**Ringette: Rapid Fire**

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| Set-up- Need Diagram  Arrows go to and from each to center participant  Pin on Volleyball | * Ringette stick for each participant * One ring per 4 participants * Can use poly spot markers so participants know where to stand |
| 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. |
| Learning focus/Cues    **Active Participation**    **Movement Skills**  Manipulation:  Passing the ring  Receiving the ring  **SELS**  Healthy Relationships  Positive 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 |
| *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? |
| 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 |
| 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 |