

Coaching Ringette For Beginners

Latest update - Sept 21, 2025



National Ringette School

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Welcome

Welcome to the exciting world of coaching ringette!

Coaching is a rewarding experience, and this guide is here to support you every step of the way. Inside, you'll find everything you need to get started—from team cheers to essential rules and coaching responsibilities.

Our goal is to help you feel confident, prepared, and inspired as you take on this important role. If you have any questions or need further information, please don't hesitate to visit your local association's website, your provincial ringette organization, or Ringette Canada. You can also reach out to the National Ringette School—we're here to help and happy to point you in the right direction.

Thank you for your time, energy, and commitment. We wish you a fantastic and fulfilling ringette season!

(Note: Many of the aspects covered are relevant in Alberta, as this is where the business operates out of, and the provincial association we are most familiar with.)

Season Start Up

Coaching Requirements

Coaching requirements vary based on the age group and division of your team.

It's essential for the head coach to ensure that all team staff, including managers, on-ice assistants, trainers, junior coaches, and assistant coaches, have completed the necessary training and certifications for their roles.

The table provided has been developed by Ringette Alberta. Be sure to check with your local association for any additional requirements that may apply to all team roles, such as an NCCP account, police check, manager's course, or other certifications.

Full Requirements by division:

Division	Head Coach	Asst. Coach
Active Start	CiS eModule	CiS eModule
U10/Fun 2/3	CSI Trained	CSI Trained
U12B/C	CSI Trained	CSI Trained
U12A	CI Trained	CI Trained
U14C	CSI or CI Trained	CSI or CI Trained
U14A/B	CI Trained	CI Trained
U14AA	CI Certified	CI Trained
U16C	CSI or CI Trained	CSI or CI Trained
U16B	CI Trained	CI Trained
U16A	CI Certified	CI Certified
U16AA	CI Certified + CD module for CRC	CI Certified + CD module for CRC
U19AA	CI Certified + CD module for CRC	CI Certified + CD module for CRC
U19A	CI Certified	CI Certified
U19B	CI Trained	CI Trained
Open A/B/C/D	No requirements	No requirements
NRL	CI Certified + CD module	CI Certified + CD module

All TEAM STAFF must complete NCCP Safe Sport Training

Junior Coaches, On Ice Assistants & Additional Assistant Coaches:

- [CiS eModule](#)
- Safe Sport

Managers:

- Safe Sport

Trainers:

- Submit proof (certificate/licence)
- Safe Sport

Courses/components required for status	Coaching Status		
	CSI Trained	CI Trained	CI Certified
Coach Initiation in Sport (CiS) eModule	X	X	(pre-req)
Make Ethical Decisions (MED) Class	X	X	(pre-req)
MED Online Evaluation	X		X
Ringette – Community Sport Class	X		
Ringette – Comp Intro Class		X	(pre-req)
Ringette – Comp Intro Evaluation			X

<https://ringettealberta.com/content/coach-amp-team-staff-requirements>

National Coaching Certificate Program (AKA: NCCP - Coaching Locker)

[Ringette Canada](#) follows the National Coaching Certification Program (NCCP) to train and certify coaches. The NCCP offers a structured pathway for coaches to build their skills and knowledge across different levels, from introductory community programs to competitive development. To achieve *Trained* or *Certified* status, coaches must complete required NCCP

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modules such as "Make Ethical Decisions" and "Coach Initiation in Sport," along with ringette-specific training and evaluations.

Coaches must obtain NCCP points to maintain their certification. The number of professional development (PD) points vary on the certification of the coach.

This information was developed by Ringette Canada <https://www.officiatingringette.ca/>

Context	Minimum Professional Development credits required for a period of five years
Community Sport Initiation (CSI)	10 points
Competition Introduction (CI)	20 points
Competition Development (Comp-Dev)	30 points

How to create an NCCP account (On a computer):

- Visit NCCP: <https://coach.ca/>
- Select "Log In: The Locker" found in the top right-hand corner.
- Select "Don't Have an NCCP #? Create One Now"
- Select "Consent" and then "Continue."
- Select "Account Registration" and fill out personal information.
- Select "Register"

How to register for online NCCP courses (On a computer):

- Log in to your NCCP account
- Select the "eLearning" tab at the top of the page
- Select the sport of your choosing, "multisport" for ringette
- Select the course that you need for your certificate
- Select "Begin" to start the course
 - Please note that some courses may have a fee. Check with your association to see if reimbursement is available for specific courses.
 - Before starting, be sure to read the course description carefully. Some courses can be paused and resumed later, while others must be completed in one sitting.

Team Meetings

The following are suggestions about topics to cover off in a team meeting and survey at the start of the year, as well as ways to check in with the families on your team.

Holding a parent and player meeting at the start of the ringette season is a key step in setting the tone for a successful year. This meeting ensures that everyone—parents, players, and coaches—is on the same page regarding expectations, goals, and the overall structure of the season.

At the conclusion of the meeting, it is a good idea to send a survey to your families to get their feedback on some important aspects of the season.

During the meeting, be sure to cover the following important topics:

- Coaching Philosophy
 - A coaching philosophy is your approach to coaching—it includes your values, goals, and how you teach and support your players. It guides how you make decisions, communicate, and create a positive team environment.
 - Remember the power of sport and that ideally athletes stay in sport into adulthood.
- Expectations of Coaches, Players, and Parents
 - Coaches
 - Foster a safe, fair, and positive environment where every athlete feels supported and respected.
 - Help athletes develop their skills while building strong teamwork and communication.
 - Promote personal growth both on and off the ice by encouraging confidence, effort, and resilience.
 - Come prepared and stay flexible: Plan your practices, but be ready to adjust as needed for the team's needs.
 - Players
 - Be respectful and encouraging: Use kind words, avoid swearing, and always uplift your teammates.
 - You do not need to be best friends with everyone but putting an effort forward to build relationships with everyone will help the season go well.
 - Give your best effort: Try your hardest in every drill, practice, and game.
 - Support your teammates - Cheer each other on and celebrate everyone's successes.
 - Play as a team: Success comes from teamwork, not individual stats. It's about how you play together, not who scores the goals.
 - Bring a positive attitude: Show up ready to learn, work hard, and stay committed to the team.
 - No cell phones in the change room. Purpose to make team time cell phone free as well (i.e. meals together, activities, etc.).

