on-ice version of Ringette, and encourage them to come to a local association's "try-it" night. Have prepared materials, dates and locations ready for those who wish to know more or to come to these local events so they can provide their parents or guardians with more information. Go to www.ringette.ca for more information about the sport or associations in your region.



... Before you begin it'd

