**Ringette #7: Introduction to Ringette – Shooting Relay**

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| Set-up | * Ringette stick for each participant * A ring for each participant * Cones for participants to weave through * Nets for participants to shoot on |
| How to Play  NEED A VISUAL of relay | * Explain how to shoot a ring * Set up the nets around the outside of the gym and have students move around the gym trying to score on a net. Once a participant scores, they move to a different net. The object is to score two times on each net before coming back to the center circle. Repeat * Set up a relay: Divide your participants into relay teams at one end of the gym behind a cone. In front of each relay team place 5 cones 5 feet apart so the participants can weave through the cones. At the other end of the gym place nets with cones in front of them for participants to shoot on. * Participants start with the ring and weave through the cones to the net where they try to miss the cones and send the ring into the net. Participants go when the participant in front of them has finished weaving through the cones. Once you have shot, retrieve your ring and return on the outside of the gym back to the relay line up. * Modification: Add a defender in front of the cones. Participants must get past the defender to then weave through the cones and try to score. |
| Learning focus/Cues    **Active Participation**    **Movement Skills**  Manipulation:  Moving with a stick and a ring  **SELS**  Healthy Relationships  Positive Motivation and Perseverance | WHAT: We are learning how to shoot the ring into a net. We are also learning to move around the gym while carrying a ring. These are important skills that introduce us to the game of Ringette.  WHY: Ringette is an exciting game to learn. Learning how to shoot the 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   Shooting the Ring:   * Draw the ring back further than a pass and release with power * Press the tip of the stick into the floor during forward motion and lift the tip to release * Look at target and follow through to target. Keep your stick low |
| *Assessment (optional)* | Participants Self Assess themselves as Got it or Still Working on it   * Were you able to keep the ring on the ground so you did not lose it? How many times have you lost your ring? * What strategies did you use to be more successful at keeping the ring on the floor? |
| Modifications | Progression/regression to increase/reduce difficulty   * Have participants move at a controlled speed |
| Safety | * Check area for other obstacles on the floor * Remind participants of the boundaries and to be aware of their space * Keep the tip of the stick on the floor |