- Parents
 - Celebrate team success positively – Cheer for our team with enthusiasm, but avoid cheering for penalties or against the other team. Keep it respectful and sportsmanlike.
 - Show respect to everyone – This includes our players, coaches, and parents, as well as those from other teams and all officials. Respect is at the heart of the game.
 - Support the team beyond the ice – A successful season takes teamwork from families, too! There are many off-ice roles that need to be filled, and every family's contribution makes a big difference.
 - Assistant coaches
 - Goalie coach
 - Team Manager
 - Treasurer
 - Fundraiser coordinator
 - Tournament coordinator
 - Jersey parent
 - Social coordinator
- Attendance and Punctuality
 - Identify when players are expected to arrive at the arena for games and practices.
 - Be up-to-date on your athletes' availability to know how many players to expect at each game and practice.
 - If athletes are going to be late or absent, ensure that the coach is made aware. All families should have the coaches' contact information for anything they may need.
- Medical Information
 - Have families complete a medical information form for their athlete and return it as soon as possible.
 - This should include details such as allergies, medications, past injuries, or any other relevant health concerns. If your association does not provide a medical form, you can use the example provided.
- Communication
 - Ensure that parents and players know that they can come to you for any complaints, comments, or suggestions that they may have.
 - How will you be available during the season: In-person meetings, calls, text, emails.
 - To reduce repeated questions and keep everyone informed, consider sending a monthly email to parents. This can cover common topics such as what players are focusing on in practice, how games will be organized, and any upcoming team activities or events.
 - Create a Survey that will be sent out to ask for parent input on some of the following:
 - Is your child participating in any other activities? If so, please provide some details.
 - Anything else we should know about your child as a learner?
 - What tournaments are you looking into applying for? Find out which weekends work for families.
 - How many tournaments do you want to attend?
 - How far are you wanting to travel for a tournament?

- How many fundraisers would you like to do? Which fundraisers are you interested in?
- How much are you willing to spend on extras (i.e. team apparel)?

Mid-Season Parent–Player–Coach Meetings

- Invite an assistant coach, the athlete and their parent(s)
- These meetings provide a valuable opportunity for open and honest communication.
 - Discuss the athlete's experience so far and ask questions about their preferred style of feedback, preferred positions, linemates, and any concerns (e.g., team dynamics or dressing room issues).
 - Work together to set personal and team goals for the second half of the season.

Coaches Meeting

In addition to the parent and players meetings, it is important to also do a coaches meeting at the beginning of the year. During this meeting, include the head coach, assistant coaches, goalie coach and on-ice assistants. Junior Coaches can be included or can be brought up to speed afterwards.

Discuss the following:

- Areas of expertise and interest.
- Play and coaching experience.
- What are your coaching philosophies?
- Discuss routines:
 - What time should everyone be there for games and practices?
 - What your pregame routine will look like.
- Divide responsibilities:
 - Who will run each gate during games?
 - Who brings what equipment?
 - Who will run practices and drills?
- Outline how you will address concerns with the team/parents:
 - Identify the issue.
 - Identify who is involved.
 - Discuss with your coaching staff. When warranted, get the coaches' opinion on what needs to be addressed.
 - Discuss with parents about talking to their athlete.
 - Parents should be in the coach-athlete meetings.
 - Discuss the issue with the athlete(s) on how to overcome it.
 - Follow up if needed.
- Identify what decisions will be made by one person vs. the coaching team.
- Discuss what strategies and approach you'd like to have this season.

Get to Know Your Athletes

Getting to know your athletes both on and off the ice is essential to a meaningful and successful season. Your goal as a coach is to support their growth, not just as athletes, but as individuals. By building strong, positive relationships with players, coaches, and families, you create a supportive team environment that lasts far beyond the final game.

At the start of the season, have athletes complete a "Get to Know Me" sheet. This helps you learn about their goals, what they enjoy most about ringette, and a bit about their personality. It's a great way to build early connections and understand what each player is hoping to get out of the season.

Attached at the bottom of the document is an example question sheet.

Captains

- U10–U12:
 - As teams begin playing full-ice games, it can be beneficial to introduce the roles of Captain and Assistant Captain. At this age, it's important for every athlete to feel capable of taking on leadership responsibilities. Consider rotating these roles throughout the season so that all players have the opportunity to experience leadership and grow in confidence.
- U14 and Up:
 - At this level, most teams assign permanent Captains and Assistant Captains for the season. While it's valuable to gather input from the players, the final decision rests with the coaching staff. To involve the team, consider having players anonymously nominate teammates they believe would make strong leaders.

Before selecting captains, discuss what leadership means. A great captain isn't always the most skilled player, it's someone who consistently shows up, works hard, leads by example, stays positive, and brings out the best in their teammates both on and off the ice.

If you decide not to assign captains for the season, take the time to explain your reasoning to the team. Providing clarity helps players understand the decision and reinforces the values you're promoting, such as shared leadership, team unity, or giving everyone a chance to lead.

Attached at the bottom of the document is an example.

Team Name

For associations that allow teams to choose their name, this is a great opportunity to get creative and have fun while keeping it respectful and appropriate. Encourage all athletes to contribute their ideas to ensure everyone feels included in the process.

When it comes time to vote, you can choose an anonymous method by creating a form with all the suggestions and having players select their top three choices. Alternatively, you can vote as a group, using a show of hands until a consensus is reached.

Keep in mind that not everyone may be thrilled with the final choice, and that's okay. What matters most is involving the whole team and building a sense of ownership and unity around the name you choose together.



Routines

Routines are key to a successful team because they create structure, build consistency, and help players know what to expect. In both practices and games, routines improve focus and allow the team to work more efficiently and confidently together.

Practice routines:

- What time should the players and coaches arrive at the arena?
- What time should the team be ready to go on the ice?
- Are they completing a pre-practice off ice warm-up?
- Discuss what is happening at practice so that it takes less time on the ice to explain drills and plays.

Game routine includes both on and off-ice:

- Off-ice
 - Arrival Time: What time should athletes arrive at the arena?
 - Warm-Up Start: When does the team warm-up begin, and what does it include?
 - Light Jog.
 - Dynamic and static stretching.
 - Goalies: Throwing a ball at the wall to practice hand-eye coordination and quick thinking.
 - Team Meeting: When and where will the team meeting take place?
 - Identify what your team does best.
 - Identify what skills/plays you will need to focus on.
 - Calm nerves.
 - Emphasize having fun and trying your best.
 - Change: How much time do athletes have to get dressed and ready?
 - Other pre-game activities to consider: Practice stabbing. Ring toss, etc.
 - Team cheer or motivational quick talk.
- On Ice:
 - The idea here is to get their heart rates up, stab the ring and take some warm-up shots on the goaltender. Remind them that the shots should make contact with the goalie or the net.
 - 1 Hard forward lap
 - 1 Hard backwards lap
 - Partner passing (while goalie stretches)
 - Snake shooting
 - Half ice horseshoe

Volunteer Roles

Volunteers are the heartbeat of ringette, essential to every successful season. Encourage multiple families to get involved and share the responsibilities. When everyone contributes, the season runs more smoothly and becomes more enjoyable for everyone!

