

Games

Baseball

Title: Baseball

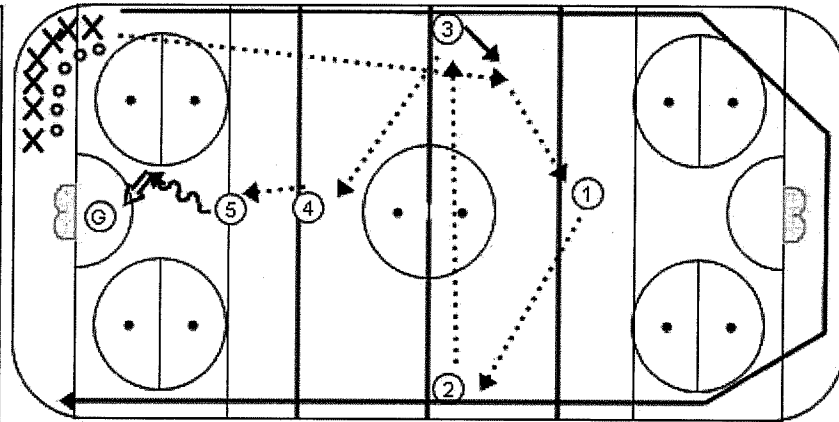
Content elements:

Components :

Description

X1 shoots the ring out into the "outfield". One of the outfielders (#s 1 - 5) chases down the ring. The outfielders must pass the ring in order: to #1 first, who passes to #2, and so on. When #5 receives the last pass, she goes in for a shot on net. #5 must score before X1 gets back over the goal line (X1 skates a full lap of the ice). If #5 scores first, the outfielders get a point. If X1 crosses the line first, she gets a point.

*Switch outfielders every 1 - 5 "at bats".



Key Points :

Purpose

This game works on skating speed, stabbing the ring, and pass accuracy.

Variations

Reduce or increase the number of "outfielders". Change the route from a basic lap around the nets to a lap which incorporates some agility or strength work.

Captain's Coming

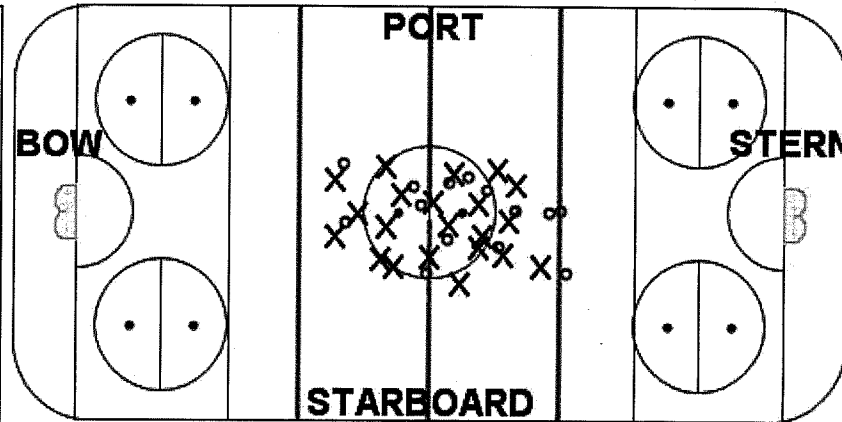
Title: Captain's Coming - coaches

Content elements:

Components :

Description

Players start together in the middle of the ice. An instructor yells out either an order or a direction (bow, port, starboard, stern) to the group and they must do the action or skate towards the specific point on the ice. BEG - Scrub the Deck, Captain's daughter (sit on another player's knee), Parascope (on back with one leg in the air), Shark Attack (get in a circle before an instructor tags them), Life jacket (link arms backwards with another player); ADV - Interception (stick down on ice), Trip over the Ref (fall down and get back up), Celebrate the winning goal, Diving Interception



Key Points :

Purpose

This game is tons of fun but it does work on all kinds of skating skills. The athletes will improve their agility and skating speed when they play this game.

Variations

Beginner version with sailing terms & actions or "advanced" version with ringette actions.

