

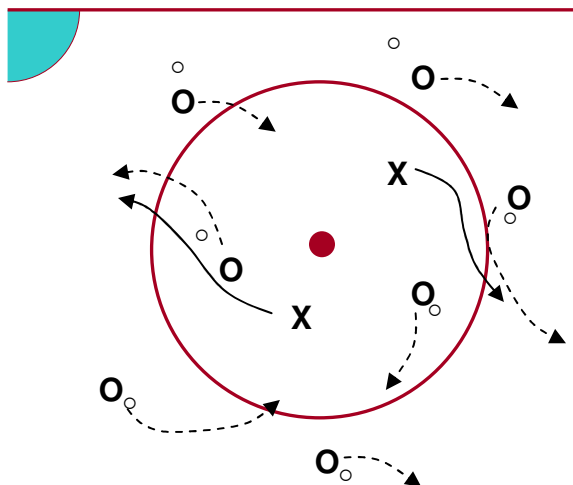


AMERICAN DEVELOPMENT MODEL CONCEPT TEACHING SEQUENCE

Concepts: Angling, Stick and Body Position, Body Contact and Body Checking

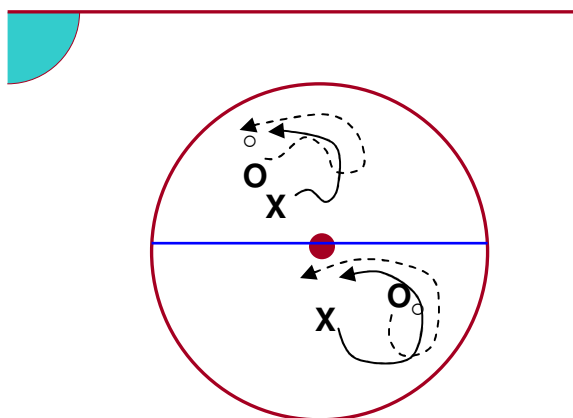
Ringette Keep Away

Have 2 less rings in play than players. The players without rings try to steal a ring from someone who has one. After 60 second stop the activity and have the players without a ring do some type of quick agility exercise such as drop to their knees and get up 5 times. Use a confined space on the ice. Encourage puck protection skills and stick strength. Body contact and battles for the rings are encouraged



1v1 Keep Away with Rings

Split the circle in two. Have two 1v1 battles going on at the same time. Whoever has the ring must keep it away from his opponent. Use skating and puck protection skills to possess the ring. Body contact and strength on the stick is encouraged. Change players every 40 seconds.



2v2 Tight Space Ringette

Play ringette 2v2 with or without goalies for 40 second shifts. Encourage body contact during the play to gain possession of the ring. Different parameters can be added such as teams must make 1 or 2 passes before they can score. Body contact is allowed as long as the players have their sticks down and are attempting to play the ring.

