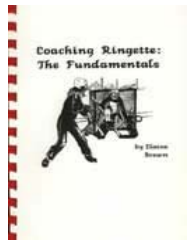
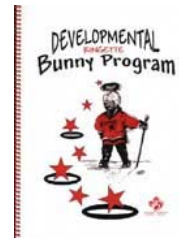


COACHING RESOURCES



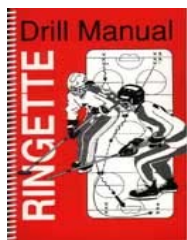
Coaching Ringette: The Fundamentals, by Elaine Brown

For those coaches who desire general information regarding Ringette skills, team organization, and development, this is the book for you. Designed primarily as a resource for new coaches who have not yet attended a clinic, this excellent reference book will also provide a refresher for all coaches. It covers the basics of coaching Ringette.



Development Bunny Program

The Developmental Bunny Program has been designed to meet the developmental needs of 5 - 7 year olds just starting ringette but, with a little modification, could be adapted for older age groups or for second or third year players. It is designed to be used by coaches or instructors new to the sport. We have endeavored to create a user-friendly document with easy to follow instructions. We highly recommend that new players go through the entire program before they are introduced to competitive games. We have included some game modifications that would make ringette appropriate to the Bunny level.



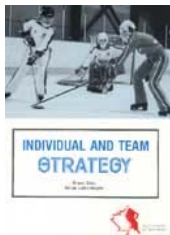
Drill Manual

The Ringette Canada Drill Manual was developed to assist coaches of all levels. The manual content includes drills and games to improve skating, passing, shooting, ring handling, balance, agility, checking, goaltending skills and much more!



Getting Started in Ringette


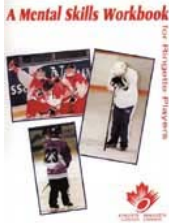
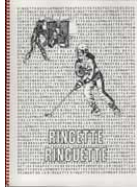
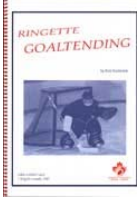


This booklet provides basic information to help the first time Ringette coach get off to a good start. This resource covers such topics as the pre-season, recruiting volunteers, ethics and fair play, teaching skills, planning practices and much more. A must for first time coaches.



Individual & Team Strategy

This resource has been highly acclaimed as a handbook for coaches at all levels. It looks at the basics of team play and deals with various concepts.

COACHING RESOURCES

	<p>Mental Skills for Young Athletes by John M. Hogg</p> <p>A mental skills workbook for athletes 12 years and under. This book is a delightful story about familiar animals who come together to learn and discuss the many different aspects of mental preparation in sport (and life). Each animal offers insights into the basic mental skills required for successful performance. Follow-up exercises and select tasks are provided as a significant part of each reader's learning process. The focus is on six foundational skills: namely, self awareness, goal-setting, relaxation or energizing, positive self-talk, imagery, and attention. Further topics include creating and maintaining ideal performance states, harnessing the emotions, and building team harmony.</p>
	<p>Mental Skills Workbook for Ringette Players</p> <p>This workbook is designed to be a practical and applied manual to assist you in developing the mental skills necessary for successful performances as a ringette player. The mental skills and techniques within this training manual have been utilized extensively by athletes from a wide range of sports, including ringette. The workbook will help ringette players prepare mentally for the season in a more effective manner.</p>
	<p>Ringette Development Model</p> <p>This template for skill development in Ringette presents the basic skills of skating, ring handling, goaltending and basic strategies of the game. A must for every coach and instructor. Available in 3 ring binder or cerlox (plastic spine) format.</p>
	<p>Ringette Goaltending, by Rick Nicklechok</p> <p>This is an information instructional manual dealing with the unique skills of goaltending. The book is a must for coaches and all goaltenders.</p>
	<p>Ringette...The Fundamental Sport by Larry Way</p> <p>Designed for the rookie coach, this comprehensive manual will assist coaches with team management, on-ice instruction, and preparing a team program. Numerous pictures and diagrams accompany the detailed text.</p>
	<p>Ringette....The Next Generation by Gary Brown</p> <p>This book is intended as a stimulant. It offers the theme that a more wide open game is more fun to play. It also advances the idea that more active game promotes growth in the sport. This book is about the quick break offense and a defense as its companion.</p>
	<p>Rink Diagram Coaching Board - To layout drills, line ups.</p>