Bulldog

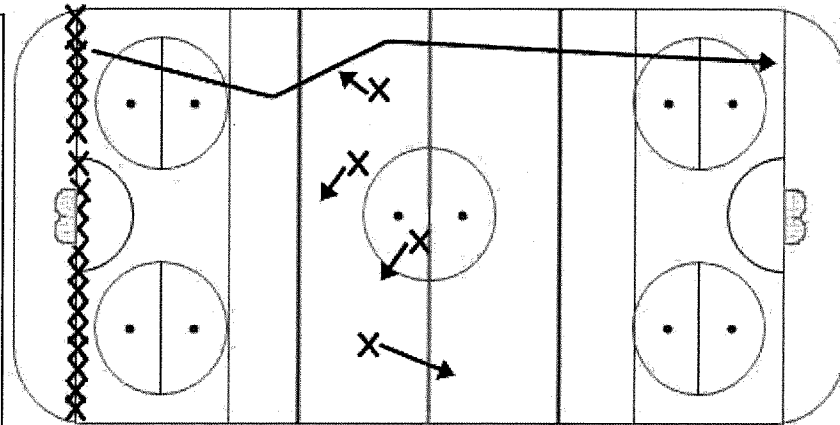
Title : British Bulldog

Content elements: _____

Components : _____

Description

3-5 athletes start in the middle - they are "it". Everyone else lines up on the goal line. The athletes in the middle start the game by yelling "British Bulldog". Athletes on the goal line now have 15 seconds to make it to the far ringette line without getting tagged. If they get tagged before the far ringette line they become "it" and join the people in the middle. The last woman standing wins and gets to start the next round in the middle.



Key Points :

Purpose

This classic game works mainly on footspeed.

Variations

Add rings so the people in the middle are checking, not tagging. This variation should only be played with older, more skilled athletes and you'll have to warn them about keeping their checks legal - it can get rough if the athletes aren't careful.

Zig Zag

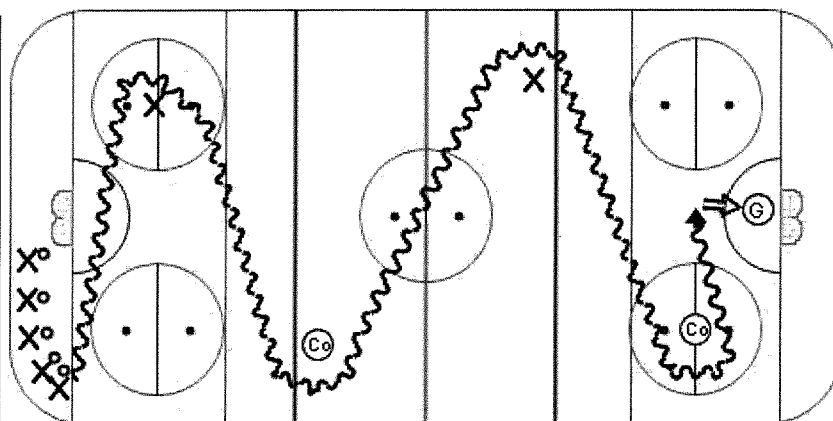
Title : Ring Pro Zig Zag Course

Content elements:

Components :

Description

Athletes line up in the corner. Coaches and a couple athletes line up on the face off dots and act as checkers. The ring carrier's job is to get through the whole course without losing the ring. To do this, she must hide the ring as she does a tight turn around each checker. If the ring carrier exposes the ring at all, the checker makes the steal. The drill finishes with a shot. The 2nd person in line leaves when the first ring carrier gets around the first checker.



Key Points :

Purpose

The zig zag course teaches the athletes to protect the ring by building a wall with their body.

The Gauntlet

Title : Gauntlet

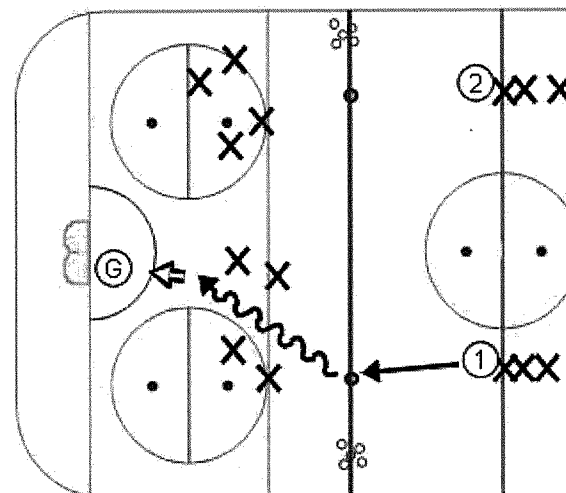
Category #1 : Coaches

Category #2 : Ring Protection

Description

This drill reinforces accelerating through the ring and maintaining foot speed to protect the ring. On the whistle, X1 accelerates to the ring on the blue line, picks it up, and accelerates through a "gauntlet" of 2 or 4 teammates who try to check the ring carrier. The key to this drill is maintaining safety. Be sure the checkers are at least 6-7 feet apart and do not check too aggressively (no tripping or hooking!). If the ring carrier gets through the gauntlet, she takes a shot on net.

