**Ringette: Rapid Fire**

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| Set-up- Need DiagramArrows go to and from each to center participantPin on Volleyball | * Ringette stick for each participant
* One ring per 4 participants
* Can use poly spot markers so participants know where to stand
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| How to Play | * Divide all participants into groups of 4 or 5
* One participant stands upfront while the other participants stand about 15-20 feet away in a fan shape
* The participant upfront passes to the participant to the far left who in return passes back. Passing continues to the middle participant and back and then to the far-right participant and back.
* Once all participants have received a pass and passed the ring back, everyone shifts one position to the left.
* Continue until all participants have been upfront
* Have participants keep track of the number of passes they can complete
* Modification: Place a participant in the middle to try to intercept the passes. Make passes longer or shorter.
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| Learning focus/Cues**Active Participation****Movement Skills**Manipulation: Passing the ringReceiving the ring**SELS**Healthy RelationshipsPositive Motivation and Perseverance | WHAT: We are learning to explore different ways to be active and to enjoy being active. We are learning to improve our ringette skills by practicing how to send and receive a ring. We are learning to listen and follow instructions.WHY: If we discover activities that we enjoy, we will be more active. Learning how to pass and receive a ring will increase our success in the game of ringette. Skill Cues: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

Receiving the ring:* In ready position, eyes on ring
* Stick held slightly off the ground in front of the body
* Tip of ring follows the middle of the ring to stab the ring in the center
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| *Assessment (optional)* | Participants Self Assess themselves as Got it or Still Working on it* What cues did I think of when I went to pass the ring?
* What strategies did you use to be more successful while passing the ring?
* What is reaction time? A quicker pass would help our reaction time. Why is this important?

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| Modifications | Progression/regression to increase/reduce difficult* Increase or decrease the distance of the pass
* Use poly spots so participant know where to stand
* Increase or decrease the speed of the pass
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| Safety | * Check area for other obstacles on the floor
* Check sticks to make sure they have a tip
* Keep the tip of the stick on the floor
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