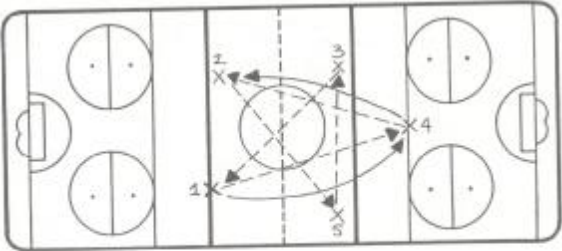


<b>OCTOBER 29 &amp; NOVEMBER 5, 2006</b>		<b>55 MIN</b>	<b>NOVICE #1</b>
<b>SKILLS:</b> Ready position, forward stride, 2 foot stop, pass/receive, lead pass			
<b>5 min</b>	<b><u>Warm Up</u></b>		
	<ul style="list-style-type: none"> <li>q Players skate around the ice doing the same stretches as the coach in the middle of the ice.</li> <li>q Blow whistle to signal new stretch.</li> </ul>		
<b>8 min</b>	<b><u>Ready Position</u></b>		
	<ul style="list-style-type: none"> <li>ü <b>Key Teaching Points (KTP)</b> <ul style="list-style-type: none"> <li>i. Skates straight up and down (flats)</li> <li>ii. Knees bent and head up</li> <li>iii. Hand apart, stick in front, skinny side up</li> </ul> </li> <li>ü <b>Progression</b> <ul style="list-style-type: none"> <li>q Demo and have girls show when standing</li> <li>q Girls on goal line – skate to free play line then slide in ready position as far as they can.</li> <li>q Repeat once or more if necessary</li> </ul> </li> </ul>		
<b>10 min</b>	<b><u>Forward Stride</u></b>		
	<ul style="list-style-type: none"> <li>ü <b>Key Teaching Points (KTP)</b> <ul style="list-style-type: none"> <li>i. Full extension on pushing leg, push to side</li> <li>ii. Gliding leg stays bent in ready position – no bobbing</li> <li>iii. Pushing leg back to ready position</li> </ul> </li> <li>ü <b>Progression</b> <ul style="list-style-type: none"> <li>q Demo and have girls skate around the ice, push with leg closest to boards – switch directions</li> <li>q Have girls push with left leg, pause in ready position, push with right leg around the ice.</li> <li>q Remove pause – just skate around ice.</li> </ul> </li> </ul>		
<b>10 min</b>	<b><u>2 Foot Stop</u></b>		
	<ul style="list-style-type: none"> <li>ü <b>Key Teaching Points (KTP)</b> <ul style="list-style-type: none"> <li>i. Glide in ready position</li> <li>ii. Turn shoulders, straighten knees</li> <li>iii. Turn both feet quickly and then bend knees</li> <li>iv. Skates must be on flats when turning to stop but angled when stopping</li> </ul> </li> <li>ü <b>Progression</b> <ul style="list-style-type: none"> <li>q Demo and have girls practice twisting both feet at the same time on the spot</li> <li>q Girls line up on goal line – split into groups</li> <li>q On whistle, have group skate to the free play line and stop facing the stands – groups go in waves down the ice going to the next line on the whistle.</li> <li>q Repeat going back to other end of ice stopping on other side (x 2)</li> </ul> </li> </ul>		

	<p>q Have girls skate around the ice and stop facing the stands on the whistle.</p>
<p><b>10 min</b></p>	<p style="text-align: center;"><b><u>Forehand/Backhand Passing &amp; Receiving</u></b></p> <p>Ü <b>Key Teaching Points (KTP)</b></p> <ol style="list-style-type: none"> <li>i. Hands apart, feet pointing at partner</li> <li>ii. Bring ring to side even with heel</li> <li>iii. Sweep ring forward and point stick to target on the follow through</li> <li>iv. To receive, have stick slightly off the ice in front, skinny side up</li> <li>v. Cushion the ring into the body with arms</li> </ol> <p>Ü <b>Progression</b></p> <ol style="list-style-type: none"> <li>q Demo and have girls find a partner</li> <li>q Line up across width of ice (about the distance of center ice circle between partners) and practice stationary passing.</li> <li>q Have girls move forwards &amp; backwards while passing/receiving</li> <li>q Star Pass (Ringette Drill Manual 4.2.7)             <ol style="list-style-type: none"> <li>q Divide girls into 5 groups in circular fashion. Players pass across the circle in the pattern of a star and follow their pass.</li> </ol> </li> </ol> <div style="text-align: center;">  </div>
<p><b>10 min</b></p>	<p style="text-align: center;"><b><u>Lead Pass</u></b></p> <p>Ü <b>Key Teaching Points (KTP)</b></p> <ol style="list-style-type: none"> <li>i. Ring should be passed one stride ahead</li> <li>ii. Keep feet moving when passing/receiving</li> <li>iii. Know weight and angle to pass</li> </ol> <p>Ü <b>Progression</b></p> <ol style="list-style-type: none"> <li>q Demo and have girls find partner</li> <li>q Start in the corner and have girls skate around the ice and behind the nets in pairs passing the ring to each other-ensure ring is kept in front when passing (use forehand or backhand pass when appropriate). Have girls switch sides and repeat</li> <li>q Have girls line up with a ring in 2 lines at the dots at center ice. The first girl from one line will skate in towards the net and will get a lead pass from the first girl in the opposite line. Receive the pass, shoot on goal then line up in the other line.</li> </ol>
<p><b>2 min</b></p>	<p style="text-align: center;"><b><u>Cool Down and Stretch</u></b></p>