Key points:



Purpose

This game is another way to reinforce ring protection. The athletes must keep their speed as they pick up the ring and skate through pressure.

Zone Passing

Title: Zone Passing

Content elements:

Components :

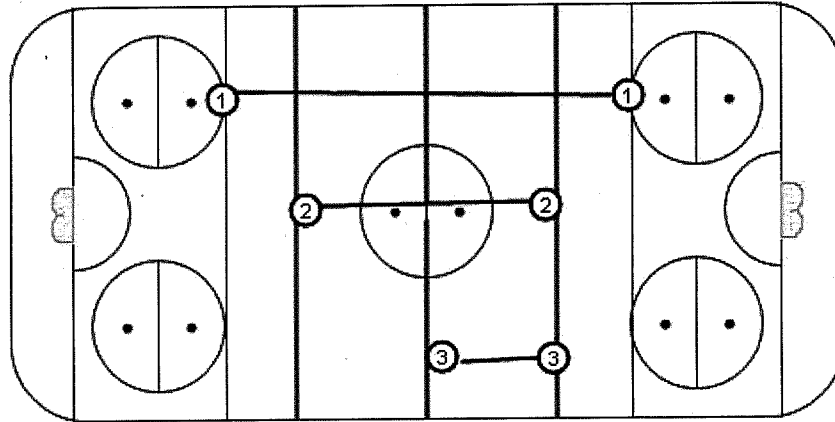
Description

All athletes are in pairs or groups of three. They start off skating around (heads up!) passing to each other in between the extended lines.

On the whistle, players move between the blue lines and continue passing to each other..

On the next whistle players move between the red line and the blue line and continue passing.

* Players need to have their heads up, communicate, and find open space.



Key Points :

Communication

Alertness

Heads up

Purpose

This game is a great warm up. It can also be a perfect way to break up a practice when you are switching the focus. In this game, athletes learn to find open ice and pass to open ice.

Variations

Change the areas of the ice that you play in.

Two Second Keep Away

Title : 2 Second Keep Away

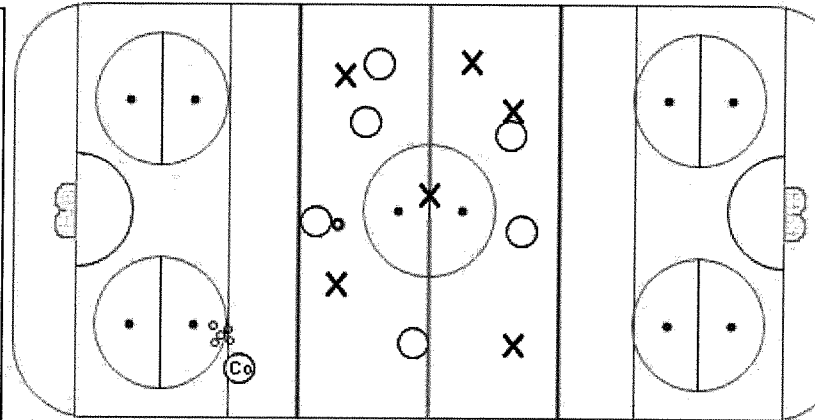
Content elements:

Components :

Description

Divide your athletes into two teams. They play keep away in the neutral zone. The rule is that no athlete can hang on to the ring for longer than 2 seconds. The coach stands outside the blue lines and counts out loud each time a new athlete picks up the ring.

If the ring comes outside the blue lines, the coach passes in a new ring. If the drill is running smoothly, the coach can add a 2nd ring.



Key Points :

Purpose

The purpose of this game is to teach your athletes to find open players and not hold on to the ring too long. The non ring carriers must constantly find open ice. Also, teams must communicate very well to succeed in this game.