- Assistant / Goalie coaches
- Treasurer
 - The team treasurer is responsible for managing all team finances, including collecting player fees and funds raised through fundraising activities. They are

also responsible for creating and maintaining a budget for the season, which should account for:

- Session fees
- Tournament fees
- Team bonding activities
- Manager
 - Team management involves several responsibilities, and for first-time managers, it can be helpful to divide these tasks into smaller, specific roles. Delegating not only lightens the load but also encourages more family involvement. For example:
 - Fundraising Coordinator
 - Jersey Parent
 - Minor Officials Coordinator
 - Social Coordinator
 - Tournament Coordinator
- Minor Officials
 - Each team is responsible for providing a set number of minor officials per game. These are individuals who are responsible for penalty boxes, working the shot clock, and working the time clock.
 - Check with your local association to see what tasks are assigned to the home and away teams.

Addressing Issues

Remember to refer to your associations policies and guidelines!

As a new ringette coach, it's normal to encounter challenges ranging from individual concerns to peer conflicts. The steps below will help guide you through addressing these issues in a way that promotes growth, respect, and team cohesion.

- Identify the issue
- Identify who is involved
- Meet with the athlete(s) and parents involved
 - Hold individual or group conversations, depending on the situation. If it's a peer conflict, consider:
 - Starting with individual check-ins to hear each side.
 - Bringing athletes together for a mediated discussion, if appropriate and safe.
 - Encourage honesty and respectful communication.
 - Focus on solutions and how to move forward as teammates.
- Follow up and Reinforce Team Culture
 - Set clear expectations moving forward.
 - Acknowledge efforts to improve.
 - Reinforce values like teamwork, respect, accountability, and fun.
 - If issues continue, revisit with parents and consider involving your association for additional support.

Team Bonding

Why spend time together off the ice?

Team bonding goes beyond the rink. Off-ice activities help players build trust, friendships, and a strong sense of belonging, one of the main reasons girls join and stay in sports. These moments allow every player to shine in different ways, fostering appreciation, empathy, and connection. A team craft, game, or social event can reveal hidden strengths and help teammates connect on a deeper level.

At the start of the season, coaches or a social coordinator may need to lead the way, but over time, the team will naturally take over, building friendships and team spirit that translate to stronger performance on the ice.

Keep it fun, inclusive, and focused on connection.

Ringette Cheers

What are ringette cheers?

Ringette cheers are a fun tradition that happens during halftime or from the bench while cheering on your teammates. They're a great way to boost team spirit and strengthen the bond between players!

- **HOLY MOLY...**
Holy moly, what a goalie
Holy moly, what a team
One, two, three, let's scream
AAAAAHHHHH....
- **FANS IN THE STANDS**
Fans, fans in the stans, if you hear us clap your hands (fans clap)
Fans, fans in the stands, if you hear us stomp your feet (fans stomp)
Fans, fans in the stands, if you hear us shout hooray (fans shout hooray)
Fans, fans in the stands, if you hear us do all three (fans clap, stomp, and shout hooray)
- **EVERYWHERE WE GO...**
Everywhere we go
Everywhere we go
People want to know
People want to know
Who we are
Who we are
So we tell them
So we tell them
We are the TEAM NAME,



The mighty, mighty TEAM NAME
If you can't hear us, we'll sing a little louder
WE ARE THE TEAM NAME,
THE MIGHTY, MIGHTY TEAM NAME
AND IF YOU CAN'T HEAR US WE'LL SING A LITTLE LOUDER
WE ARE THE TEAM NAME
THE MIGHTY, MIGHTY TEAM NAME
If you can't hear us, you must be deaf!!

- **BOOGIE ON DOWN**

I say GO, you say FIGHT
GO...(FIGHT), GO...(FIGHT)
I say WIN, you say TONIGHT
WIN...(TONIGHT), WIN...(TONIGHT)
I say BOOGIE, you say DOWN
BOOGIE...(DOWN), BOOGIE (DOWN)
Go FIGHT, WIN TONIGHT, BOOGIE ON DOWN, all right, all right
Go FIGHT, WIN TONIGHT, BOOGIE ON DOWN, all right, all right

- **PUT IT IN**

P-U-T-I-T-I-N Put it in!
P-U-T-I-T-I-N Put it in!

Team Building Activities

Team-building activities can be any off-ice experience that helps bring the team closer together. These activities can vary in cost, so it's important to plan and budget accordingly.

- Banner party
 - For younger age groups, teams often create a team banner featuring their team name and each player's name.
 - These banners are proudly displayed behind the bench during games and help build team spirit and a sense of belonging.
- Indoor or outdoor playgrounds
- Swimming
- Team Walk (in a neighborhood to look at Xmas lights, or fall leaves, in a garden, or through a park)
- Design a T-shirt or buff: purchase blank items and use fabric pens to decorate.
- Movie Night: at someone's home or the theater.
- Park/Backyard BBQ: Make it a potluck and invite the families.
- Theme/Christmas party: Can be at someone's house, or you can rent a hall.
- End of the year party
- Watching NRL or University teams near you (NRL: BC Thunder, Edmonton Black Gold Rush, Calgary Rath, Rocky Mountain Rage, Edmonton WAM!, Manitoba Herd, Saskatchewan Heat, Gatineau Fusion, Cambridge Turbos, Waterloo Wildfire, Nepean Ravens, Atlantic Attack, Montréal Mission, Rive-Sud Révolution)

- Watching Jr. Coach Games or U14, U16, U19 games

Fundraising

Fundraising plays a key role in supporting the team by helping to cover costs such as tournament fees, session fees, and team activities, making the season more affordable and accessible for all families.

In addition to raising funds, these efforts also serve as great team-building opportunities. Coaches are encouraged to organize fundraising groups—like bottle drives—in a way that pairs players and families who may not know each other well. This helps strengthen team connections both on and off the ice.

