

Developmental Ringette Bunny Program (U7)



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The Developmental Ringette Bunny Program ('U7 Program') is a league in which the fundamentals and skill development are at the forefront of the leagues mandates. This program is the first step in a player's ringette career with an emphasis on the FUNdamentals of the game stressing the importance of fun. The U7 Program provides an opportunity for players to meet new friends while gaining a firsthand experience in the game of ringette.

Program Overview

The U7 Program has been designed to meet the developmental needs of 5 - 6 year olds. We have endeavoured to create a user-friendly document with easy to follow instructions. We have included some game modifications that would make ringette appropriate to this level.

Program Duration

- Mid September thru Early March, approximately 20 week duration with a break for Christmas.
- 1 ice time per week plus 12 scheduled league games (6 - 1/2 ice games, 6 full ice games).

Philosophy

The U7 Program encourages an environment in which children can learn the Fundamentals of ringette in a safe, fun and enjoyable atmosphere that doesn't focus on winning.

Program Objectives

- Provide a positive environment for learning the fundamental skills of ringette.
- Stimulate interest and desire to continue playing the game of ringette.
- Develop basic ringette skills.
- Improve utilization of ice time.
- Increase opportunities for players to touch and handle the ring.
- To provide an intermediary program prior to a Full Ice program.
- Teach the basic rules of ringette.

Program Structure

- 5 year olds; new (1st year player)
- 6 year olds; new (1st year player) and returning players

Associations with more than 1 team need to ensure that players are divided as equally as possible according to skill level and age so that the skill and developmental level among all teams is similar (balanced) and that no one team is "stacked" in skill or developmental level.

Program Guidelines

- 1 practice ice time per week, scheduled on the same day and at approximately the same time (as scheduling permits).
- 12 scheduled league games per season. 6 league games before Christmas will be played on 1/2 ice; 6 league games after Esso Golden Ring will be full ice.
- All practices are to be cross-ice, half ice or stations.
- Players will be grouped to make balanced teams.

- One coach from each team requiring CSI, as per Ringette Canada requirements.
- All coaches / assistant coaches on the benches will require police checks.
- All on ice coaches must wear a helmet.
- At least 1 female required on the bench.
- Full protective equipment required (ringette or hockey is acceptable).
- Helmets must have a ringette cage (with diamond shaped openings).
- Timbits jerseys to be worn for scheduled league games and will receive Timbits medals at Jamboree.
- All players will be registered with Ringette Calgary and Ringette Alberta.
- Ringette Calgary Coaching manual, Ringette Canada Developmental Ringette Bunny Program manual and team manager manual, including team cheers, to be distributed to every team.

Program Philosophy

Practices

- 1 practice ice time per week; 2 practices per week during the first 2 weeks of October and the first 2 weeks of January as no league games are scheduled during these windows.
- Ice time to be shared by 2 teams.
- The use of "Border Patrol" rink dividers is encouraged
- Players will be grouped into two groups based on appropriate skill level
- Practice Structure:
 - 10 minutes FUN warm up (games/tag/keep away/etc.)
 - 40 minutes individual skill development/ 2 -3 skill sets a practice
 - Skating
 - Stick handling
 - Passing
 - Shooting
 - Agility
 - Stretching- (proper technique)
 - 10 Minutes Pond Ringette (cross ice games)
- All practices should be upbeat, high energy and most importantly, fun.

League Games

- 12 league games per season.
- 6 - 1/2 ice games prior to Christmas and 6 full ice games after Esso Golden Ring
- Coaches are on the ice for the full season to direct players.

Half-ice games

Structure

1. Warm-up - 15 minutes
 - Each team at their own end of the ice with their coaches.
2. Half-ice games – 45 minutes
 - 2 – 20 minute games or 3 – 10 minute games.
 - 5 minute half-time.

Half-ice game set up

Games may be played 2 ways depending on team numbers. It is up to the 2 head coaches to determine how they want to set-up.

1. Half Ice End to End Games (ideal for 12 or less player teams)
 - 4 nets
 - 2 back to back at center ice.
 - Other 2 nets at the ends of the rink in the goal crease.
2. Three - Cross – Ice Games (ideal for 15 or more player teams)
 - 4 nets & 4 cones
 - 2 games between the blue line and the end boards. Nets are placed across from each other on the side boards.
 - 1 game at center ice between the blue lines. Pylons used as nets, place across from each other on the side boards.

Half-ice game rules and regulations

1. Coaches will divide their team into 2 to 3 mini-teams. Division of players will be done by:
 - a. Skill Level – group all your strong players into one team & your weaker players in to another team.
 - b. Mixed Levels – group your players by combining a mixture of all skill levels onto each team.
 - c. Age – group your players into a 6 year old team & a 5 year old team.
 - d. The 2 head coaches will agree upon a mutual way to divide their players and match – up the games accordingly.
2. At half-time if the head coaches want to switch the mini- team divisions or opponents they can.
3. No referees – coach ref.
4. No score kept on board or score sheets.
5. No “blue lines”. Players will adapt the “Play one pass rule.’ Each team must make 1 pass before taking a shot on net. Coaches have the freedom to modify this rule as the skill level determines. It could be make 2 passes before a shot / pass over the extended zone line before a shot on net..
6. No free passes – after a goal is scored the team who scored skates back to” half “& the opposing team digs the ring out of the net & the game continues.
7. No Penalties.
8. Time will be put on the clock – only to determine half -time. The first half will be 20 minutes running time & the second half will be the remainder of the ice time.
9. No Goalie Equipment – goalies use stick only.
10. Coaches change goalies every few minutes.
11. Players will rotate through the goalie position.
12. The goal of mini-games is to have all players on the ice, active and playing for the duration of the ice time.

Full-ice games

Full-ice game rules & regulations

1. Full ice league games after Christmas will have referees.
2. Time will be posted on the score board but scores will not.
3. Games sheets will be used for full-ice games for the purposes of monitoring for the 3 goal per player limit. Score sheets will not be submitted to the Age Group Coordinator and league standings will not be kept.
4. Each team has 1 skating coach on the ice.
5. 2 minute buzzer shifts, running time. Time clock stopped for shift changes for formal full ice games. For informal 1/2 ice games, coaches will rotate players to ensure equal playing time for all players.
6. 3 goal maximum per player per league game.
7. No penalties will be called, but rather, the penalty will be explained to the offending player by the referee to facilitate learning of the rules.
8. Two 20 minute periods (running time). Coaches are expected to make line changes quickly and are encouraged to utilize all of the available ice time for game play in the event that time remains at the completion of both periods.
9. Player rotations must ensure equal ice time for all players.
10. No Goalie Equipment will be used other than a goalie stick.
11. No set positions. All players will rotate through all positions during the course of the season.
12. It is recommended that goalies are rotated during the course of a game so that no child plays an entire game in goal.

Tournaments

- Participation of Calgary U7 teams in a 1/2 ice "pond ringette" format in the Esso Golden Ring.
- One-day end of season Jamboree consisting of all teams playing 3 - full ice games, Timbits medals awarded.
- No participation in out of town tournaments