5 Ring Ringette

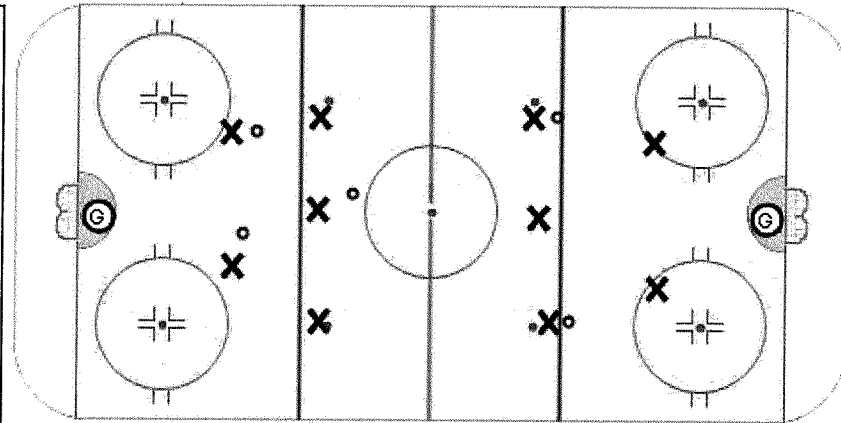
Title: 5 Ring Ringette

Content elements: _____

Components : _____

Description

Scrimmage with 5 rings in play at all times. You have to pass over the blue lines but can have more than 3 in the zone at a time. Goalies throw the ring back out if they get scored on.



Key Points :

Purpose

This game is a fun twist on the game of ringette. Your athletes will have to focus on offence and defence all at the same time. They should increase their ice awareness during this game.

Balancing Act

Title: Balancing Act

Content elements: _____

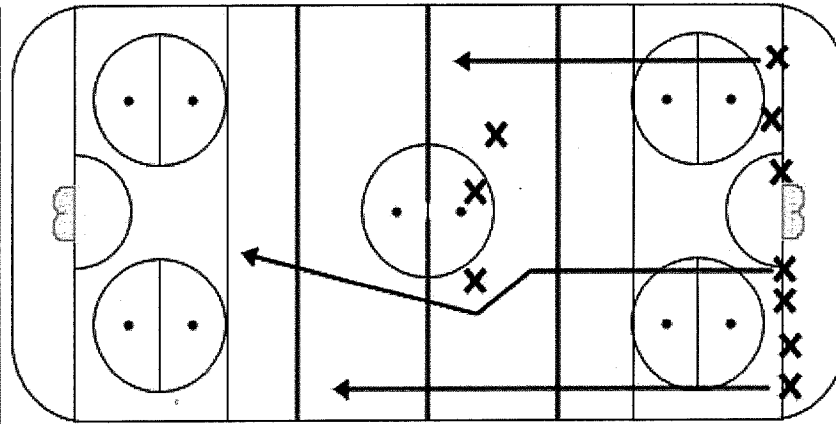
Components : _____

Description

A modified version of British Bulldog: Players balance a ring on top of their gloves (no sticks allowed) and cannot hold the ring in any way.

The object of the game is to be the last one with the ring still balanced on your hand. The people at center ice are it and yell "pom pom pole-a-way" when they want the people with rings to start skating. If the people in the middle knock the ring off your hand or if your ring falls off on its own, you also become "it". The game goes until there is one person left.

* Players can be tagged between ringette lines *



Key Points :

Balance

Purpose

This variation on British Bulldog challenges the athletes to keep their upper body quite still while they skate at top speed. A quiet upper body makes for a more efficient skating stride.

Circle of Rings

Title: Circle of Rings

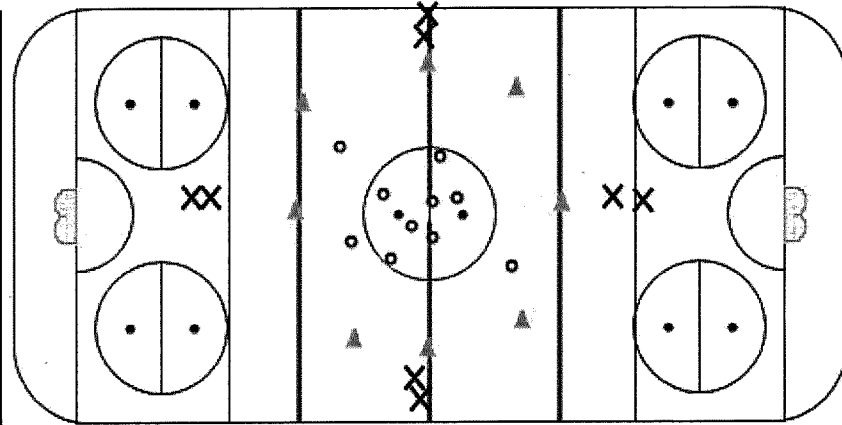
Content elements:

