



U6 LEARN TO SKATE First Practice Plan

WARM-UP (5 minutes)

- Just skate around the ice (get used to standing, skating, and holding the stick). As we progress through the year and players get more comfortable, incorporate games into the warm-up (e.g. Tag, beach ball, etc.)

DIVIDE ATHLETES BY SKILL LEVEL

- Consider three groups – Learn to Skate, Intermediate, Most Experienced

STATIONS (5-7 minutes each)

- Select an appropriate number of stations from below for your practice
1. Basic stance (based on skill level)
 - a. Key teaching points: head up, knees bent, feet shoulder width apart, back straight, proper grip on stick
 - b. Reference Section 3.1 of Ringette Canada Drill Manual
 2. Skating
 - a. Skating from goal line to blue line and back
 - b. Address different techniques based on skill level in each group (advance from one skill level to the next as appropriate)
 - c. Make sure the stick is on the ice while skating
 3. Pylon Turns
 - a. Set up pylons to have them practice turning and different stimuli introduced to the ice
 4. Get up after falling
 - a. Example: Superman, diving under sticks and sliding, etc.
 5. Skating with a ring
 - a. Repeat skating from goal line to blue line, this time with a ring
 6. Pylon turns with a ring
 7. Basic stance with ring
 - a. While standing in basic stance, player is moving the ring from side to side
 8. Game to work on communication
 - a. E.g. Frozen tag, when you're tagged, you must shout out your own name until someone comes to unfreeze you
 9. T-start training
 - a. Teaching a player how to form a t-shape with their skates and gliding from this position
 - b. Practice this skill with both legs
 - c. Coaches should demo what this should look like

COOL DOWN (5 minutes)

- Finish with a game of Bus Drivers
 - Have players start in basic stance, players begin skating around with a ring in their hands (like a wheel), when the coach yells “drop-off,” players must stop in their basic stance
 - Players may not be learning the rules of Ringette, but they are learning rules to the games played during practice which helps their cognitive development and better prepares them to be able to learn the rules of Ringette later on

****If running the Ringette Canada ABC program, players can obtain their red bandanas based on this practice plan – they should also be able to progress to obtaining their yellow bandana****