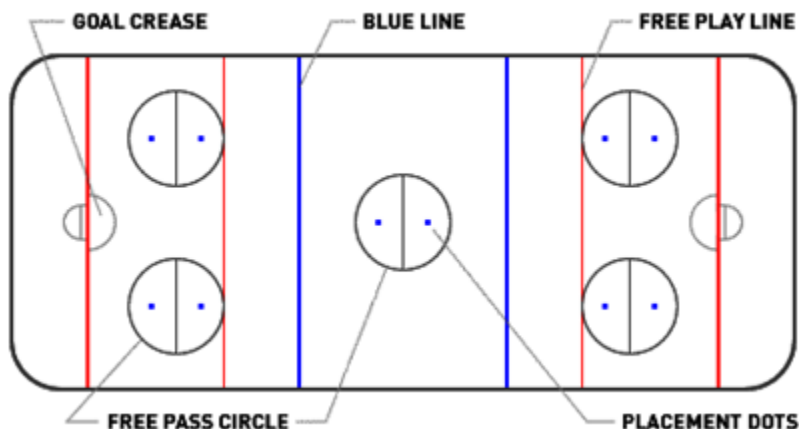
Examples of fundraising activities:

- FlipGive
- Bottle drive
- 50/50
- Westjet
- Raffles

Equipment and Rules

Ice Layout and Rules

While ringette is played on the same ice surface as hockey, the markings have different meanings and purposes. Both coaches and players must understand the layout and specific zones of the ringette rink to ensure proper gameplay and positioning.



<https://www.saultringette.com/content/What-Is-Ringette>

- Crease Rule
 - Only the goalie, or a player acting as goalie, is allowed in the crease during gameplay. If a skater enters the crease, it may result in a stoppage of play and a loss of possession.
 - The goalie has 5 seconds to throw the ring out of the crease. If the ring is not thrown in time, stoppage of play occurs, and a loss of possession happens.
- Free Play Line (AKA “Ringette Line”)
 - A maximum of three skaters per team, plus the defending team's goalie, are allowed across the free play line at a time. If a team has four skaters in the zone while their goalie is still in the net, this will result in a stoppage and loss of possession.
- Blue Line Rule
 - The ring must be passed over each blue line; players cannot carry the ring across themselves.
 - If a player carries the ring over a blue line, play is stopped and possession is lost.
 - If the ring crosses both blue lines, the opposing team must touch it before your team can regain possession, unless otherwise indicated by the referee.
- Free Pass Circles
 - Each zone contains one or two free pass circles used to restart play after stoppages.
 - Only one skater is allowed in the circle during a free pass.
 - The player has 5 seconds to pass the ring out of the circle.
 - The ring must leave the circle without the player crossing the halfway line within it.
- Placement Dots
 - These dots are used to place the ring during a free pass to resume play.

Key Ringette Terms

- Checking
 - A defensive skill used to legally take possession of the ring from an opponent, without body contact.
- Stabbing
 - To catch the ring with your stick.
- Drop Pass
 - A deceptive offensive passing skill used to mislead the defending team about the direction the pass is going.
- Move It or Lose It
 - To maintain the flow of the game, the 'Move It or Lose It' rule was introduced. This rule requires players to keep the ring moving as soon as they gain possession. If play stalls during a battle for the ring and there's no clear

movement, possession will be awarded to the opposing team of the player who originally had control.

- 2 Line Pass
 - While players are required to pass the ring over each blue line, if the ring crosses both blue lines, the team who passed the ring must wait for the opposing team to touch the ring before they can attempt to regain possession.
- 4 In
 - During most of the game, teams are only allowed three skaters in the offensive or defensive zone at a time. If a team has four skaters in the zone while their goalie is still in the net, the referee may initiate a five-second count. During this time, the team with too many players in the zone cannot touch the ring. If they do touch the ring before adjusting their positioning, play will be stopped and possession will be awarded to the opposing team.
- Goalie Ring
 - A goalie ring occurs when the ring is under the control of the goalie inside their crease, either during live play or following a stoppage.
- Open Ice
 - Athletes aim to skate into open areas of the ice, away from opponents, to create space and become available for a pass from their teammates.
- Free Pass
 - Play begins with a free pass, which can take place in the neutral zone or either attacking zone.
 - Not called a Faceoff.
- Neutral zone
 - The neutral zone is the middle of the ice, between both blue lines.
- Defending and Attacking Zones
 - The defending zone is the end of the ice where your goaltender is located, from the blueline to the end board.
 - The attacking zone is at the opposite end, where the other team's goaltender is located, from that blue line to the end boards.

Equipment

To play ringette safely and competitively, players need specific equipment including a helmet with a ringette cage, gloves, skates, a ringette stick, a girdle, ringette pants, shoulder pads, elbow pads, shin guards, and a neck guard. This gear protects players from falls, collisions, and stick contact while allowing them to move quickly on the ice.

Ringette equipment can be found at major sporting goods stores like Sport Chek, Pro Hockey Life, and Play It Again Sports for new and used options. Many local ringette associations and pro shops also carry essential gear during the season.

Use this website to see what Ringette Canada explains: [link](#)

- Ringette cage
 - Cages must have a triangle-shaped mask; hockey cages do not provide safety for the player.
- Shoulder pads with plastic should cups
- Knee pads
- Elbow pads
- Girdle
- Ringette pants
 - Each association has different pants to match with their uniform. You can also purchase plain black ones at local stores near you.
- Jersey
 - Each association will provide athletes with a set of home and away jerseys
 - To keep game jerseys in good shape, each athlete should also have at least one practice jersey that they must supply themselves.
- Helmet
 - Participants shall wear a CSA-certified hockey / ringette helmet.
- Skates
 - The use of speed skates or figure skates is prohibited.
- Gloves
 - Gloves like lacrosse, ball hockey, street hockey, and broomball are not permitted.
 - Hockey and ringette gloves are permitted.
 - The palms of the gloves must be fully intact. If they are cut or worn out, they must be replaced.
- Ringette stick (stick length)
 - The maximum length of a ringette stick is based on the player's height. While standing on skates with their arm extended out to the side at a 90° angle, the stick should reach no higher than the player's underarm.
 - Shorter sticks allow for more control and power.
- Neck guard

Goalie equipment includes a jock/jill, pants, goalie pads, skates, neck guard, chest protector, elbow pads, helmet, blocker, keely, goalie stick. Players who are trying goalie for the first time can also use regular gloves to start before making purchases of keelys and blockers.

- Many associations can provide slightly used/worn goalie pads for the season, ask your association about it at the beginning of the season.

Jewellery such as wristwatches, rings, earrings, bracelets, necklaces (excluding Medic Alert items), or any other objects deemed dangerous by an on-ice official is not permitted to be worn by participants during the game.

Ringette sticks must be made from wood, plastic, aluminum, or similar approved materials. The stick tips must be specifically designed for ringette and meet official safety and performance standards.

Coaching Equipment

Ringette coaches use a variety of tools to keep practices organized, engaging, and effective. Essentials include a first aid kit, whistle, clipboard or whiteboard for drawing plays, markers, cones or pylons for drills, extra rings, and mini rings for skill-building games. Many coaches also carry a stopwatch, balls and a bingo dabber for marking drills or targets directly on the ice. These tools help create fun, clear, and productive training sessions for players at every level.

