



2011/12 Season: Recommended Guidelines for Ringette Association U9 Programs

We are in the FUNdamentals stage of athletic development and these are the characteristics of a ringette program built just for us!

- ✓ **A fun introduction to ringette focused on skill development! No structured teams or formal competition for us yet and no leagues, standings or stats...we just want to have fun without all the pressure!**
- ✓ **Inter-association ringette games start in December after a long pre-season of getting to know our teammates and coaches. Games have short straight time periods with no posted scores. They are played cross or half ice so we all get to touch the ring often and we spend less time sitting on the bench...where we get cold!**
- ✓ **Ringette games include at least 20 minutes of practice time dedicated to skill development (Hint: our favourite practices are the ones where we have so much fun we forget that we're actually developing skills!)**
- ✓ **During games we play all positions equitably including modified goaltender (stick only) with a two minute buzzer for line changes**
- ✓ **We use game modifications such as a longer goaltender ring, intended blue line passes, coaches on ice and no restricted zones (free play lines)**
- ✓ **We look up to the trained leaders and player mentors who volunteer weekly to help our coaches teach us. Ringette players from U16, U19 and 18+ are our role models and we want to be just like them!**



For more information about Long Term Athlete Development visit www.ringette.ca or contact Ringette Nova Scotia at (902) 425-5450.