Components :

Description

Players spread out in groups of 2-3 around a circle. 15 - 20 rings are placed inside the circle. The object of the game is to have the most amount of rings at the end of 30 seconds.

When the whistle is blown, the first player in each line (only one player from each group can go at one time) goes and gets a ring from the centre of the circle and brings it back to her group. The second girl goes when the first girl has gotten back to the group. Once there are no more rings left in the circle, players can go to other groups and take their rings - still, one player at a time.



Key Points :

speed

Purpose

This is a fun way to get your athletes skating.

Variations

Increase or decrease the number of rings in the middle. Make your circle larger or smaller.

Ring Race Game

Title: Dani's Ring Race Game

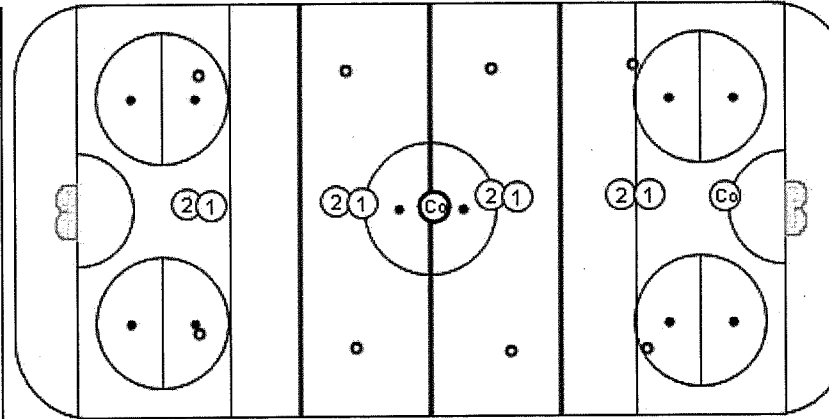
Content elements:

Components :

Description

Players get into pairs. They line up down the middle of the ice, facing the instructor. The instructor holds her stick high enough up in the air so all the athletes can see it.

When the instructor points her stick in one direction, the pair of athletes races to their ring on that side of the ice (the athlete who wins the race gets a point). The player with the ring then tries to shoot and hit a target on the boards until the whistle.



Key Points :

Purpose

This is another "skating" game. By adding in a shooting element at the end you also inject a focus on accuracy and goal scoring.

Variations

Instead of keeping track of points, the athlete who does not get the ring is eliminated. The successful athletes pair up with another successful athlete for the next round. This continues until you have an ultimate champion.

Lane Relay

Title : Lisa Lane Relay - coaches

Category #1 :

Relay

Category #2 :

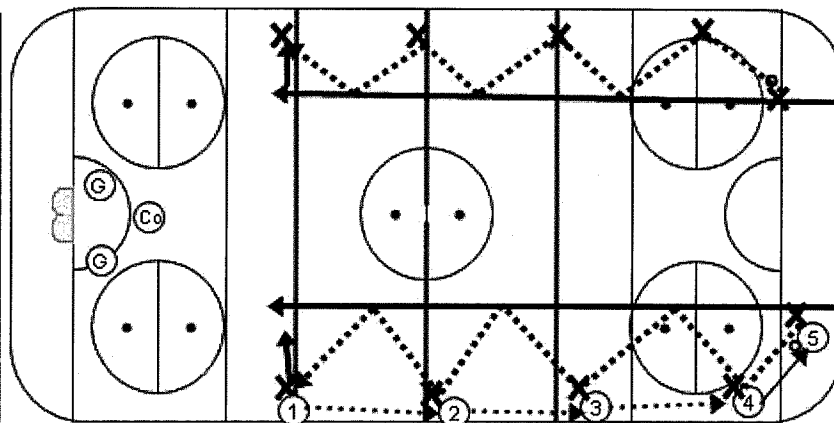
Lead Passing

Description

X5's start with the ring giving everyone in the line a lead pass until they get to the end of the line. When X5 has passed to everybody she passes ring back to X1. X1 passes to X2, X2 to X3... so on down the line. When X4 gets the ring she starts from the X5 position and repeats the pattern. After X5 has made the pass she just takes X1's place in the line up and X2 takes X3's spot and so on.