Some coaching equipment may be provided by your ringette association or team, such as rings, cones, and a whiteboard. However, items like a whistle, bingo dabber, or personal stopwatch might need to be purchased on your own. It's a good idea to check with your association at the start of the season to see what's supplied and what you'll need to bring yourself.

- Whiteboard with markers
- Rings
- Cones/Pylons
- Mini rings
- Whistle
- First Aid Kit
- Bingo Dabber

You can find ringette coaching equipment at most major sporting goods stores in Canada, like Sport Chek, Pro Hockey Life, and Canadian Tire. For used gear and budget-friendly finds, check out Play It Again Sports. Mini rings, cones, and whistles are also available through online retailers like Amazon and Ringette Canada's official shop. Bingo dabbers can usually be found at dollar stores, stationery shops, or online.

First Aid

Coaches are strongly encouraged to have valid First Aid and CPR certification to be prepared in case of emergencies.

A well-stocked First Aid kit should be brought to all team events, including practices, games, and off-ice activities. In addition to standard supplies, it's helpful to include items such as period products, ice packs, player medications, inhalers and hair elastics. Being prepared ensures the safety and well-being of all athletes.

Rule of 2

Read up on Responsible Coaching Movement: [link](#)

Official Rule of Two writeup: [link](#)

Ringette Canada requires that there always be two screened and NCCP-trained or certified coaches with an athlete, especially a minor athlete, when in a potentially vulnerable situation, such as in a locker room or meeting room. All one-on-one interactions between a coach and an athlete must take place within earshot and in view of the second coach, except for medical emergencies. One of the coaches must also be of the same gender as the athlete. Should there be a circumstance where a second, screened and NCCP-trained or certified coach is not available, a screened volunteer, parent, or adult can be recruited. This must be adhered to at all times during the season.

Return to Sport After Injury - Concussion

Follow your association's policies and procedures.

Take Making Head Way course: [link](#)

Concussions are serious injuries that require proper care and recovery time. Returning to play too soon, before being cleared by a medical professional, can significantly increase the risk of a second, more severe concussion.

To ensure the safety and well-being of athletes, it's essential to follow a structured recovery process. Please refer to the steps below, as outlined by Ringette Canada's Concussion Protocol, to guide safe return-to-play decisions.

- If no concussion is diagnosed by a physician:
 - The Participant may return to physical activities accompanied by a Medical Assessment Letter confirming that the Participant has not been diagnosed with a concussion and can resume full participation.
- If a concussion is diagnosed by a physician:
 - The Participant can only gradually return to physical activities by following the steps outlined in the chart below and/or as directed by a physician.
- The Participant should be monitored regularly for the return of any signs and/or symptoms of concussion. If signs and/or symptoms return, the Participant must consult with a physician.
- Return to Play Strategy:
 - Each stage must take a minimum of 24 hours and the length of time needed to complete each stage will vary based on the severity of the concussion.
 - Move forward to the next stage when activities are tolerated without new or worsening symptoms.
 - If symptoms reappear, return to the previous stage for at least 24 hours.

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- Students must have returned to school or full studies at their pre-injury level of performance, and adults must have returned to their normal education or work, before proceeding to Stages 5 and 6.

Stage	Aim	Activity	Stage Goal
0	Rest	24-48 hours of physical and cognitive rest	Rest
<i>Proceed to step 1 only when symptoms are gone.</i>			
1	Symptom-limiting activity	• Daily activities that do not provoke symptoms. • Monitor for symptoms and signs.	Gradual re-introduction of work/school activities
2	Light aerobic activity	• Walking or stationary cycling at slow to medium pace • No resistance training • Light intensity jogging or stationary cycling for 15-20 minutes at sub-symptom threshold intensity	Increase heart rate
3	Sport-specific exercise	• Training activities such as skating drills. • No head impact activities or resistance training. • Moderate intensity jogging for 30-60 minutes • Low to moderate impact passing and shooting drills	Add movement
4	Non-contact training drills	• Harder training drills without contact with teammates. • May start progressive resistance training	Exercise, coordination and increased thinking
Repeat medical assessment and clearance with second Concussion Assessment Medical Report Form			
5	Full contact practice	• Medical clearance required prior to engaging in full contact activity • Participation in full practice without activity restriction	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	

<https://www.ringette.ca/safe-sport/concussions/>

Official Rule Book

For a complete and accurate understanding of the rules and regulations governing ringette in Canada, coaches are encouraged to review the official Ringette Canada Rule Book. This resource provides in-depth explanations of gameplay, penalties, player conduct, equipment standards, and more. While this guide covers key rules and common situations, the official rule book remains the most reliable source for all rule-related information.

Coaches need to stay informed and up to date, as the rule book is reviewed and revised every few years to reflect the ongoing development of the sport. Changes may include updates to



safety protocols, gameplay regulations, or clarifications of existing rules. By regularly checking for updates, coaches can ensure they are following the most current standards and setting a strong example for players and fellow team staff.

Provided is the link to the Ringette Canada website. The current rule book will be revised for the 2025 - 2026 ringette season.

<https://www.officiatingringette.ca/o/index.php?page=205>

Games

RAMP

All teams under Ringette Canada should be familiar with the use of RAMP software. RAMP is the official platform used for registration, team rosters, schedules, and electronic game sheets. It plays an essential role in managing team and league operations.

After each game, it is the responsibility of the home team to submit the completed game sheet through RAMP. The away team must then verify the score once it has been submitted.

For detailed instructions on how to use the platform, refer to the “RAMP Electronic Gamesheet App Guide,” listed below. If you have additional questions or need clarification on submission requirements, contact your local ringette association for support and guidance.

<https://cloud.rampinteractive.com/greatervictoriainorballhockey/files/RAMP-GameSheet-App-Guide%202024.pdf>

Shot Clock

The shot clock in ringette is designed to keep the pace of the game fast and dynamic. Each team has 30 seconds to advance the ring and take a shot on goal. If a shot is not taken or the clock is not reset within that time, possession is turned over to the opposing team.

The shot clock can be reset for a variety of reasons, including:

- A shot on goal (hits the goalie in the crease, cross bar or goal post, or the goalie outside of the crease, which prevents a goal).
- Change of control (a player puts their stick in the ring, or propels or bats the ring, or when the ring comes to rest in the crease).
 - The shot clock does not reset if the ring deflects off a skater
- The on-ice official calls for a reset.
- A delayed penalty
 - If the on-ice official signals a delayed penalty, there is a rest that allows the non-penalized team a full 30 seconds to push the net and either score, or get further reseats with each subsequent shot on goal.

