**Ringette: Introduction to Ringette – Passing**

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| Set-up | * Ringette stick for each participant
* One ring per group of two
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| How to Play | * Review how to hold a stick
* Explain and demonstrate how to pass the ring
* Have participants get a partner. Standing 10-15 feet apart have them pass back and forth with each other.
* Next have participants moving in the gym with their partners. One participant has the ring while the other participant moves to an open space. The participant with the ring passes the ring ahead of where their partner is moving to. Continue this pattern (pass and move) moving throughout the gym.
* It is important to teach participants to pass ahead of where their partner is moving to. This will allow the participant to receive the pass and continue moving forward with the ring.
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| Learning focus/Cues**Active Participation****Movement Skills**Manipulation:Passing a ring and moving to an open space to receive a pass**SELS**Healthy RelationshipsPositive Motivation and Perseverance | WHAT: We are learning how to pass a ring to a partner and move and pass to an open space. These are important skills in learning the game of Ringette.WHY: Ringette is an exciting game to learn. Learning how to pass a ring is an important skill in the game of ringette. Skill Cues:Basic Stance and holding the stick:* Feet shoulder width apart, knees slightly bent
* Head up, eyes forward
* Stick height – around chest level
* Stick held with both hands- one high and one mid stick
* Hold the stick slightly to one side with tip on the floor
* Lower arm almost straight and upper arm bent at the elbow

Passing the ring: * Head up, eyes forward
* Tip in ring, pull ring slightly back
* Using a sweeping arm motion and wrist action to send the ring forward
* Follow through to target keeping the stick low. Transfer weight from backward to forward

Circulating with the Ring:* Keep the tip of the stick inside the ring as it slides on the floor
* Keep your head up and eyes forward
* Two hands on the stick – one high and one mid stick
* Stick slightly to the side
* Move to an open space
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| *Assessment (optional)* | Participants Self Assess themselves as Got it or Still Working on it* Were you able to pass the ring to your partner to receive it, without them moving?
* What strategies did you use to be more successful at passing to your partner?
* What did you do to find an open space to receive a pass?
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| Modifications | Progression/regression to increase/reduce difficulty* Have less participants moving around the gym at a time to get used to moving to an open space – 2 groups
* Have participants move at a controlled speed
* Move partners closer together to make it easier
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| Safety | * Check area for other obstacles on the floor
* Remind participants to be aware of their space
* Keep the tip of the stick on the floor
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