Whoever finishes the relay first wins. You are done when X5 gets the ring from where she started.

Goalies in far end.



Key points:

Lead Passing Game

Goalie's w/Ins.

Purpose

This relay focuses on skating speed, lead passing, and stabbing the ring.

Variations

Spread the athletes out and run the relay down the full length of the ice.

Sockette

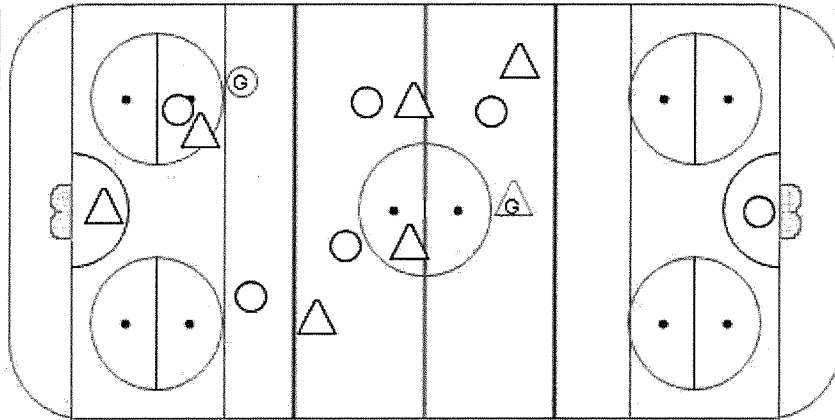
Title : Sockette

Content elements: _____

Components : _____

Description

Split your athletes into two even teams. A skater must play in net and goalies must play "out". The athletes use their ringette sticks (and goalie sticks) or their feet to move a soccer ball around the ice. The goal is to score on the net. For younger athletes, use 2 balls.



Key Points :

Purpose

Fun! This game works very well as a warm-up.

Ring Scramble


Ring Scramble

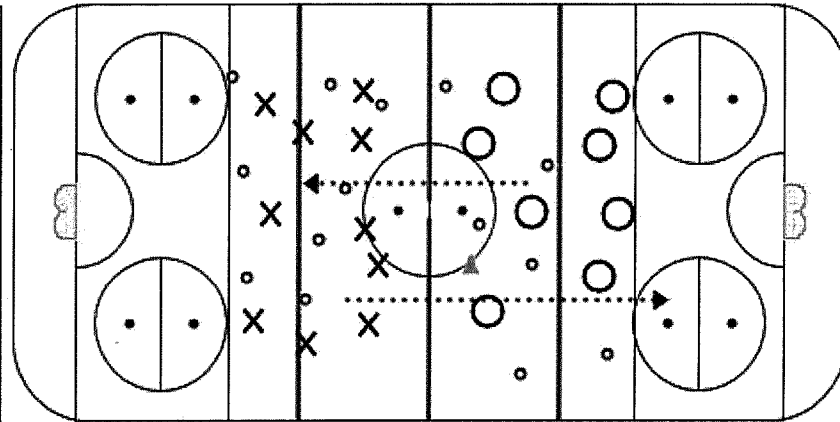
Content elements:

Components:

Description

On the whistle, teams fire rings across the center red line one at a time. The coach ends the game by blowing her whistle and the team with the fewest number of rings on their side wins. Note: athletes cheat by firing more rings after the final whistle!

This game works on passing speed and accuracy. Also, athletes get very excited about having a "bonus" item  that is worth 3 rings - for example, a rubber chicken! Athletes must move the bonus item by firing rings at it and the team that ends up with that item on their side adds 3 rings to their total.



Key Points :

Purpose

In this game your athletes perfect their ability to shoot a ring hard and accurately.

Variations

As mentioned above, include a special object that is worth 3 points. By telling the athletes they can only move that object by hitting it with a ring, you really ask them to master their ability to hit a moving target.