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- A reset only comes with the first delayed penalty. If there is a second penalty signaled in the same play, a reset does not occur.
- If there is a stoppage of play because of an injury on the team that does not have possession of the ring, reset the clock.
 - If there is a stoppage of play because of an injury on the team in possession of the ring, do not reset.

Always stop the clock when there is a whistle blown; this does not mean there will always be a reset.

If you are not sure if there should be a reset, do not reset the shot clock; an on-ice official will signal for a shot clock reset, see below.



<https://www.officiatingringette.ca/o/index.php?page=216>

For more information regarding shot clocks, see the attached sheet at the bottom of the document.

Tournaments

Tournaments are often a highlight of the season for both players and families. They provide exciting opportunities for competition, team bonding, and lasting memories, both on and off the ice. Because of the time spent together during travel, games, and team activities, tournaments are also a great way to strengthen team dynamics.

At your team meeting early in the season, be sure to discuss how many tournaments your team plans to attend and which ones you'll apply for. Make sure to plan activities for between and after games, as well as meals.

Tournament listings can be found on your provincial ringette association's website. For Alberta, visit the Ringette Alberta (RAB) Sanctioned Tournaments page. This list is updated regularly as tournaments are approved by RAB.

<https://www.ringettealberta.com/content/tournaments>

Plays and Strategy

Teams use a variety of plays during games to stay organized and gain an advantage. These include breakout plays, center free pass strategies (both offensive and defensive), offensive setups, and the triangle formation.

Attached at the end of the document are some suggested plays commonly used by teams, perfect as starting points that can be adapted and expanded into more complex and dynamic strategies as your team grows.

Talking to Refs

Referees are essential to the game — they ensure player safety and enforce the rules fairly. As a coach, it's important to model professional, respectful communication with officials at all times. How you interact with referees can influence your players, your team's reputation, and even game outcomes.

This is where having designated captains becomes especially valuable. Captains serve as the official voice of the team on the ice and can help you communicate more effectively with the referee. If there is a concern or question during the game, ask your captain or assistant captain to respectfully speak with the official on your behalf.

- Stay calm and Respectful
 - Always speak in a calm, respectful tone – even if you disagree with a call.
 - Avoid yelling or showing frustration.
- Know when to Approach
 - Speak to the referee only during appropriate stoppages in play, not while the game is active.
 - Never step onto the ice unless invited by the officials.
- Ask, Don't Accuse
 - Phrase questions in a respectful, curious tone:
 - “Can you help me understand that call?”
 - Avoid accusatory language.
- Accept the Final Decision
 - Once a referee has made a final call, respect it and move on. Arguing rarely changes the outcome and can result in penalties or discipline for your team or coaching staff.

- **Model Good Behaviour**
 - Your players, parents, and assistant coaches take their cues from you.
 - Treat referees with respect to set the tone for everyone involved in the game.

Finally, remember that many referees are also young athletes themselves.

A large number of ringette officials are teenagers or young adults who are still learning, just like the players they're officiating. Many of them also play ringette and understand the game well, but they're developing their skills as referees through real-time experience.

Show them the same patience, encouragement, and respect you'd want others to show your players. Supporting young officials helps foster a positive environment for everyone and contributes to the long-term growth and quality of the sport.

Practices

Instructing Practice

When running a ringette practice, clear communication and strong leadership helps create a fun, organized, and productive environment. Here are some key tips for instructing on-ice drills and activities:

- **Be loud and clear:** The rink can be noisy, so project your voice and ensure all players can hear instructions. Use your whistle and hand signals when needed.
- **Bring the group in:** Before starting a drill or explaining a new activity, gather the players close. This helps them focus, limits distractions, and ensures everyone understands what's happening.
- **Demonstrate the drill:** Demo a drill before players try it for the first time. Use assistant coaches or players to help show the movements or explain positions. Visual demos make instructions clearer and reduce confusion.
- **Position yourself wisely:**
 - When explaining on a whiteboard: Stand beside the whiteboard, not in front of it, so players can see what you're drawing and pointing to. Make sure the group is gathered where they can all view the board comfortably.
 - When watching a drill: Find a spot where you can see the entire group and easily provide feedback. Move around as needed to catch different angles and help correct form or positioning.
- **Provide positive and constructive feedback:** Encourage players as they practice. Offer clear, specific tips to help them improve while also celebrating their successes. A mix of correction and praise keeps players motivated and learning.
- **Remember that skating should not be used as punishment.** The goal at the end of every season is to have athletes that love skating and love the sport of ringette.

First Practice

The first few practices are an ideal time to assess your players' current skill levels, including shooting, skating, passing, stabbing, and overall game sense.

Incorporate drills that highlight each of these areas to help you evaluate individual and team strengths and identify where growth and development are needed. This early assessment will guide your planning and ensure your practices target the right skills throughout the season.

Example Practice Plans

For additional practice plans and drills, be sure to visit the websites of Ringette Canada, Ringette Alberta (or your provincial ringette organization), and the National Ringette School. These resources offer a wide range of development tools to support coaches at every level.

There is an app called Hockey Coach Vision that has many ringette specific modules as well.

<https://www.ringette.ca/discover/childrens-ringette/>

<https://ringettealberta.com/content/tools-for-practice-planning>

<https://nationalringetteschool.com/drills>

U10:

<https://southcalgaryringette431736716.wordpress.com/wp-content/uploads/2019/05/ringette-canada-practice-plans-u10.pdf>

U12:

<https://southcalgaryringette431736716.wordpress.com/wp-content/uploads/2019/05/ringette-canada-practice-plans-u12.pdf>

U14:

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U16/U19:

<https://southcalgaryringette431736716.wordpress.com/wp-content/uploads/2019/05/ringette-canada-practice-plans-u16-u19.pdf>

Game Play

Positions

In ringette, players rotate through four main positions: Forward, Centre, Defence, and Goalie. Helping young players experience different roles on the ice is important for both their development and the team's overall success.

- Forwards
 - Focuses on offensive play, scoring opportunities, and forechecking.
 - Note: we do not all these players “wingers”
- Centre
 - Plays a fast-paced, flexible role, supporting both offence and defence, often leading transitions and taking free passes.
- Defence
 - Protects the defensive zone, blocks shots, clears the ring, and supports the goalie.
- Goalie
 - Guards the net and communicates with defenders, acting as the last line of defense.

To support player development, athletes should ideally play a minimum of three games in a given position before switching. The exception is the goalie position; if your team is rotating all players through this role, adjust as needed to ensure everyone gets a fair opportunity.

At the U14 level, players should continue to gain experience in multiple positions throughout the season to build a well-rounded understanding of the game and develop versatile skills.

- Why does position rotation matter at U14 (and above if it hasn't occurred before)?
 - Rotating positions early in the season helps players develop a stronger overall understanding of the game, learning where teammates should be and why.
 - It also builds versatility, boosts confidence, and improves adaptability, all of which are valuable for long-term player growth. As players become more well-rounded, they're better equipped to anticipate plays and support each other on the ice, leading to greater team success.
 - Aim to establish more consistency in positions or preferred roles for each player by mid-January or early February (for seasons ending in mid-March). This approach allows for skill development and experimentation early on, while giving players time to settle into their roles ahead of playoffs and tournaments.

Types of Checking

Checking in ringette is a non-contact, stick-based defensive skill used to legally regain possession of the ring without body contact. Teaching proper checking techniques is important for both safer and effective defensive play. All forms of checking can only occur on the bottom third of the stick.

Here are the three main types of checking players should learn:

- Sweep Check
 - A low-controlled motion where the defender uses their stick to sweep the ring away from an opponent's stick on the ice.
 - Best used when facing the opponent.
- Rainbow Check
 - A high, arching check where the defender lifts their stick up and over the opponent's stick in a rainbow-like motion, knocking the ring away.
 - Useful when approaching from the side.
- Pump Check
 - A quick, firm tap at the defender's stick in an upward or forward motion.
 - Most effective when the ring is exposed or when closing in on an opponent quickly.
 - It is important to control your stick and keep it low to avoid dangerous play.

When introducing these checks, start with dryland or off-ice demos, then practice slowly on the ice before adding speed and pressure. Emphasize control, accuracy, and stick positioning to help players build confidence and avoid penalties.

Video guide on Checking: <https://youtu.be/jzlfzRud8MQ?si=-gcAyaq4y3L7nLa1>

Types of Shots

Shooting in ringette is all about accuracy, control, and quick release. Players use specific techniques to move and shoot the ring effectively. Here are the three main types of shots to teach your players:

- Sweep Shot
 - Start with the ring and weight transfer at the back of the player's body.
 - Pull the ring towards the front in a straight line and transfer the weight to the front of the player's body.
 - Release the ring in a smooth, sweeping motion along the ice.
 - Point your stick where you want the ring to go.
- Backhand shot
 - This is done using the player's backhand side (opposite of their forehand).
 - If a player is left-handed, they will shoot backhanded on the right side of their body.

- Using the flat/fat side of the player's stick, pull the ring behind you slightly in a straight line, then flick your wrists to send the ring towards the net.
- Can either be released on the ice or lifted.
- The motion is like shoveling snow.
- If a player ends with their stick too far up, the ring will fly over the net. Point lower than you want the ring to go.
- Wrist shot
 - Avoid teaching the “J” or “Toilet bowl” methods.
 - Start with the narrow side of the player's stick making contact with the ice, pull the ring back in a straight line and transfer your weight to your back foot.
 - Having a quick weight transfer to the player's front foot, you will hook the ring with the front, bottom corner of the tip and wrist flick
 - The player's palm is pointing to the roof.
 - The ring can travel on the ice or off, depending on technique and pressure.
 - Point and extend your follow through of the stick where you want the ring to go.

Video demo of shots:

<https://www.youtube.com/watch?v=P2SoBmlpwk4>

<https://youtu.be/uYmz0llhV28?si=dmM9ivuAO3tqRzhZ>

Special Situations

Throughout a ringette game, unique situations can happen that require quick strategy adjustments and player awareness. Here's a breakdown of common special situations and how to manage them:

- Multiple Players in the Penalty Box (2+ Players)
 - If two or more players from the same team are in the penalty box, the team will play shorthanded.
 - If 2+ players are in the box, only 2 defenders are allowed in the defensive zone at a time; this will set up a butt-butt D.
 - Focus on tight defensive coverage, protecting the middle of the zone, and clearing the ring quickly to relieve pressure.
- 3-on 2 Play
 - This advantage or disadvantage can happen due to penalties or delayed changes.
 - Offensively: Use quick passes and spread out to create open lanes, set up a triangle in the defensive end. Have players on the proper side, and make sure they are shooting on their forehand.
 - Defensively: protect the net by using butt-butt defence, keep sticks down, and force the play to the outside.

- “4 In”
 - 4 in happens when a team pulls their goalie, allowing for an extra player to enter the zone.
 - Defensively, play in a bigger triangle, push out towards the boards, and watch for quick passes across the middle.
 - Offensively, make a box in the zone and create quick plays to pull the defence apart; or a triangle on the perimeter of their triangle and place one person in the middle.
- Controlling the Clock
 - Used when protecting a lead late in the game.
 - Players should play “keep away” from the ring by either circling in the offensive zone, making safe passes below the goal line, and avoiding risky plays.
 - Remind players to stay calm, control the ring in your defensive or neutral zone, and only take shots when necessary.
- Pulling the Goalie
 - Done during a delayed penalty (to gain an extra skater) or near the end of a game to try for a quick goal.
 - Have a plan in advance – decide which player comes on for the goalie, and ensure players know their positions for this situation. Keep communication clear, and make sure the player does not enter the zone before the goalie gets on the bench.

Practice these situations in controlled drills so players are prepared when they happen in a game. Use scrimmages with uneven numbers or time-sensitive challenges to help players stay calm under pressure.

Penalties

Penalties are called when a player breaks a rule that affects the fairness, safety, or flow of the game. It's important for both players and coaches to understand how penalties work, how long they last, and the rules around penalty limits.

- 2-minute Penalty
 - The most common type of penalty.
 - A minor penalty is called for boarding, charging, cross-checking, elbowing, holding, illegal substitution, hooking, high-sticking, tripping, body contact, slashing, interference, delay of game, and unsportsmanlike conduct.
 - The player serves 2 minutes in the penalty box, and their team plays shorthanded.
 - The player can exit the box either when the 2 minutes runs out, or if the other team scores a goal. The player must remain in the box if the other team is also down by the same number of players.
- 4-minute Penalty
 - Given for a more serious infraction, such as dangerous stick use, deliberate body contact, or unsportsmanlike contact.

- The player serves the full 4 minutes in the penalty box, with their team shorthanded for the duration. The player cannot exit the box early if the other team scores, they must serve the full allotted time.
- Players can receive two penalties at the same time for a combination of four or more minutes for very serious offenses.
- If a misconduct or match penalty is called, the offending player is ejected from the game. A substitute player must serve the penalty for the ejected player, but if it's awarded to a member of the bench staff, the team will not play shorthanded.
- **Goalie Penalties**
 - Another player currently on the ice must serve the penalty in the box on behalf of the goalie.
 - Goalie penalties can be minors or majors, and goalies can also be ejected from the game.
- **Penalty Limits**
 - A player may receive a maximum of 10 penalty minutes in a single game.
 - If a player reaches 10 penalty minutes, they are ejected from the game and suspended from the next regularly scheduled game.
 - If a team receives too many penalty minutes (30 minutes in a game), it will result in a coach suspension for the next regularly scheduled game.
- **Coach/Parent Penalties**
 - Given for unsportsmanlike behaviour from either parents in the stands or coaches on the benches.
 - Served by a player, this can be either a major or minor penalty.

National Ringette School Summer Camps

Coaches – Keep an Eye Out for Player and Goalie Development Opportunities!

Summer is the perfect time for athletes to stay active, build their skills, and prepare for upcoming tryouts, and summer camps are one of the best ways to do just that! The National Ringette School offers camps across Canada, giving players the chance to grow both on and off the ice.

While the length of each camp may vary, the experience is consistently rewarding. Participants benefit from 1–3 ice sessions per day, along with a variety of off-ice activities focused on fitness, mental training, game strategy, and team-building. These camps are also a fantastic way for athletes to connect with others who share their love and passion for ringette.

If you have any questions about our summer programs, please visit our website at <https://nationalringetteschool.com/> or reach out to us at questions@nationalringetteschool.com

We hope this document has helped make your transition into coaching smoother. Thank you for your time, commitment, and enthusiasm—you're making a meaningful difference in our athletes' journeys.

We can't wait to see you at the rink!

Attachments

get to know me!

Name/Nickname: _____

Birthdate: _____

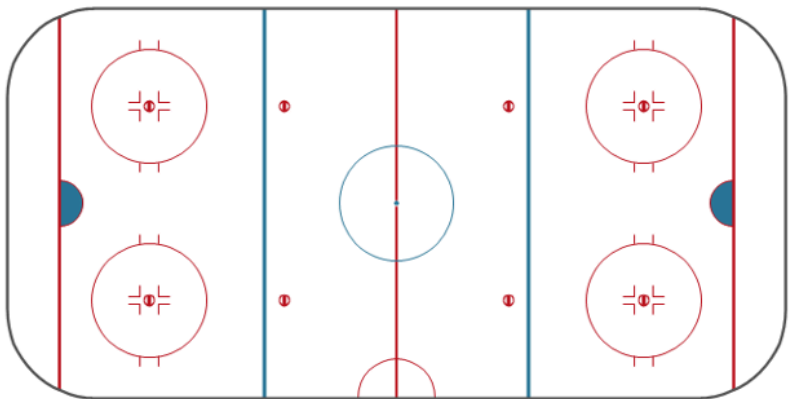
The position I like to play the most is: _____

One skill that I want to improve this year is: _____

I love ringette because: _____

What is one goal you think that our team should strive to reach this year? _____

My favourite drill is _____ (Please draw it)



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get to know me!

What makes a season successful to you? _____

What are your strengths on the ice? _____

Are you interested in dryland training? Please circle: YES. NO



Medical ID Form

*** Please ensure all forms are kept in a discreet location for the season (ie. envelope in Coach binder), and shredded at the end of each season. Confidentiality is of utmost importance. ***

Player Name:

Alberta Health Care Number:

Regular medications:

Allergies:

Relevant Medical History:

Emergency medications and when to give:

***Consent for First Aid by qualified team staff member**

Designated First Aid staff member(s) name(s):

- 1.
- 2.
- 3.

Consent given by:

Parent/Guardian Name and Signature:

Date:

Team Captains

*Please keep this anonymous, you do not have to write your name. *

What is a captain?

Being a team captain isn't about being the best player on the ice, it's about being the kind of teammate who leads by example, every single day.

A great captain is someone who:

- **Shows up ready to learn** at every practice, open to feedback and focused on improvement.
- **Gives 100% effort** all the time, not just during games, but in drills, warm-ups, and team meetings.
- **Stays positive**, both on and off the ice, lifting others up and encouraging a strong, supportive team culture.
- **Brings out the best in others**, motivating teammates, cheering on their efforts, and helping build team confidence and cohesion.

Leadership is about attitude, work ethic, and how you treat others. A true captain leads not just with skill, but with heart.

Please Circle 3 Players who you believe represent what it means to be a captain

NAME
NAME
NAME
NAME
NAME
NAME

NRS Practice Plan

Generated on Jul 15, 2025 by Hockey ClipPad.

Duration:

Flare

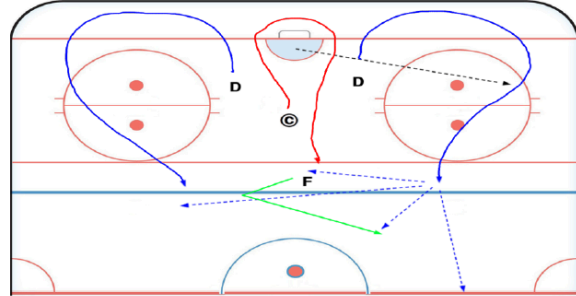
Flare is a breakout from a goalie ring.

In this breakout, both defence scoop down below the goal line and skate around their respective circles while keeping an eye on the ring and getting open for a pass.

The centre breaks around the net to whichever side is the goalie's strong side. They then come up the middle of the ice looking for a pass.

The goalie chooses the best option and makes a pass.

The player who gets the ring breaks for the middle and looks for a passing option over the blue line, or in the defensive zone if they need support.



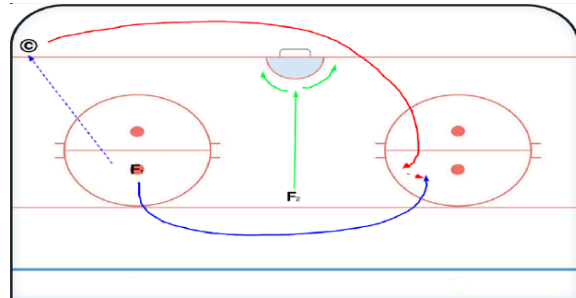
Duration:

Offensive Free Pass

In this offensive free pass, have the forward take the ring while the other forward stands between the two circles and the centre goes to the corner.

On the whistle F1 passes the ring to the centre and then skates out of the zone to the far circle. The centre stabs the pass then skates behind the net to meet F1 for a drop pass.

While this is happening, F2 is rushing to the net and going in a backdoor position for a possible back door pass.



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